

Influence of Self-Control on Personality Dimensions among College Students

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ABSTRACT

This present study titled as “Influence of self-control on personality dimensions among college students” is carried out to find the relationship between self-control and personality dimensions and to find the difference between groups in self-control and Personality Dimensions. For this purpose, 130 college going students were approach and 120 persons were selected by using purposive sampling method. These persons were living in a various part of Coimbatore, Tirupur and Erode districts of Tamilnadu. After the collection of data suitable statistical tools were applied to analyze the data. The results show that there is a no relationship between exists between Extraversion and Self-control($r=-0.0648$). And it also shows that there is no relationship exists between agreeableness and self-control ($r=-0.0085$).and it also shows there is a positive relationship existed between Conscientiousness and self-control($r=0.0061$). And it also there is no relationship between Neuroticism and self-control($r=-0.0351$). And it also there is a positive relationship exists between Openness and self-control($r=0.0508$).

Keywords: *Self-control, College students, Personality, Big Five*

“Personality is a dynamic organization within the individual of those psychophysical systems that determine the unique adjustment of his environment”

-Allport (1996)

Personality is what makes an individual unique. It is the uniqueness that impels us to enquire into the pertinent different among the individuals. A pleasing personality has a marketable value in the society. Personality is a factor to be comprehended meticulously as it is considered being the sum total of the behaviour of an individual in relation to the society.

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The term 'Personality' emanates from the Latin word 'Persona' that was associated with Greek theatre. The mask worn by the actor was called 'Persona'. The mask or persona of the actor implied a cover for the real person behind it. The term personality in English 'Personality' in French, 'personlichkeit' in German has a close similitude with the personalities of Medieval Latin.

METHODOLOGY

Objectives:

1. To find the difference in the level of Self- Control, and Extraversion of the sample
2. To find the difference in the level of Self- Control, and Agreeableness of the sample.
3. To find the difference in the level of Self- Control, and Conscientiousness of the sample.
4. To find the difference in the level of Self- Control, and Neuroticism of the sample
5. To find the difference in the level of Self- Control, and Openness of the sample
6. To assess the relationship between Extraversion and Self-control of the sample.
7. To assess the relationship between Agreeableness and Self-control of the sample.
8. To assess the relationship between Conscientiousness and Self-control of the sample.
9. To assess the relationship between Neuroticism and Self-control of the sample.
10. To assess the relationship between Openness and Self-control of the sample.

Hypotheses:

1. There will be a significant difference between Male and female in Extraversion
2. There will be a significant difference between Male and female in Agreeableness.
3. There will be a significant difference between Male and female in Conscientiousness.
4. There will be a significant difference between Male and female in Neuroticism.
5. There will be a significant difference between Male and female in Openness.
6. There will be a significant difference between Male and female in Self-control.
7. There will be no significant relationship between the self-control and Extraversion of sample.
8. There will be no significant relationship between the self-control and Agreeableness of sample.
9. There will be no significant relationship between the self-control and Conscientiousness of sample
10. There will be no significant relationship between the self-control and Neuroticism.
11. There will be no significant relationship between the self-control and openness.

Sample:

A total of 120 samples were selected from the population to study the relationship between the self-control and personality dimensions. 60 are males and 60 samples are females. Both male and female samples are living in the areas of PODANUR, GANDHIPURAM,

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UKKADAM and other areas of the Coimbatore District, Tamilnadu. The age range of the sample between 18 to 25. They were selected by purposive sampling method.

Area:

Students who were chosen for study were living in rural and urban areas of Coimbatore district of Tamilnadu. They are all studying in arts and science stream in various colleges. Most of the parents of samples are working in shops and industries around their residents.

Tools:

Selection of tests and tools is a very important aspect of any research since it is the key to gaining information. The following tools were employed to conduct the study

1. THE BIG FIVE INVENTORY is developed by John, O. P., & Srivastava, S. (1999).
2. SELF-CONTROL SCALE developed by Tangney, J. P., R. F. Baumeister, et al. (2004).

