

## Exploring the Link Between Mental Health and Personality Traits Among Higher Secondary School Students: A Correlational Study

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### ABSTRACT

The present study aims to examine the correlation between mental health and personality traits among higher secondary school students in the Aurangabad district. A sample of 100 higher secondary school students was selected for the study. The variables considered were mental health and personality traits. To assess mental health, the *Mental Health Battery* developed by Arun Kumar Singh and Alpana Sen Gupta (2000) was employed, while personality traits were measured using the *Dimensional Personality Inventory (DPI)* developed by Dr. Mahesh Bhargava. The statistical analysis involved calculating the Product Moment coefficient of correlation to explore the relationship between the two variables. The findings of the study revealed a positive correlation between mental health and personality traits among the participants. These results highlight the interconnectedness of mental health and personality traits, providing valuable insights for educators, counselors, and researchers in understanding the psychological well-being and personality development of students.

**Keywords:** *Mental health, personality traits, higher secondary school students*

Health is a vital component of human life. Since ancient times, it has been widely acknowledged that maintaining good health is essential for holistic growth and development. Health is a multidimensional concept, emphasizing not only physical abilities but also social and personal resources. According to the World Health Organization (WHO), health is defined as "a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity" (WHO, 1948). Over the past few decades, there has been a growing recognition that good health can be actively pursued through a healthy lifestyle. The role of psychological factors in influencing health and illness has also been increasingly acknowledged. While numerous factors affect different aspects of an individual's health, personality traits—which influence behavior patterns—play a significant role in shaping overall health. In this context, examining health-related habits through the lens of personality variables becomes crucial.

Understanding the relationship between personality and mental health requires clear definitions of these concepts. The WHO emphasizes that health includes physical, mental, and social well-being, suggesting that mental health cannot be considered in isolation but must be examined in a broader context. Psychologists often use terms such as "mental

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health" (WHO, 2001) and "psychological wealth" (Diener & Biswas-Diener, 2008) to describe the complex nature of mental well-being. To gain a comprehensive understanding of mental health, it is important to consider its core components—physical, mental, and spiritual well-being—as interconnected dimensions (Cloninger & Zohar, 2011).

Personality, the central focus of this discussion, refers to an individual's characteristic patterns of thinking, feeling, and behaving (Schacter, Gilbert, & Wegner, 2009). Although debates about the definition of personality persist, most theories revolve around two core themes: human nature and individual differences (Buss, 2008). An individual's unique way of thinking, emotional responses, and behaviors significantly influence their mental health and susceptibility to psychological disorders.

Certain personality traits may predispose individuals to mental health issues and psychopathology (Hampson & Friedman, 2008). Conversely, some personality characteristics contribute to higher levels of mental health and resilience (Cloninger, 1999). Therefore, personality traits play a dual role—they can either increase vulnerability to mental health challenges or act as protective factors that enhance psychological well-being. Understanding these dynamics is crucial for promoting mental health and addressing the factors that threaten it.

### *Statement of the Problem:*

The correlational study of mental health and personality traits among higher secondary school students in Aurangabad district.

### *Objectives of the study*

To find out correlational study of mental health and personality traits among higher secondary school students in Aurangabad district.

### *Hypothesis*

A positive correlation will be found between mental health and personality traits among higher secondary school students in Aurangabad district.

### *Sample*

The present study 100 higher secondary school students was selected and his belonging to in Aurangabad district.

### *Variables*

1. Mental Health
2. Personality Traits

### **Tools**

- 1. The Mental health battery of Arun Kumar Singh and Alpana Sen Gupta (2000)** was used to assess the mental health of students aged 13 to 22. The battery contained 130 items and had 6 dimensions: emotional Stability, overall adjustment, Autonomy, Security-Insecurity, Self-concept, and Intelligence.
- 2. Dimensional Personality Inventory (DPI)** developed by Dr. Mahesh Bhargava. The inventory has indicated the satisfactory reliability coefficient when split half method was used on various samples. The reliability coefficient is significant and ensures the high reliability. Six dimension of DPI are correlated with the Hindi

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version of Personality Trait Inventory of Sen's PTI which have been obtained significant satisfactory at .01 level

### *Statistical Data Analysis*

To study the relationship between mental health and personality traits among higher secondary school students in Aurangabad district, the Product Moment coefficient of correlation was calculated.

**Table No 1.1**

Dimensions	Mean	SD	N	df
Mental Health	97.56	12.32	100	98
Personality Traits	55.47	10.84	100	

Mean of Mental health of higher secondary school students is 97.56 and SD is 12.32 and Personality Traits mean of higher secondary school students is 55.47 and SD is 10.84.

**Table No 1.2 'r' showing the significance of relationship between mental health and personality traits among higher secondary school students in Aurangabad district**

Dimensions	N	r	df	P
Mental Health	100	.85	98	.01
Personality Traits				

The results displayed in table 01 clearly indicated the significant relation between mental health and personality traits among higher secondary school students in Aurangabad district. The correlation of mental health and personality traits is significant ( $r = 0.85$ ,  $df = 98$ ,  $P < .01$ ).

Personality is unlikely to influence the developmental trajectories that lead to mental ill health in isolation. In recent years, substantial evidence has accumulated that adverse experiences in childhood are strong risk factors for psychosis in adulthood.

Low emotional stability could possibly be a mediator between adversity and poor mental health outcomes, a finding that is consistent with the increased stress sensitivity seen in patients with psychosis and a trauma history.

### **CONCLUSION**

Positive Correlation was found between mental health and personality traits among higher secondary school students in Aurangabad district.

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### ***Conflict of Interest***

The author declared no conflict of interest.

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