

# ANXIETY AS A CORRELATE OF PERSONALITY TYPE AMONG COLLEGE STUDENTS

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## Abstract

*The multidimensional structure of human personality as a complex whole of physical, mental and emotional attributes carries a unique nature of anxiety in each individual. The affective domain of anxiety leads to the displeasing feelings of fear, concern and worry among students. This distribution of anxiety works according to the individual differences of people with different personality types. Sometimes it is difficult to deal with the situations of life due to personality differences. Anxiety needs to be properly balanced according to the type of personality. Personality Type is the psychological classification of different types of individuals. The reciprocal determinism of anxiety and personality type needs to be properly understood for the proper development of the students. The present paper's focal point is to study the anxiety as a correlate of personality type among the college students of Chandigarh. The study was accomplished on a sample of 120 students of government colleges of Chandigarh. The major findings of the study revealed that there is no significant correlation between the anxiety and Personality Types (A, B and C) among the college students of Chandigarh, and also showed significant differences in the personality types of college boys and girls.*

## Introduction

Anxiety, just as any other personality trait, may be conceptualized as a coherent patterning over time and space of affect, behaviour, cognition, and desires (the ABCs of personality). ABC framework is used in the analysis of anxiety as an emotional and behavioural state. The anxiety literature is reviewed with particular emphasis upon the relationship between anxiety and the behavioural consequences of having strong avoidance goals. It shows how consideration of the patterning of the ABCs over time allows for an integration of theories of anxiety in personality research (Wilt & Revelle, 2010).

A person having very high level of anxiety happens to be tensed, apprehensive, highly worried, dejected whereas a person showing very low level of anxiety may be interpreted as non-caring and irresponsible (Sharma, and Bharadwaj, and Bhargava, (2006). Historically speaking, the twentieth century was called the "anxiety century" because of the prevalent wars, inflation, population increase, unemployment, immigration and the destruction of families (Tabrizi, Talib and Yaacob, 2011). Personality type is rather a controversial factor, but many agree that certain characteristics seem to be linked to anxiety-related problems. People with a psychological tendency towards biased thinking are more at risk of developing anxiety-related problems (Kennerley, 2007). Several researchers have

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explored the link between types A, B and C personalities. Type A people are workaholic, that is, they are competitive, ambitious, hate wasting time and get easily annoyed. Type B behaviour patterns are more relaxed and such persons feel less time pressure in their surroundings. Type C people are associated with a higher probability of cancer. This kind of people finds it difficult to express emotions, especially negative ones. They often feel loneliness (Singh and Kumar, 1971).

The present study is an effort to find the correlation between anxiety and personality types. Besides, it posits to find out the differences in the personality types and anxiety level of college boys and girls of Chandigarh region.

### **Objectives of the study**

- To study the correlation between personality types (A, B and C) and anxiety among the college students of Chandigarh.
- To study the differences in the personality types (A, B and C) of college boys and girls of Chandigarh.
- To study the differences in the anxiety level of the college boys and girls of Chandigarh.

### **Hypotheses of the study**

- There exists no significant correlation between personality types (A, B and C) and anxiety among college students of Chandigarh.
- There exists no significant differences in the personality types (A, B and C) of college boys and girls of Chandigarh.
- There exists no significant differences in the anxiety level of college boys and girls of Chandigarh.

### **Sampling**

A sample of 120 students was selected randomly from 3 different government degree colleges (Govt. College for Boys Sector- 11, Govt. College for Girls Sector- 11 and Govt. College Sector- 46,) of Chandigarh.

### **Design and procedure of the study**

The present study was principally designed to determine the correlation between anxiety and personality types A, B and C (Type A is the first classification of personality types in which people are workaholic that is they are competitive, ambitious, hate to waste time and easily annoyed. Personality type B people are more relaxed and feel less time pressure in their surroundings. Such people are not much competitive or driven. Type C people are not assertive at all and they always suppress their own desires even if there is something that they dislike.) The study also tried to find out the differences in the anxiety levels and personality types of college boys and girls. The study was conducted by involving

descriptive survey method of research. Correlation technique was employed to determine the relationship between anxiety and personality types. t-test was used to determine the differences in anxiety levels and personality types of boys and girls. The research was limited to two major variables anxiety and personality. A sample of 120 students was selected from 3 different colleges of Chandigarh. The tools used were Comprehensive Anxiety Test developed by Dr. H. Sharma, Dr. R.L. Bharadwaj and Dr. M. Bhargava (2006) and Type A, B and C Personality Pattern Inventory developed by Arun Kumar Singh and Ashok Kumar (2011).

### Analysis and interpretation of the results

The mean, median and standard deviation of anxiety, personality types (A, B and C) , scores of the total sample including college students have been presented in Table 1. The mean value for variable anxiety was 42.70, for Personality Type A it was 124.08, for Type B it was 100.55 and for Type C it was 87.59.

