

Research Paper

To Determine the Level of Neuroticism Among Normal Young Adults

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ABSTRACT

Neuroticism, tendency to feel negative emotions, is a condition or trait in which how vulnerable a person to negative emotion such as anxiety, depression and anger. Neuroticism have two aspects one is withdrawal which includes anticipatory anxiety, self-consciousness, embarrassment, withdrawing in the face of unexpected, feeling of sadness, loveliness, and disappointment. On the other hand, second aspects are volatility which includes emotionally unstable, argumentative, irritable, don't handle stress, always talking about the problems. Usually, withdrawal aspects connected with what might happen and volatility connected with what has happen. In the other researchers' studies indicates that neuroticism seen in young adults, now a days. Mostly young women are more often effective with neuroticism as compare to men. In past few months number of neuroticism cases increased, due to current situation of COVID, lockdown, online classes. In the present study, an attempt has been made to find out the level of neuroticism among young adults aged from 20s to 30s years among of male and female. In this regards, Medico Psychological Questionnaire (MPQ) devised by Dr. J. Bharat Raj has been taken for the present study. 25 male and 25 female has been taken on the above-mentioned age group. Result indicates that (mean of male subjects=42.92, mean of female subjects=41.80) have not cross the cut-off point (46). So, the present study indicate there is no neurotic trend among the subjects taken for this study.

Keywords: *Neuroticism, Young Adults, Anxiety, Negative Emotions, Depression, Anger*

Neuroticism, the tendency to feel negative emotions, is a condition or trait which determines how vulnerable a person is to negative emotions such as anxiety, depression and anger. Barlow et. al. (2014) stated that neuroticism is used to describe negative emotional state or trait. Mostly neurotic persons are not able to use their skills to effectively regulate emotions and cope with stress, making these emotions even more overwhelming for them. Lacking in effective coping skills leads neurotic persons to respond in destructive, impulsive, or maladaptive ways that end up creating more problems and stress for them in the long run (Hamilton et. al., 2017).

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Neuroticism has two aspects- one is withdrawal which includes anticipatory anxiety, self-consciousness, embarrassment, withdrawing in the face of unexpected, feeling of sadness, loneliness, and disappointment. The second aspect is volatility which includes emotional instability, argumentativeness, irritability, inability to handle stress, preoccupation with the problems. Usually, withdrawal aspect is connected with what might happen and volatility is connected with what has happened.

Young adults, having good health, want to make a change and create a legacy of their own. So, we need to understand the relationship in between neuroticism and young adults.

It is difficult for neurotic young adults to form close, trusting, healthy relationships with others. They tend to have a negativity bias, which can extend to the way they perceive their relationship. They may perceive problems when there are none, or they may exaggerate problems in ways that provoke conflicts. Due to this pattern problems occurs in their relationships.

According to Widiger, & Oltmanns, (2017), People with high neuroticism scores tend to report being less satisfied in their marriage than people with low scores. Other researchers' studies indicate that neuroticism is seen in young adults these days. In this context, young adults who score high in neuroticism may present themselves on social media to show who they want to be, to deceive others, and use social comparison to impress others to a greater extent (Michikyan, Subrahmanyam, & Dennis, 2014). Mostly young women are more often affected with neuroticism as compared to men (Ramiraz, Ekselius, & Ramklint, 2009). A study by Jorm (1987), indicated that there is a sex difference in neuroticism among university students. That is, female university students are roughly a third of a standard deviation above males in neuroticism. In this context similar findings were indicated in the study by Goodwin & Gotlib (2004), who found that neuroticism may moderate association between female gender and increased risk of depression. Pearman (2020) assessed the relationship between neuroticism and young adults and found that neuroticism affects reasoning performance in young adults. Young adults low in neuroticism performed significantly better on reasoning than those high in neuroticism. In the past few months, the number of neuroticism cases has increased, mainly due to current situation of COVID, lockdown, online classes, etc.

METHODOLOGY

Objectives

- To study the level of neuroticism among normal young adults aged between 20 to 30 years.
- To make a comparison between normal male & female young adults aged between 20 to 30 years with respect to levels of neuroticism.

Hypotheses

- There will be significant relationship in terms of the level of neuroticism among normal young adults aged from 20 to 30 years. (H_A)
- There will be significant relationship in comparison with normal males and females, young adults, in respects to level of neuroticism. (H_A)

Sample: 25 males and 25 females have been taken with age range from 20 to 30 years belonging to UG & PG level students of Lovely Professional University (LPU).

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Inclusion Criteria

- Person belonging to age group of 20 to 30 years.
- Both male and female.
- UG and PG students of LPU.
- Person who can read and write.
- Person belonging to normal or good health status.

Exclusion Criteria

- Person belonging to below 20 years
- Person belonging to above 30 years.
- Person belonging to student of UG and PG level of from other university.
- Person who cannot read and write.
- Person with physical and mental disorder.

