

Relationship between Stress and Personality in Young Adults

Sneha Sadana^{1*}

ABSTRACT

Human beings are unique and so are their reactions towards varied stimuli. This study focuses on the impact personality has on how one deals with stressful situations. It can be intriguing to know how big of an impact our personality has on the way we react and how it is wired in us to respond to things in a particular manner all because of our personality and the traits which make us who we are. The study was done on 150 college going students, 75 males and 75 females mainly from Ahmedabad, India pursuing a variety of different streams and subjects. The questionnaire consists of two standardized questionnaires which measure stress and personality. The Student Stress Scale by Manju Agarwal evaluates stress of subjects and the big five personality locator by Norman. The findings showed that there exists a positive relationship between stress and neuroticism and an inverse relationship between stress and sociability, stress and openness, stress and agreeableness and stress and conscientiousness. And on doing a further comparative analysis on personality types of the same sample it was found out that females were more agreeable, followed by conscientiousness, sociability, openness, and neuroticism. In males, however, it was observed that males were more agreeable, followed by conscientiousness, neuroticism, sociability, and openness

Keywords: Adults, Dimensions, Personality, Stress

Students, like all other individuals are bombarded with innumerable stressors which create imbalance in their lives and college students in particular go through peculiar types of stressful situations. Now, these stressors can be generalised as well as extremely personal. College students these days go through stressors like financial stress which includes not having enough money to finish education or having to settle for a lower grade institute due to lack of resources. Another big stressor for Indian college students in particular these days is reservation. A great amount of students are burdened due to lack of seats in their desirable college due to reservation thus, not being able to get into the same. Another sources of stress for college students may be, being stuck with a course or field they have no interest in doing but are doing due to parental pressure. College students, especially the ones in their final year, are particularly stressed because of placements in potential universities or workplaces. The students also go through interpersonal stress which arises due to a break up or turmoil in ones' relationship either with one's significant other or friends. Also, the very transition from

¹ (Research Scholar, Pandit Deendayal Petroleum University, Gujarat & India)

*Responding Author

Received: November 15, 2018; Revision Received: December 23, 2018; Accepted: December 29, 2018

Relationship between Stress and Personality in Young Adults

school to college can be a big stressor for a few students. Some individuals also move away from home for college which could be a potential stressor. College students cope and go through these various stressors on a daily basis and they all have a different way of coping and resolving a stressful matter.

Stress is the body's response to any internal or external stimuli which exceeds an individual's ability to cope[20]. Stress causes physiological arousals including an increased heart rate, loss in appetite, sleeplessness, fatigue nervousness etc. Stress can be of two types eustress and distress. Eustress is positive stress and includes a certain required amount of arousal for effective performance. The problem arises when eustress turns into distress which leads to adverse effects for the individuals health and performance. Stress is particularly of two types- Physical and Psychological. Physical symptoms of stress include sleeplessness, headache, nausea, stomach ache, loss of appetite or over eating, decreased immunity etc. The psychological symptoms of stress include mental anguish, anxiety or tension etc. and if left untreated these symptoms could have a catastrophic effect on an individual in the long run.

There are various theories of stress and how individuals react under stressful circumstances. One of the foremost theories on stress was given by Lazarus and Folkman in 1984 [19] which was the cognitive appraisal theory of stress in which an individuals' response towards a stressful situation depends upon his/her evaluation of the situation. There are two types of appraisals- primary and secondary. During primary appraisal the individual characterises the situation as either harmful, beneficial or irrelevant. Which is followed by a harm-threat-challenge analysis of the situation and then the individual moves further into the secondary appraisal stage where s/he decides whether they'll be able to deal with the situation or not and how to cope or deal with the situation at hand[14]. Then came the General Adaptation Syndrome(GAS) by Hans Selye in 1956[18]. In which he studied peoples responses towards stressful situations. He characterised these responses into 3 stages- Alarm reaction, stage of resistance and stage of exhaustion. In the first stage the body enters into fight or flight mode to deal with the situation. The body goes through various physiological changes to prepare the individual to respond appropriately and effectively. If these responses continue to exist the body then enters the second stage of resistance wherein it tries to adjust and adapt to the situation and the stressor. The arousal reduces as compared to the alarm stage but is still higher than normal. Severe long term stress and the individuals inability to cope with the stressor exhausts the body and it is drained of its energy resources and this leads to severe repercussions for the individuals health- both mental and physical[15].