Procedure

Initially, permissions were obtained from authorities of educational institutions in Coimbatore. Then the investigator established rapport with the students of the institution. The personal data sheet was given to each of them and collected relevant personal background details, later Big five Inventory and Self-control scale was provided to the students individually one after the other, they were asked to respond to the questionnaires as per the given instruction. Their scores were recorded as per the norms, they were interpreted. Out of the 120 sample, 100 (Male=50, female=50) whose response to all the questionnaires were completed were selected as the sample. The results are tabulated taken for the further discussion.

Analysis Of Data

The data will be analyzed statistically based on the following tools

- Percentage analysis
- Mean
- Standard deviation
- Pearson's Correlation
- One way-ANOVA.

To apply the above statistical procedures SPSS V 24.0 was employed.

RESULTS AND DISCUSSION

Table I, Level of Self-Control of the total sample (N=100)

Level of self-esteem	Number	percentage
High	8	8
Moderate	92	92
Low	0	0

Table I shows the level of self-control of the total sample. It clearly shows that 8 % of the sample has High-level self-control and 92 % of the sample has a moderate level of self-control. It shows that the majority of the sample have a moderate level of self-control. The results clearly show that the people who participated in this study were living around the city.

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They may know how to control themselves in certain situations. It also reflects this sample may care about their health.

Self-control is more important and essential characteristic that needed to face the environment around us. This sample has moderate self-control which indicates they can control their habits and behaviors in stressful and demanding situations.

Table II: Level of Self-Control of the Male and Female Samples:

Level of Self-Control	Male (N=50)		Female (N=50)	
	Number	Percentage	Number	Percentage
High	3	6	5	10
Moderate	47	94	45	90
Low	0	0	0	0

Table II shows the level of self-control of male and female samples. In males, 94 % of the sample has a moderate level of self-control and 6% of the sample has a high level of self-control. In females, 90% of the sample has a moderate level of self-control and 10% of the sample has a high level of self-control. It clearly shows that females have a higher level of self-control than males.

Generally, the Female sample has the capacity to control their behaviors and emotions in any kind of demanding or stressful situations. It may be reflected in this result because female sample has high self-control than the male sample. Social and cultural norms may likely to influence their self-control.

Table III, Influence of Variables on Samples

Variable	Source	N	Mean	SD	F	p	Sig
Extraversion	Male	50	23.58	3.8004	0.4088	0.52	* Not Sig
	Female	50	23.1	3.6290			
Agreeableness	Male	50	27.7	4.0211	0.0668	0.79	* Not Sig
	Female	50	27.48	4.3965			
Conscientiousness	Male	50	27.7	4.2532	0.4932	0.48	* Not Sig
	Female	50	28.32	4.4830			
Neuroticism	Male	50	24.9	3.5902	1.8288	0.17	* Not Sig
	Female	50	23.84	4.1490			
Openness	Male	50	30.26	4.9226	0.0340	0.85	* Not Sig
	Female	50	30.08	4.7321			
Self-Control	Male	50	29.56	3.4126	0.0291	0.86	* Not Sig
	Female	50	29.68	3.5464			

