

An Empirical Study of Gender on the Personality of the Teens

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ABSTRACT

Introduction: Most people find adolescence to be a challenging time because it is characterized by a number of nuisance aspects. Adolescents overcome several distinct developmental obstacles, such as adjusting to sudden physical changes, controlling sexual preferences, establishing the newest types of relationships, and making plans for their future in school and workplace. Gender is a crucial physiological factor that affects how teenagers cope with all of these difficulties, so it may also determine a person's personality. Adolescents' perceptions, emotional expressions, and behavior frequently reflect gender differences in personality. **Objective:** This study attempted to investigate the differences in personality between male and female teenagers. **Method:** Total 80 participants specifically from Mau district were taken for this present research study including 40 male and 40 female adolescents. Statistical analysis was done using SPSS-26V to calculate the data, which was analyzed statistically by the descriptive method, mean, and 't' test. **Result:** The results show that there is considerable difference in the personalities of male and female teenagers. **Conclusion:** The findings revealed that male adolescents had a stronger personality than female adolescents.

Keywords: *Personality, Gender Differences, Adolescence, Comparison, Traits*

The most critical period of growth is adolescence. At this point, a number of physiological and psychological changes take place. Teenagers' emotional independence and identity formation are significantly influenced by their personality development. Teenagers are in their most vulnerable stage, and while they move through this phase, they try to act in a precise manner in social situations in order to be embraced by the society as unique individuals. However, these vulnerabilities may influence their behavior, causing them to become agitated and uneasy, which may have an impact on their socialization. Adolescents who exhibit such contradicting tendencies find it hard to make decisions.

Each person has a unique set of traits that contribute to their personality. A person's personality holds great significance since it determines how other people view them. An individual's personality is made up of his many attitudes, behaviors, values, and other elements. A person's traits, which can also be acquired or innate, determine how they respond to a circumstance. Personality, according to Funder (2004), is a person's distinctive

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thought, emotion, and behavior patterns as well as the psychological processes that underlie them, whether they are obvious or not. Personality is “the dynamic organization within the individual of those physical systems that determine his unique adjustments to his environment (Gordon Allport, 1937).”

Gender, heredity, or even the environment can influence an adolescent's personality features. Personality, according to Larsen and Buss (2005), is the collection of structured, comparatively stable psychological characteristics and processes that affect an individual's interactions with and adjustments to their intrapsychic, physical, and social surroundings.

As a psychological and social construct, gender roles are made up of both cognitive processes and cultural expectations. From a societal standpoint, gender roles define how men and women divide labor and power in a particular cultural and historical context, with regard to issues like love relationships, the division of labor in families, and professional careers. Traditionally classified as either male or female, gender roles are assigned based on sex. Being the family's primary provider is linked to the male role, whilst social and household duties are linked to the female role (Eagly & Wood, 2012).

Bourke (2010) studied the differences between the teenage personality of the two sexes. Obtained results showed that the girls' score on Factor I (tender mindedness) was much lower than the boys', and the girls' score on Factor E (dominance) was significantly greater than the boys'. Additionally, girls scored higher on the second-order independence measure. According to the literature, adolescence brings about significant changes in biological, cognitive, and psychosocial functioning, which may have an impact on the development of personality traits. Adolescence is a crucial time to study the formation of sex differences in personality because the timing of these changes tends to differ for boys and girls (Lenroot & Giedd, 2010; Marshall & Tanner, 1986), (Blakemore, Burnett, & Dahl, 2010; Colom & Lynn, 2004), (Hunter & Youniss, 1982; Rice & Mulkeen, 1995) (Blakemore, Burnett, & Dahl, 2010; Lenroot & Giedd, 2010; Marshall & Tanner, 1986).

Studies which are now available related to how teenage personality traits differ on the basis of sex frequently provide contradictory findings. For example, Costa, McCrae, and Martin (2008) discovered that young adolescent girls had higher levels of extraversion and openness than boys (see also McCrae, Costa, et al., 2005; McCrae et al., 2002). Branje, Van Lieshout, and Gerris (2007) indicated that boys were more likely to be open to experience and extraverted than girls.

Using Internet data gathered from respondents in English-speaking countries ranging in age from 10 to 65, Soto, John, Gosling, and Potter (2011) found that adolescence is a critical time when sex differences for a number of personality traits tend to manifest. According to initial analysis of the data presented in this study (McCrae et al., 2010), sex differences among teenagers between the ages of 12 to 17, were comparable to those observed in adults, and similar to adults, modern, Western societies tended to exhibit more gender divergence. But instead of taking into account specific domains and features, the analyses merely looked at broad indices of gender differences, and they failed to take age into account during this crucial developmental stage.