Personality is a set of characteristic patterns of thoughts, behaviours and feelings which are relatively stable over an individuals life span and makes the individual who s/he is[21]. Personality plays a great role in an individual's response towards stress. Some personality types are predisposed to react to stressors in a particular manner. An individual's response towards a stressful stimuli heavily depends on its cognitive appraisal of the same and his/her past experiences regarding the same stressful situation.

Personality theories are mostly centred around contributions by Sigmund Freud and Erik Erikson. Some of the important personality theories are biological, behavioural, trait, psychodynamic and humanistic theories[16]. **Biological theory** talks about the effect and influence of our genes and heredity on our personality. On the nature v/s nurture debate these theorists side with the nature perspective of the debate. Twin studies are used for the same[16]. **Behavioural theory** includes contributions from Skinner and Watson. This theory

Relationship between Stress and Personality in Young Adults

is based upon the interactionist view of personality as a result of interactions between the individual and the environment[16]. **Psychodynamic theories** are heavily influenced by the work of Sigmund Freud and emphasise the role of the unconscious and childhood experiences on personality. The theory primarily talks about id, ego and superego- the components which govern an individual's personality[16]. This theory also includes contributions from Erikson where he talked about the various stages of psychosocial development. Erikson also believed that personality progressed through a series of stages, with certain conflicts arising at each stage. Success in any stage depends on successfully overcoming these conflicts. **Humanist theories** emphasise the importance of free will and individual experience in the development of personality[16]. The **trait theory** [16] approach is one of the most significant ones within personality psychology. As per these theories, personality is made up of broad traits. A trait is a relatively stable characteristic that makes an individual to behave in a certain manner. Some of the best known trait theories include Eysenck's three-dimension theory and the five factor theory of personality.

Every situation in an individual's life would require a certain amount of arousal and would instigate responses and this study would try and establish a relation between the various personalities and their respective responses towards stressful situations.

LITERATURE REVIEW

Bedin, Mattjie, Ferreira, Baseggio, (2015)[2], in their study titled The Relationship between Personality Traits and Stress Levels in Children assess the relationship between the personality traits and stress levels in children. The Scale of Children Personality Traits and the Scale of Infant Stress were administered. The personality trait dimensions consist of extroversion and sociability, neuroticism and psychoticism and the stress dimension[22] include levels of stress resistance, alertness, near-exhaustion and exhaustion and the stress reaction types regarding the psychological, with depressing component, psychophysiological and physis types. A total of 50 students from the class of first to fourth standard of a public school were evaluated [22]. The data received indicated no significant relations between psychoticism, sociability and extroversion with stress and a moderate and positive correlation between neuroticism and stress [22].

Asgari, Sadgehi and Abedeni, (2013)[1], in their study titled The Relationship between Personality traits, Coping and Stress styles among students at University of Guilan talked about how the purpose of this research was to determine the relationship between personality traits, coping style and stress. Coping style questionnaires [1] (Billings and Moos , 1981)[23], 2 questionnaires- a personality questionnaire of short form NEO and Perceived stress scale by Cohen and colleagues was used on 329 students. The data analysis involved multi phases Pearson and Regression correlation method. The results show a positive relationship between emotion based coping and neuroticism and a negative relationship between agreeableness and emotion based coping style but there is no particular relationship between other personality dimensions and this style. Another significant finding shows that a negative relationship exists between problem based coping style and neuroticism. The final findings show that stress amongst students is increasing and if they use the problem based coping style it can be helpful.

Rai and Kumar, (2012)[13], In their study titled Five factor model of personality and Role stress correlate various kinds of personality with role stress in working men of an organisation. It uses the big 5 personality model and has found parallels between different personality characteristics and role stress in an organisation. It defines role stress as

Relationship between Stress and Personality in Young Adults

discomfort arising from ambiguity in job profile and what needs to be done under a particular portfolio. The paper has then found correlations between narcissism, agreeableness and conscientiousness and role stress and established that narcissism is the most significant contributor towards role stress.

Karimzade and Ali Besharat, (2011)[10], in their study titled An investigation of the Relationship Between Personality Traits and Stress Coping Styles talk about the relationship between personality dimensions and coping styles with stress. The correlation method was used in which 300 students (150 girls, 150 boys) were selected from Malayer University. An extensive analysis was performed to evaluate the type of association that exists among five personality factors personality namely neuroticism, extraversion, openness, agreeableness and conscientiousness and three coping strategies namely problem-focused, positive emotional-focused and negative emotional-focused. All participants filled the NEO-FFI personality inventory and the Tehran Coping Styles Scale (TCSS). Results showed that Neuroticism was negatively correlated with positive emotional-focused coping style and was positively correlated with negative emotional-focused coping style in female students, while it was positively correlated.

