Chapter 1

INTRODUCTION

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Chapter 1

INTRODUCTION

1.1 BACKGROUND OF THE STUDY

Manipur, a small state surrounded by ranges of hills, is one of the beauty spots on the earth and rightly called “The Jewel of India” (Roy, 1973, p. 1). The present state of Manipur lies in longitude 94° 47’ East of Greenwich and Latitude 23° 50’ – 25° 50’ North covering an area of 8628 square miles. Of the total area of modern Manipur the valley covers nearly 700 square miles, the rest is covered by hills. The Manipuri community lives only in the valley. The hill area is the abode of the Nagas and the Kukis (Roy, 1973). But due to change of time, Manipuri started residing in some parts of the hills also.

The Meiteis of the valley is one of the three major ethnic groups forming the Manipur’s population, the other two being the Nagas and Kuki-Chins of the surrounding hills. If we study the origin of the Meitei community, then there are different opinions given by different people. According to Dr. S. K. Chatterjee “The Meitheis or Manipuris are the most advanced section of the Kuki Chin people”. They have their kinsmen in
Burma and appear to have settled in ancient time in Manipur and the Lushai Hill, as well as in the Chittagong hill tracts. These Indo-Mongoloids are known to the Assamese as Chins; and Kuki-chin has been adopted as a composite and inclusive name for them (Roy, 1973, p. 3). T. C. Hodson was of the opinion that the group name “Meithei” has been derived from mi = man and thei = separate, while in a footnote to a contribution of immense value to the Asiatic Society of Bengal in 1853, Brian Houghton Hodgson expressed the view that “in the ‘Moitay’ of Manipur we have the combined appellations of the Siamese Tai and the Kochin Chinese ‘Moy’. In other words, the Manipurian tribe, called Cossiahs by the Bengalis, belong to the Moi section of the great tribe called Tai by themselves and Shanvel Syan by the Burmese, the sectional name being also foreign and equivalent to the native” (Hodson, 1999, p. 10). Another indigenous explanation is that Mitei (not Meitei) is derived from the creation of man by God in His image: Mi = image: Tei = modelled = Modelled after God’s image = Meitei. This ethnonym as proposed by Chongtham Budhi Singh is a blending of two tribes of ancient China: Mei+Ti = Meiti = Meitei. However, historically, the word Meitei was used during the period of the establishment of the Ningthouja dynasty by Pakhangba, to mean this clan or dynasty and the ethnic and social groups who were politically and socially integrated within the suzerainty of the Ningthouja (Kabui, 2003, p. 15).
As Meitei is one of the communities of Manipur, knowing their personality would be beneficial to all. All over the world, assessment of personality of people is being carried out and valuable results are drawn from it. Likewise, the assessment of personality of the Meitei community may be helpful to us in knowing the Meitei community better.

The word ‘personality’ has been used frequently when describing other people and ourselves (Schultz & Schultz, 2007). Personality is a person’s enduring set of habits of thinking, feeling and acting. It is the “style” we carry through time (Schafer, 2004). It is one of our most important assets and helps in determining the limits of success, happiness, and fulfilment in our life. The achievement in our life, career, family life, and our state of remaining healthy can be influenced by our personality and the personalities of people with whom we interact. To make personality understandable to general public, the researcher would like to explain it in the following manner - In our day to day life, there are people who are affable, pleasant, nice to be around, and easy to get along with. They can be described as having a terrific personality and which we might want to select them as a friend, roommate, or colleague at work. Also, there are people who are aloof, hostile, aggressive, unfriendly, unpleasant, or difficult to get along with. Such people can be described as having a terrible personality and which we would not want to hire them or want to
associate with them, and they may be similarly shunned, rejected, and isolated by others (Schultz and Schultz, 2007). Likewise, someone’s personality can be described by using six or more words like affectionate, boastful, impatient, optimistic, sociable, withdrawn, tolerant, etc. (Schultz and Schultz, 2007).

