

TO STUDY THE GENDER DIFFERENCE IN PERSONALITY FACTOR AND ANXIETY IN ADOLCENTS - SOCIALBILITY SELF-CONFIDENCE AMBITION AND ANXIETY

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ABSTRACT

BACKGROUND

Adolescence is a period of transition from childhood to adulthood. This period generally extends from 12 to 19 years and is broadly classified into three phases such as early adolescence, middle adolescence and late adolescence.

MATERIALS AND METHODS

For the present study the sample is adolescents of age group 12 to 16 years. The total sample consists of 50 girls and 50 boys. To test the personality factors, L N Dubey's sentence completion test and to test anxiety, Sinha's anxiety test has been applied.

RESULTS

In the present study all personality factors did not show any statistical difference in both the genders however anxiety levels were statistically high in females.

CONCLUSION

The results of the study reveal that

- The personality trait sociability in adolescents does not show any gender difference.
- Both male and female adolescents do not differ in self confidence, ambitious –personality factor.
- Females have statistically significant higher anxiety levels than males.

KEYWORDS

Adolescents, Sociability, Self-confidence, Ambition, Anxiety.

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BACKGROUND

Adolescence is a period of transition from childhood to adulthood. This period generally extends from 12 to 19 years and is broadly classified into three phases such as early adolescence, middle adolescence and late adolescence. This transition involves biological, psychological and social changes. Adolescence is a phase where the child is not yet mature and at the same times no longer a child. They are vulnerable to change.^{1,2}

Adolescence is a transitional stage of physical and psychological human development generally occurring during the period from puberty to legal adulthood. The period of adolescence is most closely associated with the teenage years, though its physical, psychological and cultural expressions can begin earlier and end later.

Physical growth, as distinct from puberty and cognitive development generally seen in adolescence, can also extend

into the early twenties. A thorough understanding of adolescence in society depends on information from various perspectives, most importantly from the area of psychology, biology, history, sociology, education and anthropology. Whose cultural purpose is the preparation of children for adult roles. It is a period of multiple transitions involving education, training, employment and unemployment, as well as transitions from one living circumstance to another.

Sociability ratings for male and females is also likely to differ quite significantly, many factors often affect sociability ratings among youths in general some include youth age brackets, family, religious disposition, education, gender and cultural values. Sociability ratings among youths is also of immense significance since this is likely to affect youths in their formative stages of life, understanding the factors that determine the extent of socialization among youths is also likely to give an incite as to what factors often affect social behaviour and peer interaction among youths of different age brackets. While school enrolments rates have been on the increase.³

Personality inventories yield one or more scores that measure such traits as assertiveness, extraversion, and anxiety, and gender differences in personality traits were first examined by psycho-metricians to determine whether separate norms were needed for males and females. Anxiety has become a common symptom of a present day. The

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unemployment, poverty, economic- hardship, communal and racial prejudices, ecological imbalance, environmental pollution, as well fast changing social structure are some important factors responsible for anxiety. About 13 of 100 children and adolescents experience some kind of anxiety disorder; girls are affected more than boys. Psychologist diagnose women with anxiety disorders two times as often as men, and research confirms perhaps unsurprisingly that women are significantly more inclined towards negative emotions, self-criticism, and endless rumination about problems. In adolescents each day brings growth/ change and stress, related of these changes.

Women according to countless studies, are twice as prone to anxiety as men. Women always confess to have far higher levels of worry than men.⁴⁻⁶

This gender difference is mostly due to cultural setup-one in which social and parenting biases leads to girls becoming needlessly nervous adults. A few recent studies have indicated that the hormonal differences between the sexes really do make women more biologically inclined towards anxiety than men.³

The personality factors like sociability, self-confidence, ambitions are not studied, we did not find references for the same. These factors needs to be studied in larger study group in future.

Aims and Objectives of the Study

To study the gender differences in personality factor like sociability, self-confidence, ambitions, and anxiety level in adolescents.

MATERIALS AND METHODS

Sample

For the present study, the sample is adolescents of age group 12 to 16 years. The sample is selected from Bhartiya Vidya Bhavan School, Yerla Branch, Nagpur. The total sample consists of 50 girls and 50 boys. This is a cross sectional study. All were from same socio economic group.

Tools Used

The following tools were used for this project work-

1. Sentence completion test
By L N Dubey & Archana Dubey, Jabalpur.

Scoring

Every sentence can be placed into following three categories-

- Positive: Positive aspect of one of the trait award – 02 mark.
- Negative: Negative aspect of one of the trait award – 01 mark.
- Neutral: That shows neither positive nor negative aspect trait award – 00 mark
- All the marks should be added trait wise.

Sinha's Comprehensive Anxiety Test

Scoring

The inventory can be scored accurately by hand and no scoring key or stencil is provided so far. For any response indicated as 'Yes', the testee should be awarded the score of one and zero for 'no'. The sum of all positive or yes responses would be the total anxiety score of the individual. The individual may be classified into five categories on the basis of scores obtained on the inventory. An individual with an extremely high score of above the 75th percentile may be regarded as hyper-anxiety individuals. His personality is complicated and he may be in need of counseling and psychotherapy. The extremely low scores, below 25th percentile, may indicate the person as under motivated and sluggish. The middle group of scores would represent essentially normal individuals.