Lecic-Tosevski D1, Vukovic O, Stepanovic J., (2011)[7], in their study titled Stress and Personality talk about how stress is an adaptive reaction of living beings in response to internal or external threats to homeostasis. It is seen as a complex defence mechanism which is the result of a number of interdependent and dynamic factors ranging from biological to psychosocial. Stress is not a linear response but a dynamic one which results from an individuals' reaction with their environment involving subjective perception and evaluation of stressors, thus making it a highly personalised process. Specific inherited characteristics, early experience in life, and particular, learned cognitive predispositions make individuals more or less susceptible to the effects of stressors. There has been noticed a considerable consistency between stressful stimuli and the use of coping mechanisms for the same

Oswald, Lynn M, Zandi, Peter, Nestadt, Gerald, Potash, James B, Kalaydjian, Amanda E; et al. , (2006)[11], The purpose of their study titled Relationship between Cortisol Responses to Stress and Personality was to study associations between personality dimensions and cortisol responses to stress using Revised NEO Personality Inventory five factor model of personality. A total of 68 individuals from age 18-30 completed the personality assessment and underwent a lab psychological stress test that consisted of 5 minutes speech and 5 minutes mental arithmetic. Findings showed that less openness was associated with lower cortisol levels and cortisol responses also corresponded to certain personality dimensions in a gender specific manner. Reduced cortisol responses for highly neurotic females and males low in extraversion.

In an article titled "How do personality types impact people's responses to stress?"[5] the subjective nature of perception of stressful stimuli is mentioned. Professionals believe that personality plays a significant role in how an individual appraises a situation- stressful or not. It talks about different coping mechanisms of Type-A and Type-B personality types and how they deal with situations. There are also studied which show a difference on the basis of gender which has been attributed to oestrogen- which can explain why women are more likely to be depressed but at the same time with the great emotional and social support that they have it is comparatively easier for them to combat the same as compared to males. With negative emotional-focused coping styles in male students. Extraversion was positively correlated with problem-focused and positive emotional-focused coping style in both male

Relationship between Stress and Personality in Young Adults

and female students. Openness was positively correlated with problem- focused coping styles in female students. Agreeableness was positively correlated with problem-focused and positive emotional- focused coping styles and negatively correlated with negative emotional-focused coping style in male, while it was positively correlated with problem- focused coping style and negatively correlated with negative emotional-focused coping style in female students. Conscientiousness were positively correlated with problem-focused coping style and negatively correlated with negative emotional-focused coping style in both male and female students.

Bolger and Zuckerman,(1995)[3], In their study titled A framework for studying personality in the stress process try and study the role of personality factors in reaction to stressful situations, particularly neuroticism. This suggests that personality may affect both exposure and reactivity to stressful events and that both processes may explain how personality affects health and psychological outcomes. In a 14-day daily diary study of 94 students, this framework was used to analyse the links among neuroticism, daily interpersonal conflicts, coping with conflicts, and distress. Results showed that high-neuroticism participants had greater exposure and reactivity to conflicts. Furthermore, high- and low-neuroticism participants differed both in their choice of coping efforts and in the effectiveness of those efforts, a possibility not considered in previous models of personality in the stress process.

Eysenck,(1991)[9], In his study titled Personality, Stress, and Disease: An Interactionist Perspective talks about relationship between stress, personality and disease. How certain personality types are more prone to certain diseases like cancer and heart diseases because of their inability to deal with stressful situations and failure to accept things as they come and the tendency to be control freaks and their overall basic traits and way of dealing with situations. The paper talks about how Psychological factors such as personality and stress also contribute greatly to physiological diseases along with other health factors such as smoking, agility, fitness and cholesterol etc.The paper also talks about how psychological intervention can help increase survival time of cancer and cardiovascular disease patients.

Cohen and Edwards,(1989)[4], In their study titled Personality characteristics as moderators of relationship between stress and disorder talk about the role of personal values or factors ie, personality in stress induced disorders. The personality factors studies were hardiness, locus of control, self-esteem, private self-consciousness, and type A behaviour pattern. By studying this they proposed a model as to how personality traits influence the process by which stress is generated in disorders and discussed methodological and conceptual issues involved in testing the moderating role of personal resources,

Objectives

1. To study the relationship that exists between personality and stress.
2. To make a comparative analysis of personality types of males and females.

