Research Paper

Personality and Anxiety: Psychological Study on Boys and Girls

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ABSTRACT

Personality traits and most anxiety disorders are strongly related. In this article, many studies have established an association between the characteristics of anxiety and personality characteristics such as neuroticism. Some study suggests that anxiety and personality play an important role in society. However, some additional research is needed to explore this relationship further. The present study aimed to investigate and examine the relationship between anxiety and personality. total of 30 males and 30 females were administered a big-five inventory by Costa and McCrae and a self-analysis form by Raymond B. Cattell. The study aimed to measure the strong association between anxiety and five dimensions of personality; it hypothesizes that anxiety and neuroticism are positively related to each other, whereas five different hypotheses were framed and tested in the study, the collected data were treated by mean and standard deviation, and finally, the correlation was computed. Only the first hypothesis got support from the result of a relationship between anxiety and the four-factor of personality, namely extraversion, openness, agreeableness, and conscientiousness, which were found to be non-significant.

Keywords: *Personality, Anxiety, Neuroticism, Extraversion, Openness, Agreeableness, Conscientiousness*

The Five-Factor Model of Personality
Individual variances in typical thinking, feeling, and behavior patterns are called personalities. Two primary subjects are the focus of character research: It is acknowledged that certain personality qualities, such as friendliness or impatience, vary from person to person. The other is aware of how a person's component pieces work together to form their overall identity. In the discipline of psychology, there have been numerous attempts to develop a complete and valuable model of personality. However, there has been some significant change in that character's scientific study in recent years. A significant change in the way that character is studied scientifically. The Five-Factor model's (FFM) evolution of the Five-Factor model (FFM) is responsible for this change and the rise in empirical interest in personality. Costa and McCrae's Five-Factor Model of Personality is the most complete model of personality to date, claim Wiggins and Pincus (1992). The most complete personality model to date is the Five-Factor Model by Costa and McCrae. Because of its solid empirical.

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Foundation and significance of Costa and McCrae (1996) think that the FFM is necessary for any future theory. In the discipline of psychology, there have been numerous attempts to develop a complete and useful model of personality. Many of the earlier theories of personality have been called into doubt and said to have shaky empirical bases (Costa & 1996; McCrae). However, there has been a substantial shift in how personality is studied scientifically in recent years. A large portion of this change and the growing empirical fascination with personality can be seen. The distinctive patterns of thoughts, feelings, and behaviours that set one individual apart from others are called personality. It is a result of both biology and environment, and it is pretty constant over the course of life. How we characterize the characteristics of other people can be used as examples of personality. The Latin word persona, which describes a theatrical mask worn by actors to play roles or conceal their identities, is where the word "personality" originates.

Seven are credited to the creation of the Five-Factor model (FFM). The FFM has received enough attention that Costa and McCrae (1996) consider it to be a crucial element due to its solid empirical foundation and subsequent theory. Thurstone (1934) made some early discoveries, but it took a while before his study on the five components of personality received the right recognition (Borgotta, 1964). However, Fiske (1949) was one of the few researchers of his era to report significant findings; the existence of the five personality factors was supported by research. According to a factor analysis carried out by Kelley and Fiske (1951) using correlational data from the Michigan Veterans Administration (VA) Selection Project, there were five components. Using 22 of the 35 Temperament Scales, information was gathered from VA trainees, independent evaluators, and VA trainee peers. The five personality components came back during the 1980 Western Psychological Association Conference. Goldberg, Digman, Comrey, and Takemoto-Chock gathered at the conference to explore the components of personality (Digman, 1990). According to Goldberg's research, only five personality characteristics were consistent across investigations, according to a meta-analysis of lexical data (Wiggins, 1994). Three personality variables, Neuroticism, Openness, and Extraversion, were created a couple of years prior by Costa and McCrae (1992). At a conference Costa and McCrae conducted in Baltimore, Goldberg persuaded them to include two additional factors: agreeableness and scrupulosity (Wiggins, 1994). Costa and McCrae were able to create a personality inventory using these five criteria. The two domains of agreeableness and conscientiousness have been replaced in several alternative models by a single Psychoticism element (Eysenck, 1992).

