

## Typical dreams and personality types among college students

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### ABSTRACT

A typical dream is a dream that, in its content and form, is very much alike for a great many people. Freud devoted a long section to typical dreams in *The Interpretation of Dreams* (1900) these are "dreams which almost everyone has dreamt alike and which we are accustomed to assume must have the same meaning for everyone". Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving. The study of personality focuses on two broad areas: One is understanding individual differences in particular personality characteristics, such as sociability or irritability. Typical dreams and personality types varies from one individual to other individual. This study focuses on relationship between typical dreams and personality types. The total number of 120 sample were estimated for this study that was further again classified into 60 males and 60 females through purposive sampling technique. Typical dream questionnaire (TDQ), by Tore a. Nielsen (2003), Myers- Briggs type Indicator (MBTI) , developed by Isabel Myers and Katherine Briggs (1956) was used for the study. For statistical analysis mean, standard deviation, correlation and independent test were used. Significant positive relationship were found between the typical dreams and personality types.

**Keywords:** *Typical Dreams, Personality Types, Gender and Correlation*

A dream is a succession of images, ideas, emotions, and sensations that usually occur involuntarily in the mind during REM stages of sleep. The content and purpose of dreams are not fully understood, although they have been a topic of scientific, philosophical and religious interest throughout recorded history. Dream interpretation is the attempt at drawing meaning from dreams and searching for an underlying message. The scientific study of dreams is called oneirology. Dreams mainly occur in the rapid-eye movement (REM) stage of sleep—when brain activity is high and resembles that of being awake. The characteristics of dreams have long fascinated scientists and philosophers. However it was only relatively recently that dreams came under rigorous scientific analysis. One of the most famous dream researchers is the American psychiatrist, J Allan Hobson, who identified basic characteristics of dreams in 1988:

1. Dreams often feature intense emotions despite the fact that your waking life may be pretty cushy, it's quite normal to have highly evocative dreams featuring extreme

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emotions. Whether you dream of intense fear (being chased by a crazed axe murderer) or public humiliation (finding yourself naked on stage). Hobson's dream research found that the three most common dream emotions are anxiety, fear and surprise.

2. Dreams often contain bizarre sensory experiences in dreams, your mind has to "let go" of the experience of lying asleep in bed and submit to a full range of sensations produced internally by the dream world.
3. Dreams are often difficult to remember REM sleep is characterized by low levels of serotonin and high levels of acetylcholine, making dreams difficult to store in short term memory. In fact, dream research suggests that 95% of regular dreams are forgotten upon waking. It is possible to improve your dream recall by intensifying your dream experience and making conscious recall a habit. This is always a precursor to practicing lucid dreaming techniques.

### *Typical Dreams and Personality Types*

Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving. Introverts dream of their teeth falling out 14.2 percent more often than extroverts. Extroverts also remember dreams more often than introverts. Overall, "Introverts were more likely to dream of being unable to influence the world around them and dreamed more often of punching without effect," the researchers said. "Extroverts, however, dreamed of more active pursuits, such as traveling." Dreaming aside, these are the hidden strengths of extroverts and the hidden strengths of introverts, too.

## **METHODOLOGY**

### *Objective*

To find out the relationship between the typical dream and personality types.

### *Hypothesis*

H<sub>1</sub>: There will be a positive significant relationship between typical dream and personality.

H<sub>2</sub>: There will be a positive significant relationship between typical dream and dimensions of MBTI personality types.

H<sub>3</sub>: There will be a significant gender difference in typical dream and personality.

### *Population*

The present study consists of college students located in and around Coimbatore.

### *Sample Size*

The present study comprising of 120 college students out of which 60 males and 60 females.

### *Sample Design*

Purposive sampling technique was used in this study.

### *Inclusion Criteria*

1. The samples collected from only college students & age group of 18-25.
2. The samples collected in and around the area of Coimbatore.

### *Exclusion Criteria*

1. The samples are not collected from outside area of Coimbatore.
2. The samples are not collected from the age group of below 18 & above 25.