A study was conducted by Khairnar and Suryer (2024) on gender differences in personality among tribal adolescents of Nandurbar District Authors. The findings reveal significant

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gender differences in extraversion, openness to experience, and agreeableness, while no significant differences were observed in neuroticism and conscientiousness.

Gupta (2021) investigated the impact of gender variations on personality traits. The sample consisted of 165 teenagers and young adults who are more educated than senior secondary level students ranging in age from 17 to 26. Characteristically the results show that there are differences between men and women on the big five personality traits.

Statement of the problem

An empirical investigation as to how gender affects teens' personalities.

Objective

The goal of this study is examining personality variations based on gender distinction with the help of dimensional personality inventory developed by Dr. Mahesh Bhargava.

Hypothesis

H1. There will be significant differences in the personality of male and female teenagers.

METHODOLOGY

This study involved 80 participants, 40 of whom were men and 40 women of Mau district. Purposive sampling was used to collect data, the sample mean age was 17.50 years. Subjects gave their prior consent. The data were calculated using SPSS-26V and then statistically analyzed using the mean, t-test, and descriptive technique.

Analysis of Data and Interpretation

Teenage personality scores of males and females were compared. The mean and standard deviation of male and female adolescents are shown in Table 1, together with the t-value indicating the significance of the mean difference.

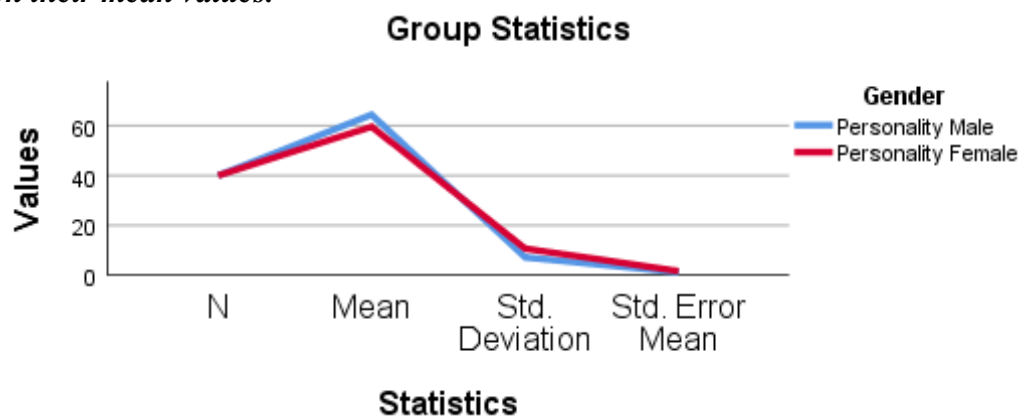
Table 1: Descriptive Statics and t-value for Variable (Personality), Demographic Variable (Male and Female)

Variable	Groups	N	Mean	SD	t-value	Level of significant
Personality	Male	40	64.37	7.19	2.35*	.021
	Female	40	59.5	10.69		

**0.01 level of significance*

Table 1 depicts the mean scores for the male and female groups, which are 64.37 and 59.57, respectively, with standard deviations of 7.19 and 10.69. Additionally, the t-value of 2.35 is calculated, indicating significance at the 0.01 level of significance. According to the study's findings, male adolescents are more endowed with positive personalities than female adolescents. As a result, hypothesis 1—which states that “there will be significant difference in the personalities of the male and female adolescents”—is partially accepted.

Figure: Personalities of male and female adolescents are represented graphically based on their mean values.



DISCUSSION

Table 1 indicates that there is a significant difference between male and female personalities at the 0.01 significance level. Results also indicate that male adolescents possess more positive personalities than female adolescents. These findings are consistent with previous research (Khedkar, 2023; Keshavamurthy, 2017; and Chaudhary, 2019). The findings revealed that there is a significant difference between male and female adolescents.

CONCLUSION

To summarize the findings, it can be said that there is a major difference between male and female personalities which suggest that male personalities outperform female positive personalities. They in particular, are more likely than females to exhibit strong concrete thinking, emotional and social equilibrium, self-confidence, independence, and so on. The researchers pick this problem because he sensed some gap in knowledge here as far as earlier studies are concerned which did not cover this aspect and after the completion of the study came to the conclusion that its finding may serve the purpose of helping and guiding teenagers by providing the tactics for encouraging them to improve emotional health, self-awareness and ensure healthy personality development. They can also point out possible gender-specific factors for interventions and support services.

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Conflict of Interest

The author(s) declared no conflict of interest.

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