* Not Sig= Significant at 0.05 level

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Table III shows the influence of dependent variables on independent variables. The result shows that there is no significant difference exists between the male group and female group in extraversion ($F=0.40, p=0.52$). Hence, the null hypothesis **“There will be a significant difference between Male and female in Extraversion is rejected”**. It also shows that there is no significant difference exists between the male group and female group in agreeableness ($F=0.06, p=0.79$). So the null hypothesis **“There is will be a significant difference between Male and female in Agreeableness is rejected”**. It shows that there is no significant difference exists between the male group and female group in Conscientiousness ($F=0.49, p=0.48$). so the null hypothesis **“There will be a significant difference between Male and female in Conscientiousness is rejected”**. It shows that there is no significant difference exists between the male group and female group in neuroticism ($F=0.182, p=0.017$). so the null hypothesis **“There will be a significant difference between Male and female in Neuroticism is rejected”**. It shows that there is no significant difference exists between the male group and female group in Openness ($F=0.03, p=0.85$).so the null hypothesis **“There will be a significant difference between Male and female in Openness is rejected”**. It shows that there is no significant difference exists between the male group and female group in self-control ($F=0.02, p=0.86$).so the null hypothesis **“There will be a significant difference between Male and female in Self-control is rejected”**.

Table IV: Relationship between Personality Dimensions & self-control of the sample (N=100)

Variables	Mean values	Standard Deviation	r-vale
Extraversion	23.34	3.7234	
Self-control	29.62	3.4807	-0.0648
Agreeableness	27.59	4.2144	
Self-control	29.62	3.4807	-0.0085
Conscientiousness	28.01	4.3806	
Self-control	29.62	3.4807	0.0061
Neuroticism	24.37	3.9157	
Self-control	29.62	3.4807	-0.0351
Openness to Experience	30.17	4.82919	
Self-control	29.62	3.4807	0.0508

Table IV shows the relationship between the Personality dimensions and self-control among the samples. It clearly shows that there is a negative relationship exists between the extraversion and self-control of sample ($r=-0.0648$). So the null hypothesis **“There will be no significant relationship between the self-control and extraversion of the sample is Accepted”**. And also there is a negative relationship exists between agreeableness and self-control of sample ($r=-0.0085$). So the null hypothesis **“There will be no significant relationship between the self-control and Agreeableness of sample is Accepted”**. And also there is a positive relationship exists between Conscientiousness and self-control of sample ($r=0.0061$). So the null hypothesis **“There will be no significant relationship between the self-control and Conscientiousness of sample is rejected”**. And also there is a

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negative relationship exists between Neuroticism and self-control of sample($r=-0.0351$). So the Null hypothesis “**There will be no significant relationship between the self-control and Neuroticism is Accepted**”. And also there is a positive relationship exists between Openness to Experience and self-control of sample($r=0.0508$). So the Null hypothesis “**There will be no significant relationship between the self-control and openness of the sample is rejected**”.

SUMMARY AND CONCLUSION

- The majority of the Male sample have a moderate level of Self-control
- The majority of the Female sample have a moderate level of Self-control
- Number of Females have a high level of self-control than males
- There is no significant relationship exists between the extraversion and self-control of sample
- There is no significant relationship exists between agreeableness and self-control of the sample.
- There is a positive relationship exists between Conscientiousness and self-control of sample
- There is no significant relationship exists between Neuroticism and self-control of sample
- There is a positive relationship exists between Openness to Experience and self-control of sample
- There is no significant difference exists between Male and female in Extraversion
- There is no significant difference exists between Male and female in Agreeableness.
- There is no significant difference exists between male and female in Conscientiousness.
- There is no significant difference exists between Male and female in Neuroticism.
- There is no difference exists between Male and female in Openness.
- There is no significant difference exists between Male and female in Self-control.

LIMITATIONS OF THE STUDY

- The sample size is restricted to 100 which is too small.
- Large samples could have been included
- The geographical area of this study is confined only to Coimbatore District
- Interventions could have been given to the stressed sample.
- Some more psychological variables could have been included, as it is only a descriptive study.

RECOMMENDATIONS FOR FUTURE RESEARCH

- ✓ Longitudinal research can be done to have regular follow-ups.
- ✓ Other psychological variables can also be studied

IMPLICATIONS OF RESEARCH

- All colleges should employ a psychologist to take care of the psychological well-being of their students.
- All colleges should use self-control techniques to reduce emotional exhaustion of their students

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Conflict of Interest

The authors colorfully declare this paper to bear not a conflict of interests

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