But what exactly does personality mean which have such a fascination for the general public. Personality is also not easily defined. If we look at its source, then personality is derived from the Latin word persona, which refers to a mask used by actors in a play. It can be referred to outward appearance, the public face we display to the people around us. Again, looking at its meaning, firstly, personality refers to our external and visible characteristics, those aspects of us that people can see us. It is the impression we make on others—that is, what we appear to be (Schultz and Schultz, 2007). Talking about the outward appearance of an individual, an individual who has been described as having a “lot of personality” usually refers to his/her social effectiveness (Hilgard, Atkinson, & Atkinson, 1975). An individual’s personality has been assessed by the effectiveness with whom he/she is able to elicit positive reactions from a variety of persons under different circumstances. Secondly, the personality of an individual has been seen to consist of the most outstanding or salient impression that he or she has created in others. A person may thus be said
to have an “aggressive personality” or a “fearful personality”. In other words, it is an attribute or quality that is highly typical of the subject and that is presumably an important part of the over-all impression created in others and the person’s personality has been identified by this term (Hall, Lindzey, & Campbell, 1998). So personality can be defined as the characteristic patterns of behaviour and modes of thinking that determine a person’s adjustment to the environment. In this definition, the term characteristic implies some consistency in behaviour- that people have tendencies to act or think in certain ways regardless of the situation. Behaviour is the result of interaction between personality characteristics and the social and physical conditions of the situation. Thus a complete description of an individual’s personality would include many factors: intellectual abilities, motives acquired in the process of growing up, emotional reactivity, attitudes, beliefs, and moral values (Hilgard et al., 1975).

It would be worth to quote the definition of personality given by Gordon Allport here. According to him, “Personality is the dynamic organisation within the individual of those psychophysical systems that determine his unique adjustments to his environment”. Here, according to Allport, dynamic organisation means that although personality is constantly changing and growing, the growth is organised, not random.
Psychophysical means that personality is composed of mind and body functioning together as a unit; personality is neither all mental nor all biological. Determine means that personality is made up of determining tendencies that play an active role in the individual’s behaviour (Hall et al., 1998, p. 274).

Different personality theories had developed over time and personality trait theory is also one, and is now enjoying a privileged status among personality researchers and an increasingly prominent role in studies done in social, developmental, cultural, and clinical psychology (Matthews et al., 2003) (cited in McAdams, and Pals, 2006). Today, many researchers like Fiske (1949) and later expanded upon by other researchers including Norman (1967), Smith (1967), Goldberg (1981), and McCrae & Costa (1987) believe that there are five core personality traits (Cherry, The Big Five Personality Dimensions).

The "big five" are broad categories of personality traits. These five factors are usually described as follows: (Schultz and Schultz, 2007)

(i) Neuroticism: worried, insecure, nervous, highly strung.

(ii) Extraversion: sociable, talkative, fun-loving, affectionate.

(iii) Openness: original, independent, creative, daring.
(iv) Agreeableness: good-natured, soft-hearted, trusting, courteous.

(v) Conscientiousness: careful, reliable, hardworking, organised.

As there is a taxonomy of the many species of plant and animal life proposed by the biologists, some students of human nature have also proposed various type theories of personality that sort people into separate personality categories or types (Hassett, & White, 1989). There are two quite different typologies. The first typology has originated from the fact that people have noticeably different physiques or body types (Liebert & Spiegler, 1990). Looking back 400 years before Christ, Greek physician Hippocrates have tried to classify human temperament into four basic types: choleric (irritable and hot-tempered), melancholic (sad or depressed), sanguine (optimistic or hopeful), and phlegmatic (calm or apathetic). Wilhelm Wundt who is a pioneered psychologist, have tried to explain the four types in terms of two key underlying personality dimensions: weak verses strong emotions and slow verses quick reactions. In this scheme, choleric people were quick reactors with strong emotions, and melancholic people were slow reactors with weak emotions (Hassett & White, 1989). Other personality type theories have stemmed from Kretschmer (1925) who discovered a systematic correlation between people’s physical build and the propensity to develop certain psychiatric
disorders. Sheldon (1940) has also worked out a threefold typology of temperament related to physique (Roth, 1990). The other typology began with the observation that people with a certain behaviour pattern seem to be at high risk for heart attack (Leibert & Spiegler, 1990). In relation to this typology, it was in 1974 that two cardiologists, Meyer Friedman and Ray Rosenman had described a pattern of behaviour linked to coronary heart disease. They suggested that virtually all individuals could be classified into what they referred to as “Type A” or “Type B” behaviour patterns (Smither, 1994). Personality traits that are typical of Type A individuals include hostility, irritability, competitiveness, and a strong sense of time urgency. Typical Type A behaviours include a high activity level, explosive speech patterns, and visible displays of arrogance and impatience either when interrupted or when slowed down (i.e., stuck in traffic) (Jex, 1998). 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 (Dhar & Jain, 2001).

