

Effect of Stress on Different Personality Types

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ABSTRACT

Stress and personality are two factors common in everyone yet everyone has a different coping mechanism and reacts to different stressors. There are a lot of personality types and even if someone has the same personality, they still may be different. The aim of the study was to find the effect of stress on different personality types. Samples (N=100) were collected from a sample of males and females in the age group of 16 to 65 years. Two self-rated scales Ten item personality inventory and perceived stress scale were used to collect the data and correlation was used to find the relationship between stress and personality types. The results show that stress had no effect on one's extraversion, agreeableness and openness to experience, whereas it negatively impacted neuroticism and conscientiousness which leads to traits such as impulsive decisions, irritation and aggressiveness.

Keywords: *Stress, Personality types, Big 5 Theory*

Personality alludes to singular contrasts in trademark examples of reasoning, feeling and carrying on. It is characterized as the trademark sets of practices, discernments, and enthusiastic examples that develop from organic and natural factors. While there is no commonly endless supply of personality, most hypotheses center around inspiration and mental associations with one's environment. Numerous methodologies have been taken on to contemplate personality, including organic, intellectual, learning and quality-based speculations, just as psychodynamic, and humanistic methodologies.

Stress is an inclination of passionate or physical pressure. It can emerge out of any occasion or imagined that causes you to feel baffled, irate, or apprehensive. It is your body's response to a test or request. In short blasts, it can be positive, for example, when it encourages you dodge peril or comply with a time constraint. In any case, when stress goes on for quite a while, it might hurt your wellbeing. The point when you sense threat—regardless of whether it's genuine or envisioned—the body's safeguards get going in a quick, programmed measure known as the "battle or-flight" response or the "stress reaction."

Even though there aren't a lot of Indian researches available, especially those based on the Big 5 theory, the ones done by *Afrisham R. et al, Raymond A. et al and Yao Y. et al (2018)*

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focused on this theory and found a correlation between these 2 variables. As stress is something that can cause problems when prolonged, it is important to take actions to help reduce stress in all sectors of one's life to improve our mental health and quality of life.

The lack of researches similar to this one was a major research gap in this research. There were some researches such as the ones done by *Kumar G. et al (2017)*, *Perez E. (2016)*, *Chai M.S. et al (2015)*, *Sur S. et al (2014)* and *Allysonam S. et al (2013)* that assessed traits similar to the ones in the big 5.

MATERIALS AND METHODS

The study was survey based, using self-reported data collected online. The participants were selected based on convenience sampling and was done from July 2020 to December 2020. It was approved by Dr. Zuby Hassan, assistant professor in the department of AIPS, AUUP, Amity university, Noida. A google form was circulated among the participants due to the lockdown. The instructions were added in the form.

Inclusion and exclusion criteria

Everyone in the age group of 16- 65 was included in the study, those who did not give their consent were excluded.

Tools used

- **Ten item personality inventory (TIPI)**- This is a 10-item questionnaire with 7 options ranging from disagree strongly to agree strongly. The questions contain traits related to the Big 5 theory and help assess what trait is the strongest.
- **Perceived stress scale (PSS)** – This is also a 10-item questionnaire, with 5 options ranging from never to very often. It assesses the participants stress level in the last month.

Statistical Analysis

To study the effect of stress on different personality types correlation was used. Bivariate correlation was used to analyze the significant relationship between stress and different personality types and stress and personality in general. Data analysis was performed using the International Business Machines Corporation (IBM) Statistical Package for Social Sciences, version 21.0.

RESULTS

100 people from different job sectors, in the age group 16 to 65 years were selected from Delhi – NCR. The mean and standard deviation of the personality types and stress levels are represented in figure 1.

	N	Mean	Std. Deviation
E	100	4.3200	1.54971
A	100	5.1400	1.22697
C	100	4.7950	1.31444
N	100	4.3500	1.56428
O	100	5.4150	1.17218
Stress scale	100	19.2400	7.01243
Valid N (listwise)	100		

Figure 1. Mean and standard deviation of the sample (N=100) for the big 5 personality types – extraversion, agreeableness, conscientiousness, neuroticism, openness to experience and the stress scale.