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### Tools Used

1. **TYPICAL DREAM QUESTIONNAIRE(TDQ)** , developed by Tore A. Nielsen (2003). It is a four point rating scale from 0 to 3. It consists of 16 factors . Reliability co-efficient of typical dream questionnaire is  $r = 0.87$  and it has good discriminate validity.
2. **MYERS- BRIGGSTYPE INDICATOR (MBTI)** , developed by Isabel Myers and Katherine Briggs (1956). It consists of two responses A & B. It consists of 4 dimensions extroversion vs introversion , sensation vs intuition , thinking vs feeling and judging vs perceiving. Reliability co-efficient of .84(E-I), .84 (S-N), .67 ( T-F) ,.82 ( J-P) and it has good concurrent validity.

### Statistical Analysis

Description statistics such as mean, standard deviation and inferential statistics such as correlation and independent t-test was computed using **SPSS-20**.

## RESULTS AND DISCUSION

*Table 1 shows the correlation between typical dreams dimensions and personality types*

Variables	Extroversion	Introversion	sensation	Intuition	thinking	feeling	judging	Perceiving
Death murder	-.336 *	.336*	-.126	.120	-.073	.079	-.245**	.247**
Disaster	-.048	.048	.003	.014	.105	-.121	.032	-.041
Positive themes	-.109	.109	-.214	.210*	-.106	.110	-.240**	.241**
Alien life	-.014	.014	-.218	.213*	-.057	.063	-.324**	.326**
Sex- nudity	-.193*	.193*	-.120	.114	.007	-.001	-.185*	.187*
Self transformation	-.231*	.231*	-.123	.112	-.222*	.233*	-.262**	.267**
Paralysis presence	-.122	.122	-.190*	.208*	-.048	.028	-.147	.135
Falling flying	-.220*	.220*	-.232*	.226*	-.238**	.243*	-.230*	.233*
Snakes insects	-.001	.001	-.012	.019	-.097	.088	-.104	.099
Magic myth	-.082	.082	-.226*	.226*	-.115	.115	-.207*	.206*
Epiphany	-.054	-.054	-.136	.129	-.095	.102	-.149	.152
Failure	-.111	.111	-.212*	.211*	-.150	.151	-.162	.162
Inhibition	-.085	.085	-.226*	.221*	-.280**	.283*	-.122	.125
Chase fear	-.294**	.249**	-.041	.035	-.107	-.112	-.192*	.194*
Loss of control	-.100	.100	-.119	.109	-.076	-.047	-.046	.051
Beasts	-.071	.071	-.095	.092	-.050	-.054	-.011	.031

*\*correlation is significant at the 0.05 level ,\*\*correlation is significant at the 0.01 level*

Table 1 shows that there exists a significant negative correlation between extroversion and dimension of death murder  $-.336^*$ , sex nudity $-.193^*$ ,self transformation  $-.231^*$ , falling flying

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-.220\* & chase fear-.294 , at 0.01 level of significance .There exist a significant positive correlation introversion and dimension of death murder .336\*, sex nudity.193\*,self transformation .231\*, falling flying .220\* & chase fear .249\*\* , at 0.01 level of significance & exists a significant negative correlation between sensation and dimensions of paralysis presence -.190\*, falling -.232\*, magic myth-.226\*, failure-.212\*, inhibition -.226\* and exists a significant positive correlation between intuition and dimensions of positive themes.210\*, alien life .213\*, paralysis presence .208\*, falling flying.226\*, failure.211\*, inhibition.221\* & there exists a significant negative correlation between thinking and dimension of self transformation-.222\*, falling flying -.238\*\*, inhibition-.280, at 0.01 level, there exist a significant positive correlation between feeling and dimension of self transformation .233\*, falling flying.243\*\*, inhibition.283 , at 0.01 level of significance. And exists a negative correlation between judging and dimensions of death murder-.245\*\*, positive themes-.240\*\*, alien life -.324\*\*, sex nudity -.185\*, self transformation -.262\*\*, falling flying -.230\*, magic myth-.207\*, chase fear -.192\* & exists a positive correlation between perceiving and death murder .247\*\* , positive themes .241\*\*, alien life .326\*\*, sex nudity .187\*, self transformation .267\*\*, falling flying .233\*, magic myth .206, & chase fear.194\*. This present study is consistent with the finding of Nielsen, Zadra(2003) conducted study on “ The typical dreams of Canadian university students.

