

Personality Type and Friendship among Emerging Adults

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ABSTRACT

Personality of an individual determines the different dimensions of friendship. This study aimed to explore relationship among personality type A & B characteristics and dimensions of friendship in emerging adults. A total of 180 emerging adults within the age range of 22-25 years living in nuclear families, equally divided according to gender (90 women & 90 men) from three selected disciplines (30 each) Arts, Science and Commerce were selected through purposive sampling technique. For the present study, two inventories, namely The Scale 'ABBPS' by Dhar and Jain (2001) and Dimensions of Friendship Scale (DFS) by Chandna & Chandha (1986) were used to obtain data. Results on Dimension of Friendship Scale (DFS) revealed that emerging adults rated Trust, Respect, Mutual Assistance and Spontaneity higher than the other dimensions. Gender differences were also reported on the same A significant difference was found in Personality Type B participants whose discipline was Arts. On contrary, there was no significant difference found in Personality Type A participants. In conclusion, present study would be helpful to academicians, counselors, clinicians to understand the dynamics of friendship among Personality type A & B.

Keywords: *Emerging Adults, Personality Type A & B, Friendship*

Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving. The study of personality focuses on two broad areas: one understands individual differences in particular personality characteristics, such as sociability or irritability. The other understands how the various parts of a person come together as a whole (Van (2004). No one individual is same and thus there are various types of personalities that exist. For the present study, two broad categories that is Personality Type A & Personality Type B were taken to determine its effect on friendship among emerging adults. The theory describes Type A individuals as outgoing, ambitious, rigidly organized, highly status-conscious, sensitive,

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impatient, anxious, proactive, and concerned with time management. People with Type A personalities are often high-achieving "workaholics." They push themselves with deadlines, and hate both delays and ambivalence. Whereas, Type B personality are noted to live at lower stress levels. They typically work steadily, and may enjoy achievement, although they have a greater tendency to disregard physical or mental stress when they do not achieve. When faced with competition, they may focus less on winning or losing than their Type A counterparts, and more on enjoying the game regardless of winning or losing. Unlike the Type A personality's rhythm of multi-tasked careers, Type B individuals are sometimes attracted to careers of creativity: writer, counselor, therapist, actor or actress etc. However, network and computer systems managers, professors, and judges are more likely to be Type B individuals as well. Their personal character may enjoy exploring ideas and concepts. They are often reflective, and think of the outer and inner world.

A friendship is regarded as one of the most significant relationship individual's experience. Although typically everyone has relationships with their families and acquaintances, a friendship is the primary way that many meet their social and emotional needs. Though much research has been done on the "how" aspect of friendships and how they develop, the "why" aspect of friendship relationships has only recently begun to receive any significant attention. One of the aspects that make friendship relationships unique is that individuals typically choose their friends. Although people have no control over their family, and limited control over the people that they work or interact with in their workplace surroundings, friendships are freely developed by choice (Bagwell et al., (2005). There are many factors that could potentially influence communication within a friendship relationship. In this study, the researcher examines the role an individual's personality type in an individual's friendship.

Individuals with different personality types might have distinct patterns of friendship quality. Resilients tend to have better quality of friendships than both over controllers and under controllers (Asendorpf (1998) & Van (2004). Individuals who are more self-composed, relaxed, calm and easy going have many friends than the opposite of these.

Rationale

Personality plays a significant role in one's life and so does friends. It is evident through literature that level of friendship to a great extent depends on one's personality. Previous researches Allport (1937) & Van (2003) observed that people with similar personalities becomes close kitted friends. In contrast to this we also are aware about the concept of "Opposite Attracts" where two people who are completely unlike each other are close friends. Thus, it will be interesting to find out the level of friendship through a different paradigm that is Personality Type in emerging adults. Thus, the present research was planned with the following objectives:

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Objectives

1. To examine the differences in personality type and level of friendship
2. To study gender difference, if any, in the level of friendship among emerging adults.

