

## Type A Personality- A Questionnaire Based Study

Prashaanthi. N<sup>1\*</sup>, Karpagam Krishnamoorthy<sup>2</sup>

### ABSTRACT

A research on the type-A personality behaviour among the individuals of saveetha dental college. **Aim:** To analyse the type-A personality behaviour among the individuals of saveetha dental college. **Objective:** To assess the type-A personality behavioural among the individuals in saveetha dental college using Jenkins activity survey. **Background:** Type A and type B behaviours were first described by two cardiologists Friedman and Roseman who were studying heart disease. Briefly, type A is a behavioural and personality pattern characterised by the following 1) competitive achievement orientation, goal striving without a sense of accomplishment and joy. 2) time urgency, impatience, over scheduling, and 3) anger and hostility which may or may not expressed. In contrast, type B is non competitive, enjoys the process as much as the goal, is patient, and has little anger and hostility. **Reason:** The reason was to analyse the personalities of individuals and develop personality in positive manner.

**Keywords:** Personality, Type A, Type B

Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving. Personality basically is divided into two types type A and type B.

Ambitious, rigidly organized, highly status conscious, impatient are usually Type A personality. High-achieving 'workaholic'<sup>4</sup> are usually type A personality who multi-task, push themselves with deadlines, and hate both delays and ambivalence. On the other hand Type B personality includes people who live at a lower stress level and typically work steadily, enjoying achievements but not becoming stressed when they are not achieved. Furthermore, Type B personalities may have a poor sense of time schedule and can be predominately right brained thinkers.[2]

Dementia, a chronic and debilitating disorder in which cognitive processes such as memory, cognition, language, judgment and behavior are affected to the extent that normal daily functioning is disrupted, imposes significant economic and emotional burdens on society (Knopman, 2011). Thus, there is a need to pinpoint risk factors associated with dementia and to

<sup>1</sup> I year BDS, Department Of Anatomy, Saveetha Dental Colleges, Chennai, India

<sup>2</sup> Senior Lecturer, Department Of Anatomy, Saveetha Dental Colleges, Chennai, India

\*Responding Author

## **Type A Personality- A Questionnaire Based Study**

understand whether risk factors act in an additive or interactive manner. Here, dementia risk is prospectively examined in relation to the Type A behavior pattern (TABP) and cardiovascular disease (CVD). Some features of TABP confer an increased risk for dementia in those with CVD, whereas those without CVD are protected. When evaluating the risk of dementia, CVD and personality traits should be taken into consideration.[3]

Cardiovascular diseases have become the leading cause of death in the world, among which coronary artery disease (CAD) stands out due to its high morbidity and mortality. Studies have found that personality type and psychological stress might play great roles in the pathogenesis of CAD. Patients with type A behavior have higher levels of plasma catecholamine and 5-hydroxytryptamine and higher incidence of arrhythmia.[1]

Multiple sclerosis (MS) is characterized as a chronic autoimmune disease that affects myelinated axons by destroying the myelin in white matter of the central nervous system, and this procedure cause problems in nervous connections and results in cognitive disorders and emotional changes in the patients. People with Type A behavior pattern reported more stress, nervousness, and anxiety; and these manifestations could make MS symptoms worse. In another point of view, an increase in Type A behavior as a result of the increased severity of disabilities could be considered as a coping response to the conditions created by stress. MS can affect many areas of performance and leads patients to incapability. Education and employment status, familial and sexual function, daily activities, and friends could also be affected by the disease[4]

Type A individuals are extroverts. They are the most recognisable personality traits. This study explains the positive and negative traits of Type A personality.

### **MATERIALS AND METHODS:**

A survey based questionnaire was used to evaluate the traits of type A personality. A total of 50 individuals studying I BDS from Saveetha dental college were selected. They were made to sit comfortably and were given the questionnaire to fill . Once done , the results were collected and tabulated.

### **DISCUSSION :**

A total of 50 individuals were assessed. Out of 50, 21 individuals had extreme type A personality while 27 individuals had in between type A personality and 2 individuals had balanced type A personality.

The total average was 222.91. The average among extreme type A personalities was 102.24 , among in between type A personalities was 79.67 and in balance type A personalities was 41. The highest value among the extremities was 112 and the lowest value was 94. The highest value among the in between individuals was 93 and the lowest value was 60. The highest value among the balanced individuals was 43 and the lowest value was 39.