Procedure for data collection

Instructions for Administration

Clear Instructions were given to the study subjects, to attempt all question and there is no time limit.

The test was given in group in the classroom. First Sentence Completion Test and then Sinha's Comprehensive Anxiety Test was given to the students. For Sentence completion test they were instructed to complete the incomplete sentences by the first thought that comes in their mind after reading the first half of the sentence.

RESULTS

The purpose of this study is to evaluate the gender differences in personality factors like sociability, self-confidence, ambitious and anxiety in adolescents. The subjects were given Sentence Completion Test, then Sinha's Comprehensive Anxiety Test to answer and their responses were evaluated according to the manual.

First of all the means and standard deviations for all the variables were computed.

	Male		Female	
	Mean	SD	Mean	SD
Sociability	23.98	9.55	23.74	9.51
Self-confidence	23.78	10.63	24.82	9.05
Ambition	22.26	9.89	23.4	12.68
Anxiety	20.40	13.49	28.16	12.94

Table 1. Comparison of Personality Factors in Male and Female Adolescents

As the table no. 1 shows no difference in personality factors like sociability, self-confidence and ambitious whereas the anxiety levels were apparently higher in females than males.

	Mean	SD	t-value
Male	23.98	9.55	0.13(ns)
Female	23.74	9.51	

Table 2. Sociability

Ns- not significant

The male and female adolescents were tested for sociability, from means and SDs, 't' value was computed.

In the above case, there were two independent groups. Mean value of male score is 23.98 whereas mean value of female score is 23.74. The associated standard deviations are 9.55 and 9.51 respectively. Both male and female do not differ in sociability.

	Mean	SD	t-value
Male	23.78	10.63	(0.53 ns)
Female	24.82	9.05	

Table 3. Self Confidence

Ns- not significant

In the above case, there were two independent groups. Mean value of male score is 23.78 whereas mean value of female score is 24.82. The associated standard deviations are 10.63 and 9.05 respectively. Both male and female do not differ in self-confidence.

	Mean	SD	t-value
Male	22.26	9.89	0.51 (ns)
Female	23.4	12.68	

Table 4. Ambition

Ns- not significant

In the above case, there were two independent groups. Mean value of male score is 22.26 whereas mean value of female score is 23.4, the associated standard deviations are 9.89 and 12.68 respectively. Both male and female do not differ in ambitions.

	Mean	SD	t-value
Male	20.4	13.49	2.18
Female	28.16	12.94	

Table 5. Anxiety

In the above case, there were two independent groups. Mean value of male score is 20.40 whereas mean value of female score is 28.16, the associated standard deviations are 13.49 and 12.94 respectively. Apparently the mean is higher in females than males. However only on basis of descriptive statistical techniques conclusions cannot be drawn. Hence to test whether two groups differ significantly or not, they were treated by t-test for unconsolidated means. Computed value of 't' is 2.18 and the df is 98. From the table given in the book, to be significant at 0.05 level, the t-value must be equal to or greater than 1.68 and to be significant at 0.01 level the t value must be equal to or greater than 2.407. In our study, obtained t- value is 2.18, which is greater than 1.68.

This indicates that female are significantly more anxious than male at 0.05 level.

DISCUSSION

In today's scenario the girls are given equal freedom and are treated equally at home as well as outside. In older days girls had restrictions and they were not social and were shy

but now a days they get equal opportunity and exposure. This may be the reason and so they don't differ in sociability than males.

The upbringing of boys and girls at home do not have any sex discrimination, they are equally treated. In field of education and employment also there is no sex discrimination. On the contrary girls are more confident than boys, this can be the reason we did not get significant difference in levels of self confidence in our study.

Now a days Government policies are lenient for girls' education. To support their education they get scholarships and reservation quota. This may be the reason we did not find statistically significant difference in level of ambition in boys and girls.

Costa Jr. et al studied gender difference in personality factors in 2001, and observed agreeableness, warmth and openness to feelings were higher in females and men were higher in assertiveness and openness to ideas. Results does not match with our study, though we have used different factors.⁷

The female are more sensitive, introvert, shy and self-ruminating while male are carefree, so female are more anxious than male.

The findings of this study clearly show that male and female adolescents do not differ in their personality factors like sociability, self-confidence, ambition but female have statistically significant higher anxiety levels than male.

Feingold Alan, & Peter M have carried out similar type of study and found higher anxiety levels in females.^{6,8}

Monique Bolognin et al have done study and suggested results of a factor analysis underscore the fact that girls' self-esteem is more global and less differentiated by domain while boys separate the scholastic and behavioural part of their experience from the social. Global self-esteem has more influence on the level of depressive mood in girls than in boys.⁹

In a study by Julie et al, the findings also confirm that teenage career aspirations are linked to adult social status attainment, and suggest that family background factors, teenage career aspirations and ambition value interact to influence social status attainment and earnings in adulthood. Gender differences are discussed.¹⁰

CONCLUSION

The results of the study reveal that

- The personality trait sociability in adolescents does not show any gender difference.
- Both male and female adolescents do not differ in self confidence. There is no gender difference in ambitious –personality factor in adolescents.
- Female have statistically significant higher anxiety levels than male.

In our study we tried to find out the gender difference in personality factors, but this study should be done on larger number of study population. We suggest adolescent counselling, parent education and better information to school children through school education.

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