Anxiety Test

According to Kohn et al. (2007), state anxiety is an acute anxious reaction that combines subjective apprehension and autonomic nervous system activation. The State-Trait Anxiety Inventory (STAI; Spielberger, Gorsuch, Lushene, Vagg, & Jacobs, 1983) is one of the most popular assessments of state anxiety. It assesses both state and trait anxiety and, according to Piotrowski (1999), has become one of the most frequently used assessments of anxiety. Another tool for assessing state anxiety is the Beck Anxiety Inventory (BAI; Beck, Epstein, Brown, & Steer, 1988). People who are extremely worried will split their focus between these kinds of thoughts and test-related thoughts. The behavior of extremely worried people suffers as a result of their focus on improper or irrelevant thoughts (Macher, Paechter, Papousek, Ruggeri, Freudenthaler, & Arendasy, 2013). All of these factors will have a detrimental impact. This is because worry consumes some of the processing power required for successful task completion and performance (Cassady & Johnson, 2002).

Some people define trait anxiety as an individual-difference variable that reflects differences in the elevations of state anxiety brought on by exposure to a stressor. Additionally, trait anxiety is not only a one-dimensional concept. Current research indicates that there are two dimensions: Making distinct contributions to trait anxiety ratings; it has been proposed. These two characteristics—anxiety reactivity and perseverance— affect a person's susceptibility to anxiety. Anxiety perseveration is the persistence of symptoms after exposure to a stressor, whereas anxiety reactivity is the increased likelihood of developing state anxiety reactions to stressors (Rudaizky, Page, & MacLeod, 2012.

According to Kohn et al. (2007), state anxiety is regarded as an acute anxious reaction that combines subjective apprehension and activation of the autonomic nervous system. The State-Trait Anxiety Inventory (STAI; Spielberger, 2004) is one of the most popular tests for state anxiety. Gorsuch, Lushene, Vagg, & Jacobs (1983).), one of the most frequently mentioned anxiety measures, according to Piotrowski (1999), measures both state and trait anxiety. Another tool for assessing state anxiety is the Beck Anxiety Inventory (BAI; Beck, Epstein, Brown, & Steer, 1988).

According to Macher et al. (2013), exam-related anxiety is a very serious condition. A difficulty for many kids. A poll of German students revealed that between 15 and 20% of them felt their performance was hindered by anxiety and tension during test scenarios. These worrying incidents may have consequences that go beyond the scope of a single testing scenario. According to the evidence, students who experience anxiety tests are more likely to fail exams and postpone or abandon their degree programs. Some research has demonstrated the negative effects of state and test anxiety on performance; however, many of these studies operationalized state anxiety in a way that suggests trait anxiety is the main type of anxiety that negatively affects performance (Macher et al., 2013). Research also indicates that personality may play a part in the connection between performance anxiety and anxiety.

Personality and Anxiety

All facets of human behavior are influenced by personality. Therefore, it is reasonable to anticipate that it will affect anxiety. Some studies have found a link between anxiety features and personality traits like neuroticism (Booth et al., 2013). As an illustration, Rosenberg's (1965) Self-Esteem Scale and Spielberg's (1983) State-Trait Anxiety Inventory showed substantial negative relationships with each other in research on the Five-Factor Model of personality's Neuroticism domain (Rosnov, Pickup, & McCord, 2003). Additionally, research by Booth and colleagues (2013) found that a significant percentage of the relationship between unfavourable job qualities and anxiety could be attributed to neuroticism. However, neuroticism-independent effects on anxiety remained considerable. This suggests that, even while neuroticism plays, it is probably a complicating factor rather than an explanatory factor in the association between unfavourable job qualities and anxiety.

Similar findings by Gramstad and colleagues (2013) point to a relationship between neuroticism and anxiety. Neuroticism was linked to greater anxiety symptoms and job stress among medical students. Additionally, depression levels and responses to stress were indirectly predicted by neuroticism. In the bright light of this, it is evident that some personality traits, such as neuroticism, significantly influence a person's anxiety level. Reality weakness is another personality trait that has been linked to higher levels of anxiety. Reality weakness is a psychological trait that comprises perceptions and thoughts that straddle the line between reality and fantasy, much like psychotic distortions, according to Tyssen,

Vaglum, Grnvold, and Ekeberg (2000). The reality deficiency in the medical student study was that Higher degrees of anxiety and stress reactivity is associated with neuroticism.

It is crucial to consider whether other personality traits, even those that are not included in the Five-Factor Model of personality, can influence psychological symptoms, in this case, anxiety.