Hypothesis

- H1: There is a significant relationship between different aspects of personality and stress.
H₀: There is no significant relationship between aspects of personality and stress.
H2: There is a significant difference between male and female personality types.
H₀: There is no significant difference male and female personality types.

Relationship between Stress and Personality in Young Adults

Research Gap

On the basis of the researchers first hand experience and observations of people around the researcher of why people were so dramatically different in their responses towards stress and stressful situations, it prompted the researcher to study the unique relationship between personality and stress. Also, post intensive literature review of the material and research which exists currently it was seen that no study was done on stress and personality of college students and particularly in Indian context.

METHODOLOGY

Tools description:

There are 2 questionnaires used in this study to establish a relationship between stress and personality. One measures stress and the other personality. The stress instrument is called the Student Stress Scale by Dr. Manju Agrawal. It consists of a total of 64 questions which are to be responded only if the subject has experienced any of those stressful situations in the past one year. The subjects are supposed to mark their responses on a likert scale from 1-7, where 1 means no stress at all, 2 for very little stress, 3 for somewhat stress, 4 for average stress, 5 for much stress, 6 for too much stress and 7 for unbearable stress. The questionnaire measures stress on various sub- scales like Financial stress, Family, Social, Educations stress, Separation stress, Ego threat, Bereavement, Health of others and personal setback. Financial stress can arise due to access of limited resources or when the resources aren't enough to meet the needs and wants of an individual. Family stress can arise due to conflict between family members which may directly or indirectly affect an individual. Since family is a part of an individuals' primary environment, any dissonance amongst family members can cause stress. Social stress is the stress or discomfort that arises from one's relationships with others and from the social environment in general. Education stress can arise due to various reasons which include failure in an examination, anxiety of performing well in an examination, or due to incomplete course or unhelpful teachers or a hostile academic environment. Separation stress is the anguish and both mental and physical stress that arises due to separation from a near one or pets or materialistic possessions. Ego threat means a threat or a major set back to one's self esteem, worth and image. Bereavement is the stress which arises due to loss of a near one. It causes unbearable amount of stress and people often slip into denial and other mental disorders such as substance abuse or depression.

Health of others include adverse or worsening health of someone an individual cares about and the inability to make the individual feel better. Personal setback involves going a step down or losing a position or title which meant a great deal to an individual and in society.

The second questionnaire is the big five locator scale which measures an individuals personality on the five factor scale of Neuroticism, Agreeableness, Openness to experience, Conscientiousness and Extraversion[12]. Openness to new experiences concerns an individual's willingness to try to new things and the ability to think outside the box.

Conscientiousness can be explained as the tendency to control impulses and act in socially acceptable ways, behaviours that facilitate goal-directed behaviour[21]. Conscientious people are always on top of things and have high self-regulation. They can delay gratification, organize efficiently and work within rules[17].

Relationship between Stress and Personality in Young Adults

Extraversion has two familiar ends of the spectrum: extroversion and introversion. It concerns where an individual draws their energy and how they interact with others. In general, extroverts draw energy or “recharge” from interacting with others, while introverts get tired from interacting with others and replenish their energy from solitude.

Agreeableness means how well people get along with others. While extroversion concerns sources of energy and the need for interactions with others, agreeableness concerns your orientation to others. It rests on how you generally interact with others. It includes traits like trusting, humble and patient etc.

Neuroticism is not a trait of meanness or incompetence but involves an individual’s general temper and emotional stability or instability[17].

The test was created by Norman and consists of 25 questions which assess individuals on the aforementioned characteristics. Both the tests are self report measures and don’t take more than 10 minutes to finish.

Sample Size:

150 questionnaires of both Student Stress Scale and Big 5 personality Scale were printed and given to a total of 100 subjects which when bifurcated include 75 males and 75 females. The questionnaires were filled in both individual and group setting by the administrator herself. It took 10 minutes for subjects to fill these questionnaires and the questionnaires were then collected and scored.

Sampling Technique:

The sampling technique used in this study is convenience sampling.

Tests applied:

Descriptive Statistics and correlation.

