

A study of personality type of single and sibling adolescents

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ABSTRACT

The present study studied the personality type of single and sibling adolescents. The sample comprised of 60 subjects of age group 13 – 18 years selected purposively from single and sibling adolescents belonging to Udaipur city. Tools used included Eysenck's Maudsley Personality Inventory (M.P.I.) (Eysenck, 1975). Results showed that there is a significant difference between the personality type of single and sibling adolescents.

Keywords: *Personality Type, Single And Sibling Adolescents*

Adolescence is the transitional stage of development between childhood and adulthood. It represents the period during which a person experiences a variety of biological and emotional changes therefore this is a middle stage of childhood and adulthood. Every individual passes through this stage. It is a period of physical growth, maturing of mind and behaviors as well. By the end of Adolescence, development reaches a position where an individual is legally and socially regarded as mature, capable of leading an independent life, free from control, supervision and guidance.

An adolescent faces numerous psychosocial challenges during this stage of life. In this period, so many demands are made upon adolescents by society for independence, peer and heterosexual adjustments, educational and vocational preparation and for the development of social and emotional values. Many adolescents face identity crisis in this stage.

“Adolescence” is a dynamically evolving theoretical construct informed through physiologic, psychosocial, temporal and cultural lenses. This critical developmental period is conventionally understood as the years between the onset of puberty and the establishment of social independence (Steinberg, 2014).

This path from childhood to maturity is an attractive, but irregular, insecure and strange. Major mental and physical changes occur in the personality of an adolescent, and he comes into a new world.

Adolescence is a time of confusion and curiosity. An adolescent always remains confused whether he is torn between the desire for autonomy and the need to remain dependent on his parents. In this stage an adolescent is also full of curiosity where he tends to be focused on

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investigating and exploring the world. Adolescence is the age of rebellious behavior, negative attitudes, disobedience and disrespect. In this age adolescents indulges themselves in drug and alcohol abuse, experience peers pressure, depression, stress and issues of sexuality also arises during this stage.

Parenting has become one of the most complex challenges in today's world. Now a day many parents choose to have only one child due to financial burden and of course they feel it easier to take care of an only child.

Single-child families have always been there throughout ages, but their number was rather limited. Infertility of either of the spouse was considered to be the main reason for it. The proportion of single child families has increased manifold in last two decades. Although there is no database to point out its incidence, yet review of literature highlights that it is an emerging trend especially among the educated upper and middle sections of the society. In urban areas, the individualistic and materialistic values have accelerated this trend. Relationships are viewed through costs, rewards, profits, margins, and acquisitions. The relationships are justified in terms of individual well being and are defined according to individual preferences. The growth of feminism has also encouraged women to avoid dependent relationships, and consequently they are taking more time to establish their independence and acquiring motherhood.

Both men and women around the world are spending a lot of time in getting best education and climbing career ladders. As a result, they are entering late in marital ties or are postponing parenthood. Some other aspects of the urban life that are encouraging this family size, are tremendous work-related stress, long working hours, fast pace of life, little time for intimacy, increase in sexually transmitted diseases and obesity. All these factors are not only affecting the marital relations but also the reproductive capacities of an individual. Along with these, poor nutrition and environmental pollution is also affecting fertility, resulting in the emergence of involuntary single-child families.

Only-children get excessive attention and due to the absence of siblings, become selfish, demanding, dependent and moody, in comparison to children with siblings. Only-children tend to show traits similar to first-children and seem to have higher self-esteem than children with siblings.

Breton and Prioux (2009) have stated that man and woman having only one child during their reproductive life, is a single-child family.

Personality

Personality refers to individuals' characteristic patterns of thought, emotion and behavior. Personality can be defined as long term consistency in their particular ways of perceiving, thinking, acting and reacting as a person".

Funder (2004): "Personality refers to an individual's characteristic patterns of thought, emotion, and behavior, together with the psychological mechanisms – hidden or not – behind those patterns".

Characteristics of Personality

Personality is unique in each individual. It is not possible for any individual to imitate the qualities of the personality of other individual. It refers to persistent qualities of an individual.

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Every individual has some traits and qualities and they try to adjust with the environment. Personality also represents an active orientation of organism to environment. It is a continuous process of learning and all the traits of personality are acquired gradually. Personality is also influenced by social interactions. When we interact with other members of the society, we acquire some qualities. This constitutes our personality.

Badi, Jaya (2017) tried to explore the effect of being single or having a sibling on the personality of children. They found that there are no significant differences between only children and children with a sibling on all five factors of personality (Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism).

Personality Traits

The trait theory of personality is the most widely accepted theory. Costa and McCrae's (1992) proposed a Five-Factor Model (FFM), which includes Neuroticism, Extraversion, Openness, Conscientiousness and Agreeableness-- known collectively as the 'Big Five'.

Neuroticism

Highly neurotic individuals tend to score high. These individuals display a lot of anxiety and hostility towards others while individuals low in neuroticism are less anxious and easygoing. Even though having negative connotations, some of the facets are important for all individuals in moderate amounts, such as being vulnerable, impulsive and self conscious.

Extraversion

Introverts focus more on their own inner world while extraverts exert their energy externally in the world around them. Individuals scoring high on extraversion tend to be more outgoing and enjoy the company of others. They also have a more positive view of the world.

Openness to Experience

This trait involves the tendency to fantasize, be aware of one's emotions, a liking for novelty, sensitivity to art and beauty, intellectual inquisitiveness and a tendency to be liberal in values. Openness implies a willingness to adopt innovative ways of thinking and behaving. Individuals high in openness display flexible behavior, while those low in this trait are traditional in their values and shallow in affect.

Agreeableness

Individuals scoring high on this trait are easy going whereas individuals who score low on this trait have rigid thinking and behavior; they find difficulty in assimilating and changing their routines.

