

Perceived Loneliness as Related With Personality Type of Career Women

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ABSTRACT

The present study was designed to investigate perceived loneliness as related with personality type of career women. To assess personality type N.I. scale by Padma Agarwal and Purnima (1980) was administered on the sample of working women. Based on scores on personality type 11 Extroverts 30 Introverts were taken. Ambiverts were not included in the study. Perceived Loneliness Scale by Dr. Pravin Kumar Jha (1971) was administered on the selected sample. t- test was applied to understand the impact and relationship between the variables. The result of the study indicated that on perceived loneliness significant difference was found between Introvert and Extrovert career women.

Keywords: *Perceived Loneliness, Personality Type And Career Women.*

Loneliness refers to an individual's subjective perception that he/she lacks close interpersonal relationships an individual is lonely if he or she desires close interpersonal relationships but is unable to establish them.

Acc to peplau and Perlman (1982)

"Loneliness is the unpleasant experience that occurs when a person's network of social relations is deficient in some way".

Neurosis may be considered as the maladaptive style typified by anxiety and avoidance. The concept of neuroticism – extroversion has been associated with morphological and physiological processes, cognitive behavior social and cultural phenomena and psychopathological disorder.

Introversion may possess either a more intellectual or a more emotional character, just as if it can be characterized by intuition or sensation. The introvert does have shut in type of

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personality and its touchy, nervous, serious, subjective and cold, cautious, impractical, imaginative, analytic, easily hurt, moody, quiet and concentrated.

A satisfying career is an important component of life satisfaction. Doing something meaningful in a productive capacity contribute to one's feeling of life satisfaction. Satisfied career women tends to be calm, even tempered and less reactive to stress.

The term "*Personality*" stems from the latin word *persona*, which was the name given to the masks actors wore and the characters they portrayed.

Acc to Allport:- "*Personality is a dynamic organization within the individual of those psychophysical system that determine his unique adjustment to his environment*".

Acc to Cattell (1970):- "*Personality is that which permits prediction of what a person will do in a given situation*".

Personality can be classified distinctively on the basis of different and / or singular parameters like traits, physical structure, temperament, nature etc.

Jung divided all human being basically into 2 distinct types :

Extrovert and Introvert –according to their social participation and the interest which they take in social activities.

1. Extrovert Personality:- Individuals possessing this personality type are social, practical, appear affectionate, informal are good conversationalist are active and lively. They are habitually outgoing, venturing forth with confidence into the unknown. They prefer outdoor activities, tends to be essentially social- participating in various social and personal activities. They appear full of energy and tend to involve themselves in a variety of pursuits. They are generally good leaders of big and small groups. They apparently live in the present, concentrating on current activity. These individuals adapt easily to a given situation and are particularly influence by objects and event in the external world.

2. Introvert Personality:- the mental tendencies of these people are directed, not outwards to people around them, but rather inwards to themselves. They are thus self centered and lovers of solitude. They are busy in their thoughts and they try to impress others only by their thoughts. They are idealists who think very much about the future. Usually they take more interest in the physical environment composed of trees, plants, machines etc. Then they do in their social environment neither do they come to any decision in haste and not experts in behavior, but they pay more attention to thought than work people like scientist, philosophers and poets make up this group.

Jung on the basis of his studies suggested that the extrovert personalities are prone to hysteria and introverts for psychosis. This suggestions of Jung was verified by Eysenck (1947) later another type was added in this classification of Jung.

LITERATURE REVIEW

Revenson, T(1981), identified a set of strategies that people use to cope with loneliness and examined causal attributions for loneliness as predictors of coping behavior. Subjects were 128 adults who completed a questionnaire including the NYU Loneliness Scale, two attributional measures, and a modification of the Ways of Coping Scale. A distinction was made between problem-focused and emotion-focused coping strategies. Internal attributions for loneliness were found to be related to the intensity of coping efforts, but not to the type of strategy used (that is, problem-focused vs. emotion-focused).

Upadhayay and .Khokhar (2006) unemployment had been a recurring social problem throughout the century and bringing a mental health problem. In addition to feelings of excitement and anticipation, there might also be the feelings of loneliness. Loneliness is an important personality variable. Aim of the present investigation was to know the effect of personality traits on the perception of perceived loneliness in unemployed youths. The sample consists of 200 subjects within the age group of 26-32 yrs of age drawn from district Haridwar, clear demarcations were observed in the groups of different levels of personality traits on perceived loneliness.

Dykstra (2009) said that loneliness was common only among the very old. People in individualistic societies were most lonely. Contrary to this belief, findings showed that older adults in northern European countries tend to be less lonely than those in the more familialistic southern European countries.

Jackson and Cochran (2012) on relationships between loneliness and psychological symptoms had generally showed significant positive associations across a wide spectrum of psychopathologies. However, such results might be artificial, to some extent, given the high intercorrelations of typical psychopathology measures. In the current study, they examined associations between psychological symptoms, assessed by the Symptom Check List-90 (SCL-90; Derogatis, Lipman, & Covi, 1973) and loneliness, as measured by the UCLA-R Loneliness Scale (Russell, Peplau, & Cutrona, 1980), in college students. Using partial correlations to control for the confounding influence of generalized distress, relationships between loneliness and individual dimensions of distress were examined. Results indicated a significant association between loneliness and interpersonal sensitivity (low self-esteem) and depression. Other dimensions of distress were not significantly related to loneliness. In addition, no sex differences in patterns of association were observed. Results supported the notion that self-blame and self-devaluation were strong correlates of loneliness.