**Table 2 Shows the mean (M) , standard deviation (SD), t – value & significance for the personality along with its types.**

N = 120	gender	Extroversion	Introversion	Sensation	Intuition	Thinking	Feeling	Judging	perceiving
Mean (M)	Male	9.76	5.23	8.23	6.80	7.13	7.83	7.70	7.28
	female	9.61	5.38	8.93	6.06	7.06	7.93	8.01	6.98
Standard deviation (SD)	Male	2.59	2.59	2.49	2.46	2.36	2.40	2.20	2.23
	female	2.73	2.73	2.32	2.32	2.16	2.16	1.97	1.97
t value		.30	-.30	-1.59	1.67	.16	-.24	-.83	.78
Sig.		.81	.81	.94	.95	.61	.51	.52	.49

Table 2 show values (M) and standard deviation (SD) of personality type. Mean values for **extroversion** for male and female as 9.76,9.61 , standard deviation for male , female is 2.59 ,2.73, t-value is .30 & non-significant at 0.01 level. Mean value for **introversion** of male and female as 5.23 ,5.38, standard deviation for male , female is 2.59, 2.73 , t-value is -.30 & non-significant at 0.01 level. **Sensation** mean value for male , female as 8.23, 8.93, standard deviation for male , female is 2.49 ,2.32,t-value is -.15 & non-significant at 0.01 level. **Intuition** mean value for male , female as 6.80, 6.06, standard deviation for male , female is 2.46,2.32 ,t-value is 1.67 & non-significant at 0.01 level. **Thinking** mean value for male , female as 7.13, 7.06, standard deviation for male , female is 2.36 , 2.16,t-value is .16 & non-significant at 0.01 level. **Feeling** mean value for male , female as 7.83,7.93 , standard deviation for male , female is 2.40, 2.16,t-value is -.24 & non-significant at 0.01 level. **Judging** mean value for male, female as 7.70, 8.01,standard deviation for male , female is 2.20 ,1.97,t-value is -.83 & non-significant at 0.01 level. **Perceiving** mean value for male, female as 7.28, 6.98 ,Standard deviation for male & female is 2.23,1.97, t-value is .78 & non-significant at 0.01 level.

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*Table 3 shows mean (M) , standard deviation (SD), t-value and significance for typical dreams*

Variables	Gender	Mean	Std. deviation	t	Sig.
Death murder	Male	5.23	3.49	2.64	.880
	Female	3.53	3.54		
Disaster	Male	3.91	2.53	1.80	.431
	Female	3.01	2.91		
Positive themes	Male	10.21	4.65	2.52	.770
	Female	8.13	4.38		
Alien life	Male	2.55	2.36	1.75	.284
	Female	1.83	2.10		
Sex nudity	Male	3.16	3.09	2.54	.002
	Female	1.90	2.30		
Paralysis	Male	5.11	2.89	1.69	.968
	Female	4.25	2.69		
Self transformation	Male	2.35	2.09	2.61	.175
	Female	1.41	1.80		
Falling flying	Male	3.53	2.00	1.15	.148
	Female	3.05	2.54		
Snakes insects	Male	2.45	1.81	1.09	.078
	Female	2.11	1.51		
Magic myth	Male	2.51	1.82	2.10	.519
	Female	1.81	1.81		
Epiphany	Male	1.88	1.63	1.00	.598
	Female	1.58	1.63		
Failure	Male	2.81	1.46	3.02	.402
	Female	2.03	1.36		
Inhibition	Male	4.91	2.45	2.56	.731
	Female	3.70	2.73		
Chase fear	Male	2.53	1.70	1.33	.321
	Female	2.13	1.56		
Loss of control	Male	3.13	1.98	1.31	.783
	Female	2.65	2.04		
Beasts	Male	2.25	1.91	1.93	.535
	Female	1.60	1.74		