FINDINGS

In accordance to the first objective of the study which was to study the relationship between stress and different aspects of personality it was found out that- In the sample population, after correlating the total stress scores of the sample with the raw scores of the particular personality characteristics the following results were observed-

After correlating total stress scores of the population with the raw scores of agreeableness, the result was, as shown in the following table.

TABLE 1 : CORRELATION BETWEEN STRESS AND AGREEABLENESS (MALE AND FEMALE)

	<i>Column 1</i>	<i>Column 2</i>
Column 1	1	
Column 2	0.1	1

This means that there exists a positive relationship between stress and agreeableness, which means that when agreeableness increases, stress increases as well and vice versa this is because any individual who is agreeable is most unlikely to assert themselves which causes stress. The inability to express oneself and their thoughts take a toll on an individuals’ functioning- it leads to frustration and conflict within an individual which is a textbook recipe for stress.

Relationship between Stress and Personality in Young Adults

After correlating total stress scores of the population with the raw scores of neuroticism, the result was, as shown in the following table.

TABLE 2: CORRELATION BETWEEN STRESS AND NEUROTICISM (MALE AND FEMALE)

	<i>Column 1</i>	<i>Column 2</i>
Column 1	1	
Column 2	0.1	1

This value means that there exists a positive relationship between stress and neuroticism, which means that when neuroticism increases, stress also increases and vice versa, this is because our control over our emotions and how well we are able to manage our emotions and keep them in check decides our responses to stressful situation, so any situation in which we can become emotionally unstable or neurotic means that it has higher demands from our body and exceeds our body's ability to cope thus increasing stress and leading to a direct or positive relationship between stress and neuroticism.

After correlating total stress scores of the population with the raw scores of sociability, the result was, as shown in the following table.

TABLE 3: CORRELATION BETWEEN STRESS AND SOCIABILITY (MALE AND FEMALE)

	<i>Column 1</i>	<i>Column 2</i>
Column 1	1	
Column 2	0.1	1

This value suggests that there exists a positive relationship between stress and sociability, which means that as sociability increases, stress increases as well and vice versa. This is opposite to what was observed in a study by Dumitru and Cozman titled "The relationship between stress and personality factors" [6] where it was seen that High stress levels were identified in people with low social presence, where $r=-0.417$.

My personal interpretation for this difference is that extroverts have to deal with more people and hence greater and bigger social dynamics. They've to cater to more demands and have to make an extra effort to belong somewhere. Sometimes also letting go off their individual differences and confirm to groups or people because of their need to socialise more. This also explains the positive relationship of stress with agreeableness because wanting to be more social leads to conformity which leads to loss of individuality and potentially frustration which leads to stress.

After correlating total stress scores of the population with the raw scores of openness, the result was, as shown in the following table.

TABLE 4: CORRELATION BETWEEN STRESS AND OPENNESS (MALE AND FEMALE)

	<i>Column 1</i>	<i>Column 2</i>
Column 1	1	
Column 2	-0.01	1

The value obtained suggests that there exists a negative relationship between stress and openness, which means, low degree of openness would lead to higher degree of stress and

Relationship between Stress and Personality in Young Adults

vice versa, this is because change is inevitable and resistance is futile, therefore any individual who is open to changes and new experiences has a better chance at dealing with stressful situations as compared to individuals who are not open to change and are hard headed.

After correlating total stress scores of the population with the raw scores of conscientiousness, the result was, as shown in the following table.

TABLE 5: CORRELATION BETWEEN STRESS AND CONSCIENTIOUSNESS (MALE AND FEMALE)

	<i>Column 1</i>	<i>Column 2</i>
Column 1	1	
Column 2	-0.02	1

The value obtained suggests that there exists a negative relationship between stress and conscientiousness, which means higher conscientiousness, lesser the stress and vice versa, this is because any individual who is able to change according to society's demands and is able to delay gratification and has patience will be better at dealing with stressful situations. Goal directed and organized behaviour would not lead to procrastination and thus more so not lead to even certain stressful situations like meeting the deadline late or submitting a below average assignment thus not leading stress.

In a study titled Association between the Five Factor personality traits and perceived stress: is the effect mediated by general self-efficacy by Ebstrup JF, Eplov LF, Pisinger C, Jørgensen T[8] it was seen that there exists a negative relationship between stress and agreeableness, conscientiousness, sociability and openness and a positive one with neuroticism in Denmark between the ages of 18-69 with 3471 individuals involved. And in this study as seen there exists a positive relationship between stress neuroticism, agreeableness and sociability as seen and explained above.