METHODOLOGY

Participants

A total of 180 emerging adults within the age range of 22-25 years living in nuclear families, equally divided amongst gender (90 emerging adult male & emerging adult female) from three selected disciplines (30 each) Arts, Science and Commerce were taken from the University of Rajasthan, Jaipur for the present study. Purposive snowball technique was used.

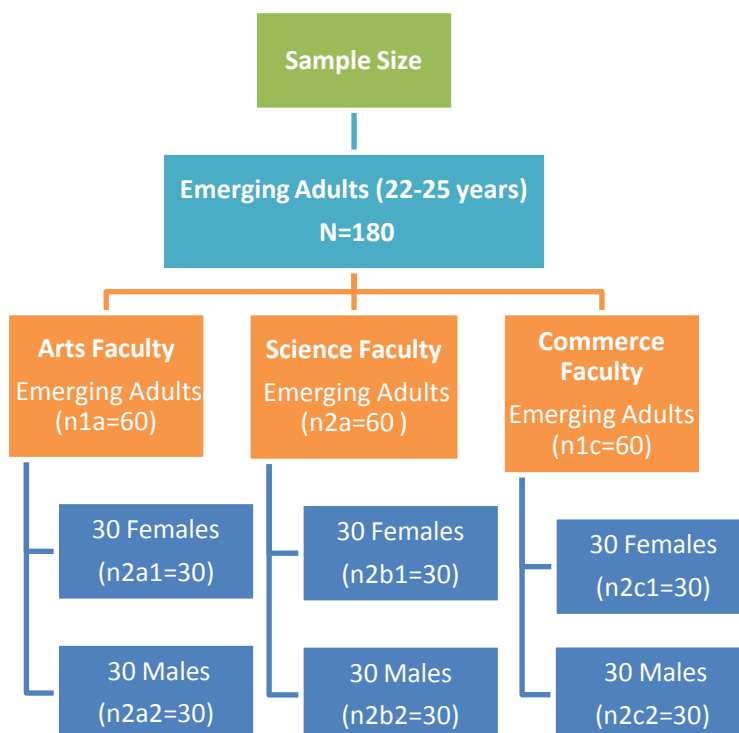


Figure 1: Sample Size and Distribution

Measures

1. **Personality Type Measure “ABBPS” by Dhar and Jain (2001):** the scale consists of total 33 items, out of which Form A (17 items) showing personality type A and Form B (16 items) for personality type B.
2. **Dimensions of Friendship Scale” (DFS) by Chandna and Chadha (1986):** the scale consists of total 64 questions based on eight (8) dimension of friendship i.e., Enjoyment, Acceptance, Trust, Respect, Mutual Assistance, Confiding, Understanding and Spontaneity.

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Statistical Analysis

Percentage score and frequencies were computed. t-test was applied to make gender comparison.

RESULTS

The results of the study on the Dimensions of Friendship showed that majority of the emerging adults marked 'high' (as illustrated in Figure 2-5) on Trust, Respect, Mutual Assistance and Spontaneity, whereas the other dimensions were marked in 'neutral' category. In total participants of Type A personality, majority of males scored high on the categories of Enjoyment (46.66%), Acceptance (22.222%), Trust (48.88%), Understanding (22.22%) and Spontaneity (31.11%) whereas females were relatively on the lower score side, their high category was on Respect (37.77%) and Mutual Assistance (71.11%) wherein, scores of males lied in the neutral category.

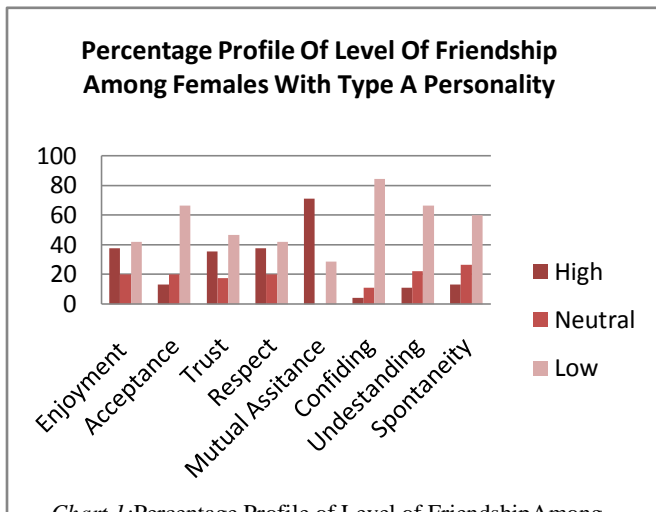


Chart 1: Percentage Profile of Level of Friendship Among Females With Type A Personality