However, there are several personality traits that offer defense against symptoms. Gramstad et al. (2013) discovered that extraversion shielded against depressive symptoms in a study of medical students. Given the tight connection between anxiety and depression, one would contend that this also applies to preventing the symptoms of anxiety. However, presently there is no evidence to back this up

METHODOLOGY

The study deals with five major types of personality traits and anxiety while giving the details about the five major personality traits Costa and McCrae had given several behavioural characteristics. The model is a dimensional representation of personality structure that has recently gained widespread acceptance among psychologists. In fact, some numbers of studies have found a link between anxiety in the workplace and personality traits like neuroticism. Particularly, it appears that neuroticism is the personality trait most closely linked to anxiety.

According to research by Booth, Murray, Marples, and Batey (2013), a significant percentage of the relationship between unfavourable job qualities and anxiety can be attributed to neuroticism.

In different research on medical students, neuroticism was linked to higher anxiety symptoms and job stress. According to Gramstad, Gjestad, and Haver (2013), neuroticism was a weak predictor of depressive symptoms and stress responses.

The current study is an attempt to search for the association between personality traits and anxiety neurosis.

Aim of the study:
The study's main aim is to search for the relationship between five major personality traits. Namely – neuroticism, extraversion, openness, agreeable, conscientiousness, and anxiety; the study also intends to search for the strength of association between the five personality characteristics and anxiety.

Objective of study
1. To major anxiety and neuroticism among the subject and find out the strength of association between them.
2. To assist extraversion and anxiety among the subject, study its direction and determine whether it is significant.
3. To research the strength of the association between openness to change and anxiety and determine whether the relationship is significant.
4. To measure the strength associated between agreeableness and anxiety and examine whether the relationship is significant or not.
5. To concept the correlation coefficient between conscientiousness and anxiety and determine whether the relationship is significant or not.

Hypothesis
1. Neuroticism and anxiety can be positively related, and the relationship is significant.
2. A negative relationship between extraversion and anxiety was found, and the strength of the association is significant.
3. Openness and anxiety are negatively related to each other, and the relationship is significant.
4. A negative relationship between agreeableness and anxiety was found, and the relationship is significant.
5. Conscientiousness and anxiety are negatively related to each other, and the relationship is significant.

First, the data were treated by mean and stander deviation, and then the correlation was computed. The statistical value was presented in the following table:

Table no. 4.1showing the means and stander deviation by the subject on five deviations of personality and anxiety.

	Neuroticism	Extraversion	Openness	Agreeableness	Conscientiousness	Anxiety
Male X	37.8	36.8	35.6	35.1	37.1	39.8
Male S	4.63	3.94	3.55	3.9	4.5	5.26
Female X	34.3	37.7	38.06	37.86	39.5	36.9
Female S	3.64	3	3.95	3.81	3.83	9.96

Table no 4.2 shows the correlation coefficient between anxiety and the five dimensions of personality.

	Neuroticism	Extraversion	Openness	Agreeableness	Conscientiousness
Anxiety	0.27	0.14	0.01	-0.21	-0.23

The means and standard deviation obtained by the group of males and females are presented in table no. 4.1 examination of means and standard deviations clearly shows that the six measures indicate that the distribution of score is more or less normal before computing the correlation between anxiety and five deviations of personality; the scatter plots were, examine and then Pearson's were computed they are presented in table no. 4.2.

The correlation coefficient between neuroticism and anxiety was .27, which was for 58df is significant at .05 level; these results are in accord with the assumption of the study.

Extraversion and anxiety at shown a low positive relationship "r=.14, df58, p>.05" These results are not in with the assumption of the study.

No relationship was found between openness and anxiety. The value of the correlation coefficient was .013. It is negligible and could be easily ignored.

With agreeableness, anxiety has shown a negative relationship; the correlation coefficient was = -.12; this correlation value for 58df is non-significant, so it doesn't help to prove the hypothesis.

When the correlation coefficient between conscientiousness and anxiety was computed, it was = -.23. This is also non-significant, so it is not in accordance with the hypothesis of the study.

On the bases of the result following conclusions were drawn.
1. Anxiety and neuroticism were positively related to each other, and the relationship is significant.
2. Anxiety and extraversion were positively related to each other. However, the relationship is almost negligible.
3. No relationship was found between openness and anxiety.
4. The relationship between agreeableness and anxiety was negative but non-significant.
5. Conscientiousness and anxiety were negatively related to each Other, but the correlation coefficient was non-significant.
6. Only the first hypothesis was supported by the result

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

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