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Comparative Study

A Comparative Study of Type D and Non-Type D Personality Patterns in Relation to COVID Anxiety among Young Adults

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ABSTRACT

Covid-19 pandemic has affected a large number of individual worldwide. Individuals suffered from physical as well as psychological symptoms like uncertainty, anxiety, fear, depression and post-traumatic stress. The present study was under taken to assess the Covid anxiety among Type D and Non-Type D personality groups. The total sample was N= 400 was taken from DAV university, Jalandhar age ranging from 18 to 25 years. Then two groups – Type D Personality group (N=128) and Non-Type D Personality group (N=138) were formed. Corona virus Anxiety scale (CAS), Taylor S. (2019) was administered to both the group to find out the difference in their CAS. The t-ratio for both the groups i.e., 3.46 is highly significant at 0.01 level. Thus, the results showed that Type D personality has significantly higher anxiety score (CAS) in comparison to Non-Type D personality, which signifies that the individuals having high score on social inhibition (SI) and negative affectivity (NA) are having higher anxiety score.

Keywords: *Covid-19 pandemic, Covid anxiety, Type D Personality, Non-Type D Personality.*

The breakdown of new corona virus which is also known as COVID- 19 had a great impact World Wide. It started in 2019 in china and quickly spread across the world, leading to the countless number of infected individuals. There were confirmed deaths from the corona virus disease (COVID-19) globally. (World Health Organization, 2020 a).

Hence this pandemic wholly and quickly affected every aspect of an individual daily life, from the way they live, work plan things for future or shop. The most common symptoms found during pandemic were cough, fever, fatigue (Huang, Wang et. al., 2019). The other symptoms included were diarrhea, dypsnea, hemoptysis, headache and lymphopenia (Wang, et al., 2019). As a result, breakout in socio economic crisis and complete breakdown emerged among individuals worldwide (Serafini, Parmigiani et al., 2020).

Individuals who were diagnosed with the virus developed (uncertainty, anxiety, fear, depression and post-traumatic stress (Guo, Zheng et al., 2020), also psychological disorders interlink with situations, loneliness, loss of income and isolation. Individuals who did not

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have infection when saw their families and friends became ill or died felt disturbed feeling of fear, anxiety, helplessness (Ahorsu, Lin et al., 2020).

Youth is an essential part of community for any nation as it put forward new ideas and energy which leads to overall development of nation in unusual ways and world in general specially in country like India 41% of population is below 20 years of age (Census, 2011).

Depression can affect the performance of the students in the college. Studies put forward that college students (Young Adults) who are depressed are likely to suicide, also research proposed that students with depression, mainly the women are prone to get depressed or experience related to alcohol abuse. The WHO has recognized the depressive disorder of adolescence as "priority mental health disorder."

Adults, children and adolescence encounter anxiety in different ways, sometime it is visible in few and can be inferred in other from psychological and physiological responses.

Personality plays an important role in physical and psychological well-being of the individuals. Recently, new type of personality, Type D has been established which can be considered as psychopathological condition as these individuals are at a higher risk of developing psychiatric disorders like anxiety, post-traumatic stress disorder, phobic disorder or panic disorder and mental disorders like stroke and cardiovascular diseases. It involves individuals who tend to experience negative distress and who do not express in social interaction. Therefore, Type D personality is formed on two stable personality traits, social Inhibition (SI) and Negative Affect (NA) and gives an interaction among them.

In this backdrop the present study was taken on to discover the comparison of Type D and Non-Type D Personality patterns interlinked to Covid anxiety among the young adults.

MATERIALS AND METHODS

In the initial phase of investigation male and female students (N=400) from various departments of DAV university Jalandhar served as subject.

The Choice of the sample was guided by convenience of collecting and ready to cooperation extended by students. Only those departments were assessing to students that could be possible and who were willing to participate in the study.

The age sample (N=400) ranged from 18 to 25 years with mean (M) 13.45 and standard deviation 2.58.

All the subjects administered with a valid reliable 14-item questionnaire, Type-D Personality-scale (DS 14., Denollet et al., 1966). (N=128) Type D Personality and (N=138) Non-Type D Personality were selected out of the total sample of 400.

In the second phase Type D personality group I and Non-Type D personality group II were administered with Corona Virus anxiety scales (CAS) to assess the anxiety of the subject.

Measures
- **Type D scale (DS14):** Type D Scale (DS14) is a 14-item questionnaire consists of the two-seven item subscale (Denollet, 2015), measuring the tendency to (a) Experience

negative emotions Negative Affectivity (NA) and (b) Inhibit self-expression in social interaction Social Inhibitions (SI). The answering format is on a five point likert scale 0-1-2-3, ranging from 0 (False) to 4 (true) with total score ranging from 0 to 28 for each subscale. Scoring of 1 and 3 items is to be reverse. Participants were defined as having Type D personality if they scored more than or equal to 10 on both negative affectivity (NA) and social Inhibition (SI). This cut-off value has been used in previous research (Denollet, 2005., Emons Et al., 2007) and is derived from the median split on negative affectivity and social inhibition of participants in those studies.

- **Corona virus Anxiety scale (CAS):** The CAS was used to measure "Coronaphobia" Asmondson GJG, Taylor S. (2019). The total statements participants were asked to rate 5 items of CAS, using a 5-point frequency scale (0 = "not at all" to 4 = "nearly every day over the last 2 weeks") regarding how often they experienced physiological based symptoms of anxiety and fear when exposed to thoughts or information related to the corona virus. This scaling format is consistent with the DSM-5's cross-cutting symptom measure. A CAS total score ≥ 9 indicates probable dysfunctional corona virus-related anxiety. Elevated scores on a particular item or a high total scale (≥9) may indicate problematic symptoms for the individual that might warrant further assessment and/ or treatment. The CAS was designed with the reason to fill a void in the mental health in response to COVID-19, Lee, S.A (2020). It has also been shown to be a reliable measure of anxiety associated with the COVID-19 pandemic (Choi et al., 2020).

RESULTS AND DISCUSSION

Appropriate statistical technique for analysing the data was need to obtain the following information.

- Means, Standard Deviations and t-ratios to assess the difference between CAS for the Type D Personality and Non-Type D Personality group.

Table 1.1 Differences between Type D and Non Type D shown by Mean CAS Scores.

Sr.No	N	Mean CAS Score	Std. Deviation	t-ratio
1	128	13.45	2.58	
2	138	7.60	1.87	3.46
	266			
		Difference = 5.58		
	df = 265		** p.01= 2.36	

The results show that t-ratio for group I and group II is 3.46 which is highly significant at 0.01 level. It means that both the groups of type D and Non type D differ so for their Covid anxiety score is concurred. The students with distressed personality have have CAS which is significant at 0.01 level.

The Research indicates that individual with Type D "Distressed" personalities are social inhibited and is interlinked with behaviour which is unhealthy. Therefore, the anxiety score in Type D personality group is more in comparison to Non-Type D personality group.

Thus, personality D Type individuals are more prone to experience anxiety, where there is likely stressful situation.
These individuals need therapeutic help to come out of their negative emotions and social inhibition.

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Conflict of Interest
The author(s) declared no conflict of interest.