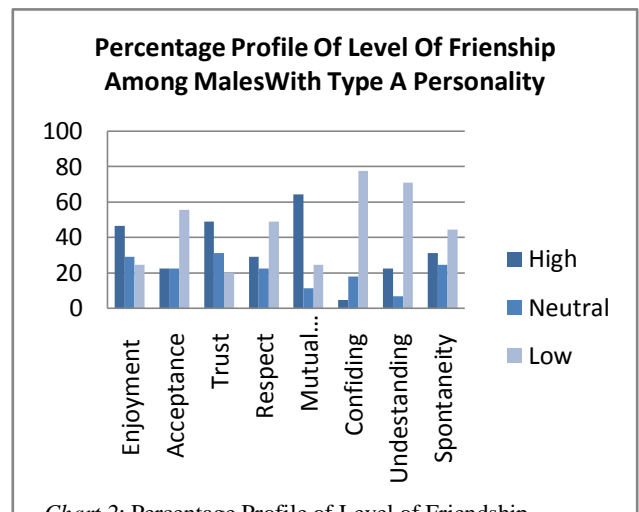


Chart 2: Percentage Profile of Level of Friendship Among Males With Type A Personality

In total participants of Type B personality, females score high category on Acceptance (37.77%), Trust (55.55%), Respect (42.22%), Confiding (15.55%) and Spontaneity (31.11%) whereas males scored high on Understanding (31.11%) and Mutual Assistance (68.88%) as compared to females.

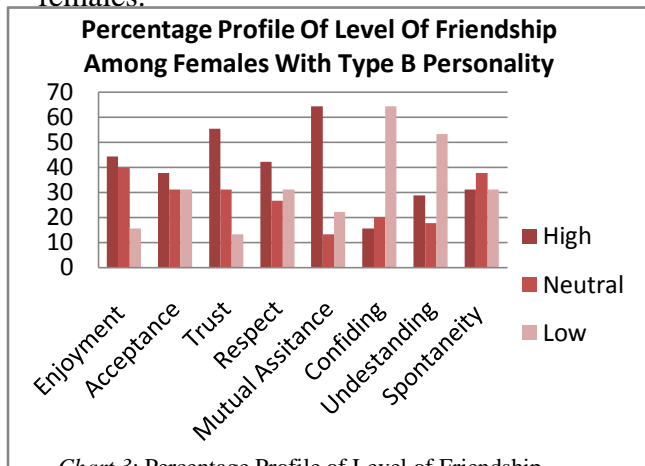


Chart 3: Percentage Profile of Level of Friendship Among Females With Type B Personality

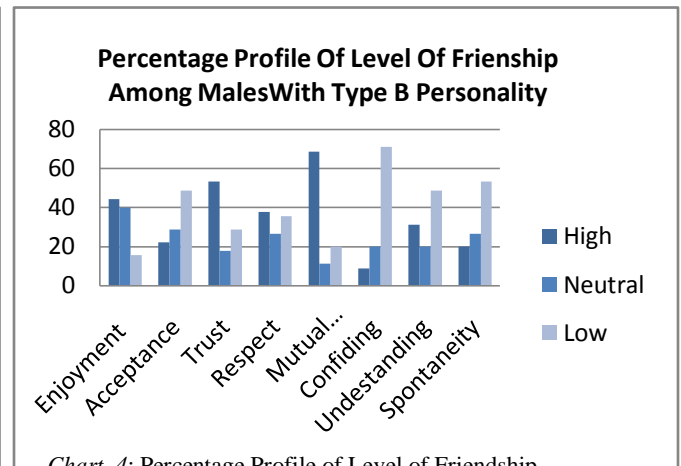


Chart 4: Percentage Profile of Level of Friendship Among Males With Type B Personality

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Table 1 shows the Mean, SD and t-values of males and females on the eight dimensions of DFS. Finding revealed that there is no significant difference in the level of friendship of emerging adults from arts, science and commerce discipline.