Table 2 shows correlation values of 0.252,-0.02, and 0.09 between anxiety and personality Types (A, B and C) respectively at 118 degrees of freedom show significant correlation only in one dimension of personality at 0.01 level. The differences in anxiety level and Personality Types (A, B and C) of BA II and BA III boys and girls are shown in Table 3 and Table 4.

**Table 1: Mean, Median and Standard Deviation of Anxiety, Personality Types ( A, B and C) of college students of Chandigarh**

Variables	N	Mean	Median	Standard Deviation
Anxiety	120	42.70	43	15.56
Personality Type A	120	124.08	124	13.40
Personality Type B	120	100.55	100	10.36
Personality Type C	120	87.59	87	10.27

**Table 2: Correlation between Anxiety and Personality Types (A, B and C)**

	Personality Types			
Variable		df	r-Value	Level of Significance
	Type A		0.252**	Significant
Anxiety	Type B	118	-0.02	Not Significant
	Type C		0.09	Not Significant

**\*\*Significant 0.01 level**

Table 2 shows the relationship between Anxiety and Personality Types (A, B and C). The results were found not significant in the case of total aggregate score of three dimensions of personality. In the case of Type A dimension of Personality r-value was found 0.252 which is significant at 0.01 level. Table also indicates that in the case of Type B personality type negative correlation was found and in the case of Type C personality positive but not significant correlation was found. This indicates that the students who were high on Type A scale were found to be more anxious. The other results show that the values of the calculated coefficient of correlation between the anxiety and the personality types have come out to be -0.02 and

in personality Type B and Type C respectively which are statistically not-significantly correlated with anxiety. Personality Type B shows negative correlation with anxiety and Personality Type C shows positive but not significant correlation with anxiety. Overall it can be concluded that there is not significant correlation between anxiety and personality types (A, B and C). Hence, the Hypothesis No. 1, "There exists no significant correlation between personality types (A, B and C) and anxiety among college students of Chandigarh" is accepted for Type B and Type C dimensions of personality but rejected for Type A dimension of personality.

**Table 3: Differences in the Personality Types (A, B and C) of college boys and girls of Chandigarh**

Variable	Gender	N	Mean	S.D.	Df	t-Ratio	Level of Significance
Personality Type A	Boys	60	124.87	11.66	118	.639	Not Significant
	Girls	60	123.30	15.00			
Personality Type B	Boys	60	103.08	10.03		2.75	Significant at 0.01 level
	Girls	60	98.01	10.14			
Personality Type C	Boys	60	89.68	9.08		2.26	Significant at 0.05 level
	Girls	60	85.50	11.02			

Table 3 reveals differences in the personality types (A, B and C) of college boys and girls of Chandigarh. The respective t-values of 2.75 and 2.26 reveal significant differences in personality Type B at 0.01 level and in Type C at 0.05 level of significance. This shows that there is a significant difference in the personality types of college boys and girls. t- Value of personality Type A which is 0.639 reveals non-significant difference between college boys and girls of Chandigarh. It indicates that personality type does not

affect the differences in the boys and girls. Hence, the Hypothesis No. 2, "There exists no significant differences in

the personality types (A, B and C) of college boys and girls" is accepted for Type A but rejected for Type B and Type C dimensions of personality.

**Table 4: Differences in the Anxiety level of college boys and girls of Chandigarh**

Variable	Gender	N	Mean	S.D.	Df	t-Ratio	Level of Significance
Anxiety	Boys	60	42.41	13.75			
	Girls	60	43.00	17.29	118	0.20	Not Significant

Table 4 reveals differences in the anxiety level of college boys and girls of Chandigarh. The respective t-values reveal no significant differences at any of the levels (0.05 or 0.01). The t-value of anxiety which is -0.20 reveals not-significant differences between college boys and girls of Chandigarh. It indicates that anxiety level does not affect the differences in the boys and girls. Hence, the Hypothesis No.3, "There exists no significant differences in the anxiety level of college boys and girls" is accepted.

### **Conclusions and suggestions**

On the foundation of study and the basis of interpretation of the results obtained, the following conclusions were drawn:

- There is significant correlation between anxiety and personality Type A among college students of Chandigarh.
- There is no significant correlation between anxiety and personality types (Type B and Type C) among college students of Chandigarh.
- There exists significant differences in the two dimensions of personality (Type B and Type C) of college boys and girls of Chandigarh.
- There exists no significant differences in the personality Type A of college boys and girls of Chandigarh.
- There exists no significant differences in the anxiety level of college boys and girls of Chandigarh.

The study extends the suggestion that teachers should be aware of personality types of the students and handle with it very carefully. They should create healthy and calm environment for balanced development of anxiety level and personality type of the students. The students themselves can indulge in understanding their personality in a healthier way and thus handle various situations of anxiety in life. It also encourages a student as well as a teacher in improvising strategies to enhance the qualities mentioned in different dimensions of personality to enhance the overall life development.



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