Tool

Medico-Psychological Questionnaire by Dr. J. Bharat Raj (1992), is an instrument which helps in the identification of neurotic cases in general population. It consist of 50 items which is self-administrative usually take 15 min and can be sub-divided into categories viz, hysteria, anxiety neurosis, reactive depression, & obsessive compulsion. Test-retest reliability correlations 0.71, significant at 0.05. Validity correlation is 0.68, significant at 0.05. Higher the score means higher the neuroticism in an individual.

Procedure

MPQ questionnaires were administered by online. Participants were able to complete the survey on any computer with Internet access, 24 h per day. Before beginning the survey, participants read and indicated their consent to participate. The survey took an average of 20 min to complete and participants did not have the option of returning to the survey once finished.

RESULTS AND DISCUSSION

Result Table 1. Showing distribution of score of the male subject in respect of levels of neuroticism.

S.no.	Scores	Mean	S.D
1.	18		
2.	56		
3.	50		
4.	38		
5.	65		
6.	07		
7.	16		
8.	65		
9.	51		
10.	18		
11.	38		
12.	50	42.80	17.76
13.	38		

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14.	65		
15.	18		
16.	56		
17.	38		
18.	50		
19.	38		
20.	65		
21.	50		
22.	38		
23.	65		
24.	52		
25.	28		

Table no. 1: In this table individual score of normal young adults' male subject score is mentioned with mean 42.52 and S.D. is 17.76.

Result table 2. Showing distribution of score of the female subject in respect of levels of neuroticism.

S.no.	Scores	Mean	S.D.
1.	46		
2.	56		
3.	52		
4.	76		
5.	32		
6.	38		
7.	34		
8.	08		
9.	38		
10.	57		
11.	30		
12.	28		
13.	56	41.80	13.89
14.	32		
15.	38		
16.	34		
17.	46		
18.	56		
19.	52		
20.	28		
21.	32		
22.	38		
23.	36		

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24.	46		
25.	56		

Table no. 2: In this table individual score of normal young adults' female subject score is mentioned with mean 41.80 and S.D. is 13.89.

Result table no. 3 Comparison of score between normal young adults' male and female subject in respect to level of neuroticism.

Particulars	Mean	S.D.	t. value	P. Value (0.05)	Remark
Male subjects score	42.52	17.76	0.14	0.89	Not significant
Female subjects score	41.80	13.89			

Table no. 3: In this above table combine mean score of male subjects is 42.52, S.D. score is 17.76, *t* Value is 0.14, & P. Value is 0.89.

DISCUSSION

In the present study, an attempt has been made to find out the level of neuroticism among young adults aged from 20 to 30 years and belonging to male and female groups. In this regard, Medico-Psychological Questionnaire (MPQ) devised by Dr. J. Bharat Raj has been taken for the present study. 25 males and 25 females have been taken in the above-mentioned age group. From the above results, it has been shown that the mean score of male subjects is higher than the mean score of female subjects. It indicates that the male subject has shown slightly higher trend towards neuroticism compared to female subjects. From S. D values, it may be said that the scores of male subjects (S.D17.76) have greater variability compare to female subjects (S.D13.89). The *t* value (0.14) has shown in significant at 0.05 level, which indicates mean scores of male and female subjects are not differencing statistically significant way. From the overall score, it may be said that both male and female subjects are not show any neurotic criterion cut-off, for that we can assume that they have mental disorders. As the mean score is not cross the cut off (46). The trend is very positive in a sense that the subject under study didn't show any trend of mental disorders.

This score is shown contradictory by other researchers, according to Jorm (1987), females have higher neuroticism scores than males among children, the very elderly and university students. Another study made by Benton et al (2003), also found a significant increase in young adults' pathology, assaults, and personality disorders. Singh (2004) also comes with this finding that Individuals who are emotionally mature are less depressed, healthier, more enjoyable and have better relationships.

CONCLUSION

To determine the level of neuroticism among normal young adults. Levels of neuroticism & gender difference have been observed and different scores tabulated and analysed. From the analysis, it has been found that no statistically significant levels of neuroticism and gender difference in young adults. From the above results, it may be concluded that all the subject scores fall under normal category, they did not show any clear-cut mental disorders. So, alternative hypothesis has been rejected and null hypothesis accepted. From the present study no real difference has been established statistically from the scores of male and female

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subjects. Therefore, the level of neuroticism has been found for both the group and no neuroticism or neurotic disorder has been detected among them.

In the present study levels of neuroticism determine among the young normal adults and no neuroticism trend has been found. So, it may be concluded that the subject under study do not have any neurotic trend and other cut off of psychiatric disorder have not been found.

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Website

- www.choosingtherapy.com/neuroticism/

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Conflict of Interest

The author(s) declared no conflict of interest.

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