Chapter 5

SUMMARY AND CONCLUSION

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Chapter 5
SUMMARY, CONCLUSION AND SUGGESTIONS

5.1 SUMMARY

Personality can be defined as the characteristic patterns of behaviour and modes of thinking that determine a person’s adjustment to the environment. There are various type theories of personality that sort people into separate personality categories or types. In 1974, two cardiologists, Meyer Friedman and Ray Rosenman had suggested that virtually all individuals could be classified into what they referred to as “Type A” or “Type B” behaviour patterns Personality traits that are typical of Type A individuals include hostility, irritability, competitiveness, and a strong sense of time urgency. On the other hand, Type B personality is not concerned about time, is patient, does not brag, plays for fun, not to win, relaxes without guilt, has no pressing deadlines, is mild mannered, and is never in a hurry. In Eysenck’s type theory, there are three personality dimensions: extraversion-introversion, neuroticism-stability, and psychoticism. Neuroticism refers to the general emotional stability to
neurotic breakdown under stress. People who are highly neurotic tend to be anxious, moody, and vulnerable, whereas people who are low on neuroticism tend to be stable, calm and even-tempered. Extraversion refers to the outgoing, uninhibited, sociable proclivities of a person. People who are highly extraverted are sociable and outgoing, and crave excitement and the company of others. People who are highly introverted are quiet and introspective, tend to prefer time alone and to be cautious in the way they plan their lives. Psychoticism is the tendency to be cold, aggressive and antisocial.

About the objectives of the study, the researcher aimed firstly to determine the personality types and extraversion and neuroticism dimensions of personality of the students. Secondly, to find out the relationship between the personality types, the two dimensions of personality- neuroticism and extraversion and the area of residence, educational level of the parents, courses of study, and monthly income of the family. Relationship between sex and area of residence with respect to each of the personality types and the two dimensions of personality was also set as one of the objectives of this study. So also, the relationship between personality types and the two dimensions of personality, relationship between neuroticism and extraversion had also been set among the objectives.
Based on the objectives, it was hypothesised that there is no significant relationship between the types of personality (A, B, AB), the two dimensions of personality (extraversion and neuroticism) and the area of residence, educational level of the parents, monthly income of the family, and courses of study; there exists no significant relationship between the sex and area of residence with respect to each of the personality types and the categories of the two dimensions of personality; there is no significant relationship between the two dimensions of personality (extraversion and neuroticism) and the types of personality (A, B, AB) of the students; and there is no significant relationship between neuroticism and extraversion dimension of personality.

In this study, the survey approach under descriptive method was adopted. The required information for the study was collected through the incidental sampling from 534 Meitei students studying in 14 general and 9 professional government colleges situated in the four valley districts of Manipur. Two set of standardized questionnaires, first, Type A/B Behavioural Pattern Scale (ABBPS) developed by Upinder Dhar and Manisha Jain, and second, Maudsley Personality Inventory (MPI) developed by H. J. Eysenck were used as tools to collect information from the students. SPSS was used to analyse the data. Statistical techniques like chi-square test and percentage were used to analyse and interpret the data.
In this study, the researcher had not included private and private-aided colleges. Those students belonging to different communities other than the Meitei had been excluded from the purview of the study. General and professional government colleges situated in the hill areas were not included in the study. Only non-projective technique had been used to assess the personality of the students.

The analysis and interpretation of data had been presented objective-wise as follows:

**Objective 1:** Determination of Type A, B, AB personality among students.

Under this objective, the personality type of 534 students was assessed. Of them, 56.9% students belonged to Type AB, 36.3% Type B, and a small proportion of students (6.7%) Type A. It may, therefore, be inferred that the majority of the Meitei students appeared to be possessed more or less stable personality characteristics.

**Objective 2:** To find out the neuroticism and extraversion dimensions of personality of the students.

Out of the 534 Meitei students assessed on the two dimensions of personality, 68.9%, 24%, and 7.1% belonged to A, D, HD categories respectively in neuroticism dimension of personality. And, 71.9%, 20.2%, and 7.9% belonged to A, D, HD categories respectively in the case of
extraversion dimension of personality. In both the dimensions, high percentage of students belonged to A category as compared to D, and HD categories. It may, therefore, be inferred that the majority of the Meitei students were not found at the extreme end of each of the dimensions.