For the secondary objective of this study by using the descriptive statistics, the means of all the personality factors of males and females combined were compared and it was seen that-

TABLE 6: MEAN TABLE (MALE AND FEMALE)

Factors	Mean
Neuroticism	14.2
Sociability	14.8
Openness	14.5
Agreeableness	17
Conscientiousness	15.9

From the above table it can be seen that the means are close to each other, but the mean of agreeableness is highest which means in my sample individuals are largely agreeable, followed by conscientiousness, sociability, openness and neuroticism. This is an interesting finding because according to the popular belief back in India, Adolescents and individuals from my subject population are considered rebellious and someone it is hard to deal with, but

Relationship between Stress and Personality in Young Adults

according to the results the out of all the 5 possible characteristics agreeableness is the most pervasive thus proving otherwise.

On doing a gender comparison of personality factors it was seen that in males:

TABLE 7: MEAN TABLE (MALE)

Factors	Mean
Neuroticism	14.1
Sociability	14.7
Openness	14.5
Agreeableness	17
Conscientiousness	15.9

For males, as seen above, the average is in order of agreeableness, followed by conscientiousness, sociability, openness and then neuroticism. It can be seen the least mean is of neuroticism which means men of this sample population are emotionally stable.

On doing a gender comparison of personality factors of females it was seen that:

TABLE 8: MEAN TABLE (FEMALE)

Factors	Mean
Neuroticism	14.3
Sociability	14.8
Openness	14.6
Agreeableness	17
Conscientiousness	15.9

For females, as seen above, the averages are in order of agreeableness, followed by conscientiousness, sociability, openness and neuroticism. Which means that females of this sample population are largely agreeable and are relatively well adjusted, since the neuroticism mean is the least. Which shows that against the popular belief and women neuroticism evidences, women of this sample are emotionally well adjusted.

Therefore, on the basis of the results obtained there does not exist a significant relationship between stress and various personality factors because of a really small correlation value(r) and there is also isn't a significant difference observed in males and females personality types as the mean of all are closely related, hence showing no differences.

CONCLUSION AND INFERENCES

According to the responses given by the sample, the highest mean is of agreeableness that is (17.0), which means on an average in my sample people are mostly agreeable, followed by conscientiousness (15.9), sociability(14.8) and then openness (14.5) and neuroticism (14.2), are least prioritised.

Relationship between Stress and Personality in Young Adults

On separating the responses and scores on the basis of gender, it was found that in females the highest mean was of agreeableness (17) which means they are most agreeable, followed by conscientiousness (15.9), sociability (14.8), openness (14.6) and neuroticism (14.3). Similarly in males, the most preferred characteristics start from agreeableness (17), followed by conscientiousness (15.9), sociability (14.7), openness (14.5) and neuroticism (14.1).

The standard deviation shows that there is less variation in responses received therefore being reliable. On correlating the total stress scores of the subjects with each personality factor the results were- neuroticism (0.1), sociability (0.1), openness (-0.01), agreeableness (0.1) and conscientiousness (-0.02).

These findings suggest that stress has a direct relationship with neuroticism and an inverse relationship with agreeableness, sociability, openness and conscientiousness.

The correlation magnitude in the study was low which shows that personality does not play an extremely vital role in determining response to stress in the demography chosen in this study. This could also be because of better financial and social conditions of the sample population these days and a small sample size. They are more financially secured and have a health family structure and relationship therefore not leading to great amount of stress despite going through stressful situations.

Therefore, Null hypothesis in both cases stands true for this study. There exists negligible difference male and female personality dimensions as observed in my study and my demography. Secondly, since the correlation value is so low, personality dimensions do not play great role in our response towards stressful stimuli.

LIMITATIONS

Despite the intensive research and work which has gone behind this study, the study does have a few limitations as it is limited to only college students and that too primarily in Ahmedabad, who are from an urban background and upper middle class families. Hence, the findings may not be applicable to other settings.

RECOMMENDATIONS

The personality means are extremely closely related and evenly spread thus not lopsided dangerously towards one particular personality dimension. Therefore, there is no such recommendations or scope for change in the peoples' personality types as the mean does not lie in extreme.