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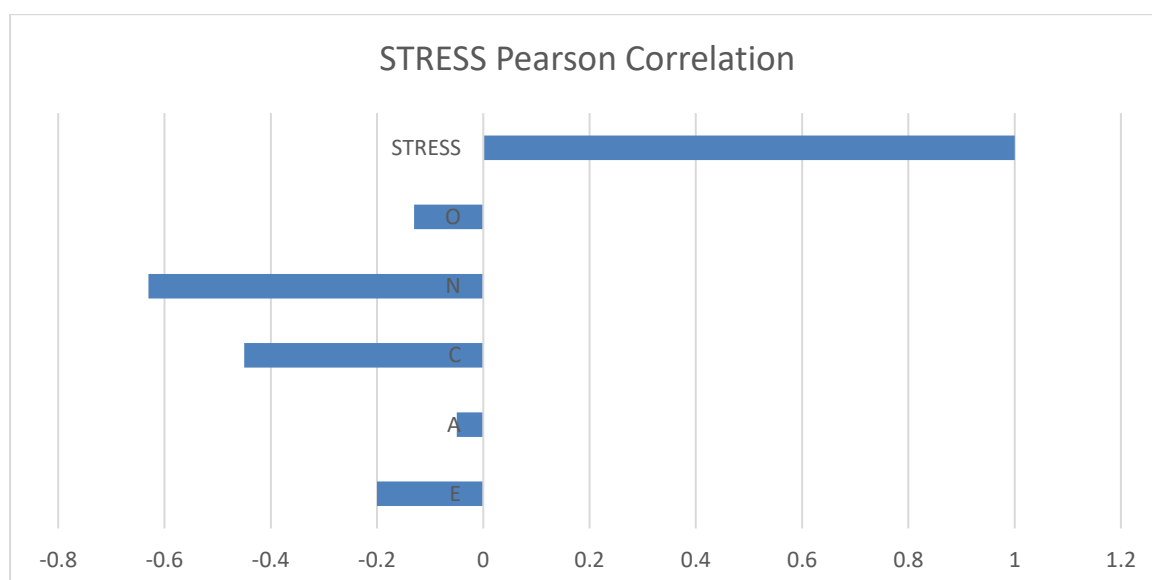


Figure 2. Graph representing Pearson correlation between stress and personality types.

The personality types extroversion, agreeableness and openness to experience are not related to stress as the Pearson correlation coefficient was 0.20, 0.05 and 0.13 respectively, whereas neuroticism and conscientiousness are negatively related to stress as the Pearson correlation coefficient is -0.638 and -0.45 respectively.

DISCUSSION

The aim of this study was to study the effect of stress on different personality types. The result was calculated using correlation and the Pearson correlation coefficient was used to compare the correlation between stress and personality types.

Extroversion, agreeableness and openness to experience had negligible correlation to stress as the Pearson correlation coefficient was 0.20, 0.05 and 0.13 respectively implying that stress does not have any effect on these personality traits in an individual. Neuroticism and stress have a moderate negative correlation as the Pearson correlation coefficient is -0.638 implying that the relation between stress and neuroticism is not constantly linear, as one increases the other may decrease but it is not a strong relationship. It implies that those who have higher levels of stress will be low on neuroticism and lean towards schedule, whereas individuals who score high on neuroticism will frequently feel restless, uncertain and self-indulging.

Conscientiousness and stress have a low negative correlation as the Pearson correlation coefficient is -0.45 implying that their relation is not very strong but as one increases the other decreases. It also means that those who have high stress levels may tend to battle with motivation control, prompting trouble in finishing undertakings and satisfying objectives and in general may be more disordered and may hate an excessive amount of structure. This implied that stress had no effect whatsoever on extraversion, agreeableness and openness to experience, but negatively impacted neuroticism and conscientiousness leading to traits such as less motivated, irritated, prone to criminal behaviour, may take more impulsive decisions, experience extreme and frequent mood swings, tend to be less empathetic, more selfish, become hostile and have a hard time maintaining their relationships.

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Since the relationship between stress and these factors was low, the effect of stress would also be low.

CONCLUSION

The study focused on finding the effect of stress on different personality types using personality types and stress scales. It was found that extraversion, openness to experience and conscientiousness had no relationship with stress, but neuroticism and agreeableness had a low to moderate relationship with stress, which implied that stress had no effect on one's extraversion, agreeableness and openness to experience, whereas it negatively impacted neuroticism and conscientiousness which leads to traits such as impulsive decisions, irritation and aggressiveness, to name a few.

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Conflict of Interest

The author(s) declared no conflict of interest.

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