Research Paper

Big Five Personality Traits and Depression among Adults of Rajkot District

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ABSTRACT

The purpose of present study was to find out correlation between adult's big five personality traits and depression. The total 360 sample were taken out in which 180 were male and 180 were female. The research tool for big-five personality, John O.P.S.' inventory was used and for depression, derogatis inventory was used and for depression, degogatis' inventory was used for the purpose of analysis. The Karl – Pearson 'r' was used. Present study reveals the result that there is significant correlation between depression and extroversion and also significant correlation between depression and agreeableness but there is no significant correlation between depression and conscientiousness and also neuroticism and openness.

Keywords: Big-Five personality traits, Depression

Personality is an abstract concept personality is an interpersonal dynamic structure, which includes physical and psychological systems and the component provides individuals thoughts and behaviors characteristic (All Port, 1961) personality is usually divided into various components called the Big-Five personality traits namely (A) Extroversion : is defined as those who are sociable, gregarious and cheerful. (B) Agreeableness: Refers to those who have the tendency to be cooperative, generous and altruistic (C) Conscientiousness: is defined as those who are Goal oriented, persistent (D) Neuroticism: is defined as those who are nervous, sensitive and self realint (E) Openness to experience: Refers to those who are curous, unconventional and imaginative in short, thoughts, feelings and behaviours that make a person different from another one is called personality (Levent 2011).

Depression is a highly prevalent and often long term mental disorder reducing quality of life and causing increased health care costs, loss of productive working days, and disability. Although the etiology of depression is multifactorial, personality is among the important characteristics that have been hypothesized to predict depression different personality traits have been associated with depressive disorders neuroticism is a longitudinally and culturally robust measure of emotional stability that emerges as a key dimension in almost all personality systems since proposed by Eysenck (Esysenck and Esyenck, 1975) over the last

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few years, the size and burden of mental disorders, especially depression have increased globally (Whiteford, 2013).

METHOD

Objective

- To check co-relation between depression and Big-five personality traits.

Sample

The respondents of the present study 360 adults people randomly frame various areas in Rajkot district, in that sample 180 were male adults and 180 were female adults.

Tools:

1. **Big-Five personality scale:** The Big-Five personality scale was developed by John O. P. and Cattelly R.C. in 1991 and it consists of 44 questions was adopted to evaluate the respondents' Big-Five Personality Traits. Each item is scored using a Five point likert scale. The minimum score is 44 while the maximum score is 220. The reliability for this questionnaires is 0.83.

Depression Scale

Depression scale was developed by DEROGATIS in 1994. There are 13 questions in that scale each item is scored using a Five point likert scale. The minimum score is 13 while the maximum score is 65. Alpha co efficient reliability is 0.86 for this scale.

RESULT AND DISCUSSION

Table-1 Co-relation calculation between Big-Five Personality Traits and Depression

Sr. No.	Variables	N	df	r	Sig. Levels
1	Extroversion	360	358	0.15	0.01
	Depression	360	358		
2	Agreeableness	360	358	0.11	0.05
	Depression	360	358		
3	Conscientiousness	360	358	0.2	N.S.
	Depression	360	358		
4	Neuroticism	360	358	-0.7	N.S.
	Depression	360	358		
5	Openness	360	358	0.10	N.S.
	Depression	360	358		

We have seen the table no. 1 the correlation between extroversion and depression that 'r' value = 0.15, so we can say that there is significant co relation between extroversion and depression and we can see the table no.-1 that the correlation between agreeableness and depression 'r' is = 0.11, so we can say that there is significant correlation between agreeableness and depression. In table no. – 1 the correlation between conscientiousness and depression 'r' is = 0.2. It means there is no significant correlation between conscientiousness and depression. In table no. 1 the correlation between Neuroticism and Depression 'r' is = -0.7. It means there is no significant correlation between neuroticism and depression. It means neuroticism trait increases the depression is increases. In table no. 1 the correlation between openness and depression 't' is = 0.10. It means there is no significant correlation between openness and depression.

CONCLUSION

The study presented in Rajkot Districts' Adults' Big-Five Personality Traits and depression in which there are positive significant correlation between depression and extroversion, agreeableness traits and there is no significant correlation between depression and conscientiousness, openness, neuroticism personality traits.

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