Table 1, Mean, SD and t-values of Personality Type A Male & Female from arts, science and commerce discipline

		Type A Personality			
		Males	Females	t-value	p-value
Arts	Mean	38.53	42.73	1.790	0.009
	SD	5.23	7.23		
Science	Mean	40.20	41.87	0.704	0.488
	SD	5.38	6.81		
Commerce	Mean	41.80	41.20	0.222	0.825
	SD	6.91	7.33		

Table 2 shows the Mean, SD and t-values of personality type B males and females on the 8 dimensions of DFS from arts, science and commerce discipline. A significant difference was found in the level of friendship among males and females from the arts discipline as the calculated t-value was 2.10 which is higher than the tabulated value at 0.05 level of significance. Findings further show a non-significant difference among males and females from science and commerce discipline.

Table 2, Mean, SD and t-values of Personality Type B Male & Female from arts, science and commerce discipline

		Type B Personality			
		Males	Females	t-value	p-value
Arts	Mean	41.07	45.40	2.10	0.05
	SD	6.18	4.60		
Science	Mean	46.07	49.07	1.32	0.199
	SD	4.37	7.27		
Commerce	Mean	44.07	45.27	0.76	0.451
	SD	4.27	4.04		

Table 3 shows the Mean, SD and t-values of personality type A&B males from arts, science and commerce discipline. A highly significant difference was observed in the emerging adult males of science discipline as the calculated value is higher than the tabulated value (3.17) at 0.05 level of significance. A non-significant difference among the emerging adult males from arts and commerce faculty was found.

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Table 3, Mean, SD and t-values of total males of Personality Type A&B from arts, science and commerce discipline

		Males			
		Type A	Type B	t-value	p-value
Arts	Mean	38.53	41.07	1.17	0.250
	SD	5.23	6.18		
Science	Mean	40.20	46.07	3.17	0.005
	SD	5.38	4.37		
Commerce	Mean	41.80	44.07	1.04	0.307
	SD	9.97	4.27		

Table 4 shows the Mean, SD and t-values of personality type A&B females from arts, science and commerce discipline. A highly significant was observed in the emerging adult females of science discipline as the calculated value is higher than the tabulated value (2.26) at 0.012 level of significance. The other values show a non-significant difference among the emerging adult females from arts and commerce faculty.

Table 4, Mean, SD and t-values of total Females of Personality Type A&B from arts, science and commerce discipline

		Females			
		Type A	Type B	t-value	p-value
Arts	Mean	42.73	45.40	1.16	0.256
	SD	7.23	4.60		
Science	Mean	41.87	49.07	2.26	0.012
	SD	6.81	7.27		
Commerce	Mean	41.20	45.27	1.82	0.08
	SD	7.33	4.04		

CONCLUSION

Personality type A and B differences were reported on the dimensions of friendship, there were highly significant differences in emerging males and females of personality type A and B in science discipline.

Gender differences were reported on the dimensions of friendship, in personality type A males. On contrary, there were no significant difference found in the emerging adult females from all the three disciplines. There were significant differences found in personality type B emerging adult males and females in arts discipline, whereas no such significant difference was seen among science and commerce discipline.

In friendship, on the dimensions of Trust, Respect, Mutual Assistance and Spontaneity, emerging adult females were found to be significantly higher than the males. The above findings are

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supported by a study by Anderson et al., (2001) who confirms that female friendship is more intricately bound than males. Further, it was also reported that men have difficulty with emotional intimacy and expressiveness (Solan & Erwin (2003)). Men may view their relationships as less intimate because of this difficulty with expressing emotions. Another research study done by Black (2000) and Furman (1998) stated that women display more intimacy in their friendship than men.

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