Table 3 shows mean(M) , standard deviation (SD), t-value and significance for typical dreams along with its types. Mean values for **Death-murder** for male & female is 5.23, 3.53, standard deviation for male & females is 3.49&3.54 , t-value is 2.64 & non significant at 0.01 level . **Disaster** mean value for male & female is 3.91,3.01, standard deviation for male & female is 2.53,2.91,t-value is 1.80 & non -significant at 0.01 level. **Positive themes** mean values for male , female as 10.21,8.1, standard deviation for male & females is 4.65&4.38, t-value is 2.525 & non significant at 0.01 level. **Alien life** mean value for male , female as 2.55,1.83, standard deviation for male & females is 2.36,2.10,t-value is 1.75 & non significant at 0.01 level. **Sex nudity** mean value for male, female as 3.16,1.90, standard deviation for male & females is 3.09,2.30, t-value is 2.54 & significant at 0.01 level. **Paralysis** mean value for male, female as 5.11,4.25, standard deviation for male & females is 2.89,2.69 ,t-value is 1.69 & non significant at 0.01 level. **Self transformation** mean value for

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male, female as 2.35, 1.41, standard deviation for male & females is 2.09, 1.80, t-value is 2.61 & non significant at 0.01 level. **Falling flying** mean value for male, female as 3.53, 3.05, standard deviation for male & females is, 2.00, 2.54 t-value is 1.15 & non significant at 0.01 level. **Snakes insects** mean value for male, female as 2.45, 2.11, standard deviation for male & females is 1.81, 1.51 t-value is 1.09 & non -significant at 0.01 level. **Magic myth** as mean value for male, female as 2.51, 1.81, standard deviation for male & females is 1.82, 1.81, t -value is 2.10 & non significant at 0.01 level. **Epiphany** mean value for male, female as 1.88, 1.58, standard deviation for male & females is 1.63, 1.63, t -value is 1.003 & non -significant at 0.01 level. **Failure** mean value for male, female as 2.81, 2.03, standard deviation for male & females is 1.46, 1.36, t -value is 2.02 & non- significant at 0.01 level. **Inhibition** mean value for male, female as 4.91, 3.70, standard deviation for male & females is 2.45, 2.73, t -value is 2.56 & non- significant at 0.01 level. **chase fear** mean value for male, female as 2.53, 2.13, standard deviation for male, female is 1.70, 1.56 t -value is 1.33 & non-significant at 0.01 level. **loss of control** mean value for male, female as 3.1333, 2.6500, standard deviation for male, female is 1.98, 2.04 t -value is 1.31 & non- significant at 0.01 level. **beasts** mean value for male, female as 2.25, 1.60 for males and females standard deviation for male, female is 1.70, 1.56 t -value is 1.93 & non- significant at 0.01 level respectively.

## CONCLUSION

1. There is a significant positive relationship between typical dream and personality types.
2. There is a significant positive relationship between typical dreams and dimensions of personality.
3. There is no significant gender difference in personality types and typical dreams (Except the dimension of sex nudity).

## Limitations and Implications

1. This study contains only limited variables (like gender, personality types) as determinants of typical dreams. Future researchers can consider and add the variables like sleep, age, decision making and other related concepts.
2. Population chosen for this study belongs to only one geographical area (in and around Coimbatore). Future research can concentrate on more number of samples and different geographical areas.
3. The study is fully analyzed on a quantitative basis. Future researchers can do this as a qualitative study and it will help in understanding the individual's point of view in a border perspective.
4. The finding of the study will add to the pool of existing literature on mindfulness and happiness.
5. This study can be used to assess the relation between typical dreams and personality types among people in various areas like hospitals, industries, and in other settings.

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### ***Conflict of Interest***

The author declared no conflict of interests.

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