**Objective 3:** Relationship between

(i) Personality Type A, B, AB and four variables – rural-urban, educational level of the parents, courses of study and monthly income of the family

(a) Area of residence and personality types: The relation between these variables was found to be not significant as \( \chi^2 = 3.338 \), with p-value 0.188 which is more than 5% level of significance. So, there was no significant relation between area of residence and personality types.

(b) The educational level of the parents and personality types of the students: As \( \chi^2 = 19.611 \), with p-value 0.001 which is less than 0.05, the relation between these variables was found to be significant. It indicated that there was significant relationship between the educational level of the parents and personality types of the students.
(c) The courses of study and personality types of the students: It was found that \( \chi^2 = 8.649 \), with p-value 0.013 which is less than 5% level of significance. It may, therefore, be inferred that courses of study, whether general or professional, have had influence on determination of personality types.

(d) The monthly income of the family and personality types of the students: The relation between monthly income the family and personality types of the students was found to be not significant as \( \chi^2 = 2.26 \), with p-value 0.323 which is greater than 0.05. The results showed that there was no significant relationship between the monthly income of the family and personality types.

(ii) Neuroticism and four variables – rural-urban, educational level of the parents, courses of study and monthly income of the family.

(a) Area of residence and neuroticism: After subjecting the data to chi-square test, it was found that \( \chi^2 = 3.115 \), with p-value 0.211 which is greater than 5% level of significance. Hence, no significant relationship between the area of residence and neuroticism of the students had been found.
(b) The educational level of the parents and neuroticism: 
As $\chi^2 = 6.472$, with p-value 0.167 which is greater than 0.05, no significant relationship between the educational level of the parents and neuroticism of students had been found. Thus, it can be suggested that the educational level of the parents have had nothing to do with the determination of neuroticism of students.

(c) The courses of study and neuroticism: As $\chi^2 = 11.491$, with p-value 0.003 which is less than 0.05, it can be suggested that significant relationship between stream of study and neuroticism dimension of personality had been found.

(d) The monthly income of the family and neuroticism: The relation between these variables was found to be not significant as $\chi^2 = 0.453$, with p-value 0.797 which is greater than 5% level of significance. It can be said that there was no significant relationship between the monthly income of the family and the neuroticism dimension of personality.
(iii) Extraversion and four variables – rural-urban, educational level of the parents, courses of study and monthly income of the family.

(a) Area of residence and neuroticism: As $\chi^2 = 0.887$, with p-value 0.642 which is greater than 0.05, it may be inferred that area of residence has had no significant relationship with the extraversion of the students.

(b) The educational level of the parents and extraversion: Significant relationship between extraversion and educational level of the parents was found as $\chi^2 = 10.942$, with p-value 0.027 which is less than 0.05.

(c) The courses of study and extraversion: The relation between these variables was found to be significant as $\chi^2 = 23.999$, with p-value 0.000 which is less than 0.05. Thus, significant relationship between courses of study and extraversion had been found.

(d) The monthly income of the family and extraversion: As $\chi^2 = 0.316$, with p-value 0.854 which is greater than 0.05, it may be suggested that there was no significant relationship between the monthly income of the family and extraversion dimension of personality.
(iv) Sex and area of residence with respect to Type A, B, and AB personality, and the categories – A, D, and HD of the two dimensions of personality (neuroticism and extraversion).

(a) Sex and area of residence with respect to Type A, B, and AB personality: For Type A personality, $\chi^2 = 1.108$, with p-value 0.293 which is greater than 5% level of significance; for Type B personality $\chi^2 = 4.348$ with p-value 0.037 which is less than 0.05; and for Type AB personality $\chi^2 = 8.387$ with p-value 0.004 which is less than 0.05. The results indicated that there was no significant relationship between sex and area of residence in respect to Type A personality. But sex and area of residence were found to be related while determining the personality Types B, and AB of students.

(b) Sex and area of residence with respect to the categories- A, D, and HD of neuroticism dimension of personality: For A category, $\chi^2 = 7.945$ with p-value 0.005 which is less than 0.05; for D category $\chi^2 = 2.009$ with p-value
0.156 which is greater than 0.05; and for HD category
\( \chi^2 = 0.058 \) with p-value 0.809 which is greater than
0.05. Results indicated that there was significant
relationship between sex and area of residence with
respect to A category while sex and area of residence
were found to be independent while determining the D,
and HD categories of neuroticism dimension of
personality of students.