Kour, Singh & Sharma (2013), study of Personality and Academic Performance among teacher trainers was undertaken to examine the unique contribution of personality traits (extrovert, ambivert and introvert) towards academic performance. To assess the relationship between personality type and academic performance of male and female teacher trainers, a sample of eighty students (40 males and 40 females) in the age group of 13-22 were selected from the district Jammu. The personality type was assessed by using the Personality Test

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(Introversion –Extroversion) by Dr. Sharma, A. and Dr. Aggarwal, M. (1974). To assess the performance level, the Performance scale/ observation schedule were used. The data collected was statistically analyzed using correlation to establish the relationship between personality types and performance of the students in teacher training programme. The findings of the study showed a significant relationship between personality type exhibited and performance of the students in teacher training programme.

Adamczy (2016), study investigated the possible differences between single individuals and individuals in nonmarital romantic relationships in the domains of emotional (romantic and family) and social loneliness, and of perceived social support from family, friends and significant others. Women reported a lower level of social loneliness and a higher level of perceived social support in comparison to men. Relationship status interacted with gender in predicting perceived social support from significant others and friends.

Panda (2016), purpose of this research was to examine personality traits and the feeling of loneliness of post-graduate university students. For this purpose, a non-clinical sample of 60 post-graduate students (30 male and 30 female) from various disciplines in the age group of 21 to 24 years were administered NEO Five-Factor Inventory-3 (NEO-FFI-3) and perceived loneliness scale. Correlation analysis showed that three Big Five personality dimensions which are openness, agreeableness and conscientiousness are negatively and moderately correlated with loneliness of post-graduate university students. However, significant differences were not found among male and female post-graduate university students on loneliness and Big Five personality dimensions.

Objectives:

- To study perceived loneliness of introvert / extrovert career women.

Hypothesis:

- There may be significant difference on perceived loneliness between Introvert and Extrovert career women.

METHODOLOGY

Sample

Participants’: Sample of the study consisted of career women in age range of 35 to 50 years. They were selected by probability (cluster) sampling techniques from the different government and private sectors. Extreme group were formed based on their test scores.

Measures:

1. Perceived Loneliness Scale (PLS)

The P.L. scale has been developed by Dr. Praveen Kumar Jha to measure the loneliness. It is a uni-dimensional self report research tool which gives a holistic estimate of loneliness of an individual in a five point Likert format. The encircled number indicated the subject score on

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that particular item. The minimum and maximum score range between 36 to 180. High score is to be interpreted as held loneliness and low score as low loneliness of the respondent.

2. N.I. Scale

This scale was developed by Padma Agrawal and Purnima (1980). The N.I. scale is a two traits inventory measuring neuroticism and introversion. It is a 50 item inventory. There are 25 items descriptive of neuroticism and equal number of items descriptive of introversion. Norms are worked out for the two traits for interpretative purpose. It discriminates those having high neurotic tendency i.e. less emotional stability and introversion from those having low neurotic tendency.

Procedure:

The career women were approached and asked to complete the questionnaire of perceived loneliness scale and N.I. scale. All the respondents were also told that their anonymity will be preserved and their responses will be confidential. After that questionnaires were collected from the respondents and scored manually.

Statistical Analysis:

In order to meet the research objectives data was analyzed. "t"-test was applied for determining significance of mean difference between the Introvert and Extrovert career women.

RESULT AND DISCUSSION

Table shows "t"-test between Introvert and Extrovert career women.

Career Women

Variables	Introvert	Extrovert
Perceived Loneliness	Mean=90.13 S.D= 18.25	Mean=73.55 S.D=13.80

"t"=2.7329

Note-**statistically significant at 0.05 level

Note -**statistically significant at 0.01 level

Table showed that on perceived loneliness significant difference was found between introvert and extrovert working women ("t"=2.7329, $p < 0.01$). Finding indicates that both are different in their behavior. Extrovert women are social, practical, diplomatic, affectionate, more active, living in present and with practical attitude for life but introvert women are formal, less social, lovely, slow in taking decision, emphasizing on future and talkless.

Chang (1998) in his study indicated that introverts are at a loner risk of anxiety and depression when they confront stress events in the organization. They appraise themselves as being less helpless in the face of stress and adjusted better to negative life events than did extrovert.

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Strube (1989) found that extrovert stand in sharp contrast to introverted people who are more relaxed, more agreeable and have less time of urgency.

Andrew Steptoe, leva brydon (2004) Concluded that loneliness is a psychological experience with potentially adverse effects on biological stress processes that may be relevant to health.

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Concluded that education and income were negatively associated with loneliness meaning the income and high education reduces perceive loneliness. In a recent study by authors of the present study found no difference on emotional stability between working and non-working women.

CONCLUSION

From the above findings it can be concluded that extrovert women are fluent in speech more social feel fro others and admire others helpful nature. Risk taker and change seeker optimistic but introvert women are submissive, self-centered, inclined to worry keeps his feeling to himself, Attention directed inwards. He reflects a great deal. Therefore both are different in their behavior.

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