Conscientiousness

This trait refers to an individual's desire to achieve and succeed. Individuals high in this trait are competent and orderly, and determined to assert their best effort. Conscientiousness most consistently predicts both academic performances as well as discipline choice. In other words, this trait not only predicts how well the individual does in a subject, but their choice of subject as well. Conscientiousness is also positively correlated with success.

Objectives

1. To study the personality of single adolescents.
2. To study the personality of sibling adolescents.
3. To compare the personality of single and sibling adolescents.

METHODOLOGY

Sample

The sample consisted of 60 subjects of age group 13 – 18 selected purposively from single and sibling adolescents of Udaipur city. Among these 60 respondents, 30 were single adolescents and 30 were sibling adolescents.

Variables

Independent variables – Single and sibling adolescents

Dependent variables – Personality

Tools And Materials

The MPI personality inventory by Eysenck was used (1975). The inventory is designed for assessing Neuroticism-stability and introversion-extraversion dimensions of personality. Stencil is used to give scores to subjects. This inventory is a brief, but standard, as well as an easily administered and scored inventory which is designed for assessing Neuroticism-stability and introversion-extraversion dimensions of personality. It is suitable for normal and abnormal adults and also for adolescents. The short-scale takes about 3 to 5 minutes, while the long scale takes about 15 to 20 minutes. Items from serial number 1 to 12 given on the front page of the test booklet make the short-scale. Each of these items is answerable by making a tick-mark into one of the three boxes, marked with instructions to answer the questions is given on the front cover page of the test booklet.

The 48 items of the test booklet are distributed among the two personality dimensions. Each item has three response alternatives, scored 0, 1, and 2 from lower to higher levels of neuroticism and extraversion, and any single item contributes to only one of the two dimensions. The total composite neuroticism or extraversion score is simply the sum of raw scores on all the 24 items in the two dimensions.

Procedure

First of all the purpose of the study was explained to the subjects which helped to establish proper rapport with them. The personality inventory questionnaire was administered. Respondents were asked to fill the questionnaire according to the instructions. They were assumed that their responses would be kept confidential. The answered questionnaire were collected and scored according to the manual. The scores obtained were analyzed statistically. Mean and SD values were calculated. t-test has been applied to find out the significance of difference between both groups in reference to variables taken.

RESULT AND DISCUSSION

Result Table – 1 (Personality Datas)

	Study Groups	N	Mean	Std. Deviation	Std. Error Mean	Mean Difference	't'	P Value
Neuroticism	Single Adolescent	30	30.33	2.670	0.487	14.000	21.664	0.000
	Sibling Adolescent	30	16.33	2.324	0.424			
Extraversion	Single Adolescent	30	20.67	3.907	0.713	18.233	21.137	0.000
	Sibling Adolescent	30	38.90	2.657	0.485			

In order to find out the significance of difference t – test was applied.

The above table shows that mean score of neuroticism dimension of personality of single adolescents is 30.33 and the mean score of neuroticism dimension of personality of sibling

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adolescents is 16.33. The mean difference was found to be 14.000 and the 't' score is found to be 21.664 which is significant at 0.01 level.

It infers that there is significant difference between neuroticism dimension of personality of single adolescents and sibling adolescents. Furthermore, the mean scores also indicate that single adolescents have more neuroticism dimension of personality in comparison to sibling adolescents.

The above table shows that mean score of extraversion dimension of personality of single adolescents is 20.67 and the mean score of extraversion dimension of personality of sibling adolescents is 38.90. The mean difference was found to be 18.233 and the 't' score is found to be 21.137 which is significant at 0.01 level.

It infers that there is significant difference between extraversion dimension of personality of single adolescents and sibling adolescents. Furthermore, the mean scores indicate that sibling adolescents have more extraversion dimension of personality in comparison to single adolescents.

From Result table – 1 it is clear that there is significant difference between personality of single and sibling adolescents.

The high score of neuroticism for Single adolescents might show that sometimes they lack control over their life and play a different role when things don't go his way. Whereas the low mean score of neuroticism for sibling adolescents might show that they are calm and collected most of the time, have a strong sense of self and feel that they are in control of their world. The high score of neuroticism for single adolescents might also show that they experience feelings like anxiety, anger, guilt and depression. They respond more poorly to environmental stress and take ordinary situations as threatening and minor frustrations as terribly difficult. In contrast to this siblings do not have feelings like anxiety, anger, guilt and depression as they have their brother or sister to share their joys and sorrows and to solve their difficulties. They are able to understand and interpret the environmental situations that they come across and deal with them confidently. The results are also supported by the study of **Gupta, Tamanna (2017)**. She explored the personality traits of different birth orders and found that there was a significant difference between different birth orders on personality traits.

There is significant difference between extraversion dimension of personality of single adolescents and sibling adolescents. Furthermore, the mean scores also indicate that sibling adolescents have more extraversion dimension of personality in comparison to single adolescents. Sibling adolescents have high desire for interpersonal interaction. Siblings are more extraverted as compared to single child. The only children exhibit more aggressive behavior, intense quarreling and rivalry as they don't have any brother or sister to whom they can share their feelings with. The only child on the other hand enjoys all attention from parents and has access to all family resources. This leaves the only children with maximum significance in the family but at the same time they find it difficult to interact themselves with others. The results are supported by the study of **Stephen Asatsa et al (2017)** who investigated the relationship between sibling birth spacing and, extroversion and introversion characteristics of adolescents and concluded that close sibling spacing tends to produce extraverted and highly aggressive children while wide sibling spacing tends to produce

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introverted and less aggressive children. Their study further found that the only children, ranked highest in introversion and, lowest in aggressiveness and extraversion.

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Conflict of Interest

The author declared no conflict of interests.

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