(c) Sex and area of residence with respect to the categories-
A, D, and HD of neuroticism dimension of personality:
It has been found that \( \chi^2 = 11.936 \), with p-value 0.001
which is less than 0.05 for A category; \( \chi^2 = 0.103 \), with
p-value 0.748 which is greater than 0.05 for D category;
and \( \chi^2 = 1.750 \), with p-value 0.186 which is greater than
0.05 for HD category. The results indicated that there
was significant relationship between sex and area of
residence with respect to A category while sex and area
of residence were found to be independent in
determining the D, and HD categories of extraversion
dimension of students.
Type A, B, AB personality and the degree of extraversion (A, D, HD) dimension of personality.

The relation between these variables was found to be significant, as $\chi^2 = 38.970$, with p-value 0.000 which is less than 0.05. Thus, significant relationship between extraversion and types of personality had been found.

Type A, B, AB personality and the degree of neuroticism (A, D, HD) dimension of personality.

As $\chi^2 = 14.908$, with p-value 0.005 which is less than 0.05, there was significant relationship between neuroticism and types of personality.

Neuroticism and extraversion dimension of personality.

The relation between these variables was found to be significant as $\chi^2 = 49.670$, with p-value 0.000 which is less than 0.05. It may be inferred that there was a significant relationship between neuroticism and extraversion.

5.2 CONCLUSION

It can thus be concluded that majority of the students possess Type AB personality. In addition, majority of the students belong to A category
of both neuroticism and extraversion dimensions of personality. No significant relationship is found between area of residence and personality types, and the two dimensions of personality; educational level of the parents and neuroticism dimensions of personality; monthly income of the family and personality types, and the two dimensions of personality; sex and area of residence with respect to Type A personality, and D, and HD categories of the two dimensions of personality. Significant relationship is found between educational level of the parents and types of personality and also extraversion dimension of personality; courses of study and personality types, and the two dimensions of personality; sex and area of residence with respect to Type B, and AB personality, and A category of the two dimensions of personality; types of personality and the two dimensions of personality; neuroticism and extraversion dimension of personality.

5.3 EDUCATIONAL IMPLICATIONS

The findings of this study will be of immense importance and utility to the students, teachers, parents, clinical psychologists, educational planners and policy makers. The students will be greatly benefitted after knowing their personality in a way that they would come to know their own self better, become more self aware of how they feel, think and do. And it will make a room for making an improvement over themselves
which will help them in the long run. Moreover, it will help them to lessen the chance of suffering from physical and mental diseases also by controlling over their behaviour.

The findings will be a great source of information to the teachers also. It will help them to know their students better mainly the Meitei students and how to deal with them. The teachers can also give necessary help to the students and treat students equally without discrimination.

The parents will come to know their children’s behaviour better and it will become easier when dealing with them. The uneducated and poor parents may not feel disheartened while bringing up their children and they can give their best help to their children.

The findings will act as a great source of information and help to the clinical psychologists in their long run career. When dealing with Meitei student as a patient, the psychologist will become more aware of the patient and give necessary help.

The findings will be of practical value to the educational planners and the policy makers in taking up the necessary measures for improvement in the personality of the youths for a brighter future of the society.

Overall, it will help everyone for the development of the society.
5.4 SUGGESTIONS FOR FURTHER RESEARCH

Suggestions for further investigation emanating from the findings of this study include the following:

(i) The personality test should be administered on a bigger sample comprising students from private and Government-aided colleges so that the above findings could be verified on a bigger population.

(ii) Investigation should be carried out to secondary school and university students also.

(iii) Further investigations should be replicated on students belonging to other communities too.

(iv) The personality test should be administered to the teachers at various levels.

(v) For a large scale generalization, the study may be carried out on the subjects of different parts of India.

(vi) The study may be conducted by using other variables like socio-economic status, physical and mental status.

(vii) Comparison of personality between different communities may also be carried out.

(viii) The test may be administered to administrators, parents, senior citizens too.