REFERENCES

- [1] Asgari. F, Sadgehi. A & SOMAYEH Abedini .S, (Dec, 2013), The relationship between personality traits, coping and stress styles among students at University of Guilan, *International Journal of Educational Science and Research (IJESR)*, Vol.3, Issue 5.
- [2] Bedin. J.E, Mattjie. M.L, Ferreira. V. R T, Baseggio. D.B,(2015) The Relationship between Personality Traits and Stress Levels in Children”, *Psychology*, Vol.6 No.6,
- [3] Bolger, N & Zuckerman, A. (1995), A Framework for studying personality in the stress processes, *Journal of personality and social psychology*, 69,890-902.

Relationship between Stress and Personality in Young Adults

- [4] Cohen, S., & Edwards, J. R. (1989). Personality characteristics as moderators of the relationship between stress and disorder. In R. W. J. Neufeld (Ed.), *Wiley series on health psychology/behavioral medicine. Advances in the investigation of psychological stress* (pp. 235-283). Oxford, England: John Wiley.
- [5] discoveryhealth.com, 7 June 2005, How do personality types impact people's responses to stress?,
- [6] Dumitru and Cozman, Relationship between stress and personality factors, http://www.hvm.bioflux.com.ro/docs/HVM_4.1.7.pdf
- [7] D. Lecic-Tosevski, O. Vukovic, J. Stepanovic (2011), Stress and Personality, *Psichiatriki*, 22(4): 290–297.
- [8] Ebstrup JF, Eplov LF, Pisinger C, Jørgensen T (2011), Association between the Five Factor personality traits and perceived stress: is the effect mediated by general self-efficacy?,
- [9] Eysenck, H.(November 2009), Personality, Stress, and Disease: An Interactionist Perspective, *An International Journal for the Advancement of Psychological Theory*, Vol 2, Issue 3.
- [10] Karimzade&Besharat. A, (2011), An investigation of the Relationship Between Personality Dimensions and Stress Coping Styles, *Procedia - Social and Behavioral Sciences*, Vol 30, pp 797-802.
- [11] M Oswald, Lynn &Zandi, Peter &Nestadt, Gerald & Potash, James & Richardson, Amanda & S Wand, Gary. (2006). Relationship between Cortisol Responses to Stress and Personality. *Neuropsychopharmacology : official publication of the American College of Neuropsychopharmacology*. 31. 1583-91. 10.1038/sj.npp.1301012.
- [12] Positive Psychology Program, 2017, The Big Five Personality Theory: The 5 Factor Model Explained, <https://positivepsychologyprogram.com/big-five-personality-theory/#comments>
- [13] Rai, S., & Kumar, V. (2012). Five Factor Model of Personality & Role Stress. *Indian Journal of Industrial Relations*, 48(2), 341-353. Retrieved from <http://www.jstor.org/stable/23509843>
- [14] R. C Tripathi, January 2007, Stress and Personality, *Psychology CBSE Textbook class twelfth*, New Delhi, NCERT.
- [15] R. C Tripathi, January 2007, Meeting Life Challenges, *Psychology CBSE Textbook class twelfth*, New Delhi, NCERT.
- [16] <https://www.verywell.com/personality-psychology-study-guide-2795699>, Kendra Cherry, 14
- [17] August, 2017, <https://positivepsychologyprogram.com/big-five-personality-theory/> , 21 August 2017
- [18] Hans Selye, 1956, General Adaptation Syndrome, http://www.currentnursing.com/nursing_theory/Selye%27s_stress_theory.html.
- [19] Lazarus and Folkman, 1984, Cognitive appraisals theory of Stress, <https://www.simplypsychology.org/stress-management.html>.
- [20] R. C Tripathi, January 2007, Stress and Personality, *Psychology CBSE Textbook class twelfth*, New Delhi, NCERT.
- [21] John and Srivastava, (1999), The Big Five Trait Taxonomy- History, measurement and theoretical perspective, L. Pervin and O.P. John (Eds.), *Handbook of personality: Theory and research* (2nd ed.).
- [23] Billings, Moos (1981), The role of coping responses and social resources in attenuating the stress of life events, *J BehavMed*.

Relationship between Stress and Personality in Young Adults

Acknowledgments

The author(s) profoundly appreciate all the people who have successfully contributed in ensuring this paper in place. Their contributions are acknowledged however their names cannot be mentioned.

Conflict of Interest : There is no conflict of interest.

How to cite this article: Sadana S (2018). Relationship between Stress and Personality in Young Adults. *International Journal of Indian Psychology*, 6(4), 152-164. DIP:18.01.115/20180604, DOI:10.25215/0604.115