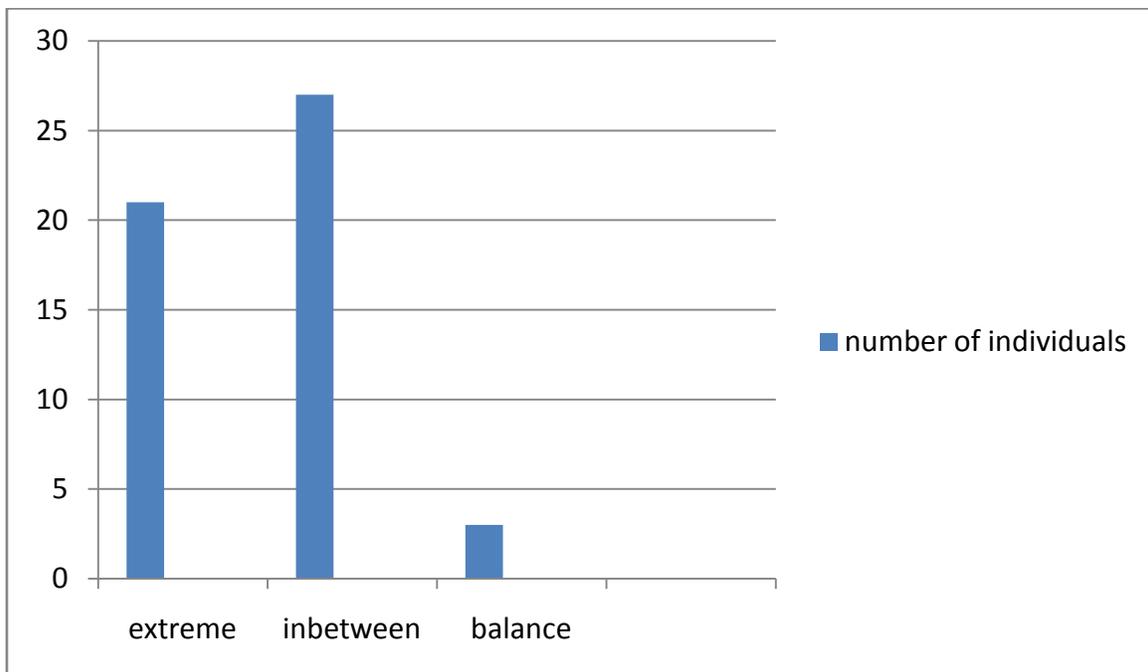
**Type A Personality- A Questionnaire Based Study**

<b>RESULT:</b>				
<b>S.no</b>	<b>Extreme 94-139</b>	<b>In between 47-93</b>	<b>Balance 0-46</b>	
1	101	91	39	
2	105	93	43	
3	100	85		
4	100	71		
5	106	89		
6	111	82		
7	110	93		
8	97	88		
9	97	84		
10	94	90		
11	97	90		
12	95	67		
13	108	93		
14	98	84		
15	112	93		
16	96	91		
17	107	76		
18	94	72		
19	109	72		
20	107	60		
21	103	63		
22		85		
23		79		
24		47		
25		63		
26		69		

### Type A Personality- A Questionnaire Based Study

S.no	Extreme 94-139	In between 47-93	Balance 0-46	
27		81		
<b>Average</b>	102.24	79.67	41	
<b>Low value</b>	94	60	39	
<b>High value</b>	112	93	43	

#### PEOPLE WITH TYPE A PERSONALITY:



#### **CONCLUSION:**

Individuals differ in their personality type. Since the type A personality traits are highly competitive, goal striving, anxious and proactive they create their own source of stress. Type A's have a greater risk for high blood pressure and cardiovascular disease.

Since there are extreme, in between and balance type A personalities traits , counselling can be given about the positive and negatives of their traits which will help them to overcome the

## Type A Personality- A Questionnaire Based Study

psychological problems. Type B personalities are also prone to the risks of cardiovascular risks as they may fall under type A personality due to over stress and competitive world. They must be also given counselling which prevents from various risk factors.

This study is very beneficial for type A personality traits to know about various risk factors so that it helps to gain knowledge and by counselling which helps them to lead a less stressful life in the society.

### REFERENCES

- 1) Jinling Du, MS, Danyang Zhang, MS, Yue Yin, MS, Xiaofei Zhang, MD, Jifu Li, MD, Dexiang Liu, MD, Fang Pan, PhD, and Wenqiang Chen, MD, PhD , The Personality and Psychological Stress Predict Major Adverse Cardiovascular Events in Patients With Coronary Heart Disease After Percutaneous Coronary Intervention for Five Years, *Medicine* Volume 95, Number 15, April 2016
- 2) Aliya Hisam<sup>1</sup>, Mahmood Ur Rahman<sup>2</sup>, Syed Fawad Mashhadi<sup>3</sup>, Ghulam Raza<sup>4</sup> , Type A and Type B personality among Undergraduate Medical Students: Need for psychosocial rehabilitation , *Pak J Med Sci* 2014, vol.30 no.6
- 3) Kathleen Bokenberger, Nancy L. Pedersen , Margaret Gatz, and Anna K. Dahl, The Type A Behavior Pattern and Cardiovascular Disease as Predictors of Dementia, *Health Psychol.* 2014 December ; 33(12): 1593–1601. doi:10.1037/hea0000028.
- 4) Sahar Vesal, Leila Dehghani, [...], and Zahra Saraf , Effect of disease duration on personality type in multiple sclerosis patients and healthy individual , *Adv Biomed Res.* 2016; 5: 35. Published online 2016 Mar 16. doi: 10.4103/2277-9175.178807 PMID: PMC4815506.

**How to cite this article:** N Prashaanthi, K Krishnamoorthi (2016), Type A Personality- A Questionnaire Based Study, *International Journal of Indian Psychology*, Volume 3, Issue 3, No. 8, DIP: 18.01.151/20160303, ISBN: 978-1-365-12176-0