In Type theories, the personality type to which an individual belongs is of primary importance. It is from these basic types that secondary characteristics (traits and more specific behaviours) follow, more or less inevitably. In Eysenck’s model of personality, types are at the
top of the personality structure and, therefore, exert the most commanding influence. Types are again composed of traits; and traits are composed of habitual responses (Liebert & Spiegler, 1990). Personality can also be described in terms of traits, predispositions to respond to a variety of situations. While personality types are either-or-propositions, personality traits are continuous and allow more subtle distinctions (for e.g. a person may be very aggressive, fairly aggressive, slightly aggressive, or not at all aggressive) (Liebert & Spiegler, 1990). Gordon Allport and Raymond Cattell believed that traits are the building blocks or basic units of personality (Leibert & Spiegler, 1990). Many personality theorists have been developed by different psychologists that have shaped the direction of the field and have provided the theoretical foundations for many studies. But in recent years, researchers are focussing on more limited and more manageable problems, such as personality differences between men and women or the relation of specific traits to heart disease (Liebert & Spiegler, 1990).

1.1.1 Type A Personality Pattern:

Type A behaviour is one such term which has come from the behavioural sciences and has captured the public’s attention. In the stress field, Type A Pattern has been one of the most intensely studied topics (Schafer, 1998).
The original Type A researchers, Friedman and Rosenman (1974), have identified the following Type A characteristics:

(i) Possessing the habit of explosively accentuating various key words in ordinary speech without real need and tending to utter the last few words of sentences far more rapidly than the opening words. This reflects underlying aggression or hostility and mirrors one’s underlying importance with spending even the time required for one’s own (Type A) speech.

(ii) Always moving, walking and eating rapidly.

(iii) Feeling or revealing to others an impatience with the rate at which most events take place. Often finishing the sentences of others.

(iv) Often attempting to do two or more things at the same time, such as thinking about an irrelevant subject when listening to someone else speak. This ‘polyphasic’ activity is one of the most common traits of Type A individuals.

(v) Finding it always difficult to refrain from talking about or turning any conversation to themes that have personal interest. At times when this manoeuvre fails, pretending to listen but really remaining preoccupied with these personal thoughts.
(vi) Almost always feeling guilty when attempting to relax or do nothing for even just a few hours.

(vii) No longer noticing the more interesting or beautiful things encountered during the day.

(viii) Not having any time to spare, because they are so preoccupied with getting things worth having.

(ix) Attempting to schedule more and more in less and less time. Making fewer allowances for unforeseen events that might disrupt the schedule. Also, having a chronic sense of time urgency- a core aspect of Type A personality.

(x) Having aggressive, hostile feelings to all Type A individuals.

(xi) Resorting to certain characteristic gestures or nervous tics, such as clenching fists or banging a hand upon a table for emphasis.

(xii) Becoming increasingly committed to translating and evaluating personal activities and the activities of other in terms of numbers (Furnham, 2005).

Other Type A qualities include:

(i) A tendency to use numbers a great deal when thinking and talking.
(ii) Failure to use imagery, metaphors, and similes.

(iii) Love of competition.

(iv) Intense concern and alertness.

(v) Perfectionism (Schafer, 2004).

1.1.2 Type B Personality Pattern:

Rosenman and Friedman (1974) have also outlined the following characteristics of a Type B Personality:

(i) Being completely free of all of the habits and inhibiting none of the traits of the Type A personality.

(ii) Never suffering from time urgency and impatience.

(iii) Harbouring no free-floating hostility and feeling no need to impress others with one’s achievements or accomplishments unless the situation demands.

(iv) Playing in order to find relaxation and fun, not to demonstrate achievement at any cost.

(v) Being able to work without agitation and to relax without guilt. (Furnham, 2005)
According to Friedman and Ulmar (1984), Type B behaviour is characterized by the absence of any of the qualities of Type A. Friedman prefers to label as Type A to anyone who displays even one of the Type A qualities, even though such a person would be a mild Type A (cited in Schafer, 2004). The more of these qualities a person possesses, the more Type A she or he is. Thus Type A can range from very mild to very severe (Schafer, 2004).

1.1.3 Type AB Personality:

It is also possible to have characteristics of Type A and Type B personalities (Munaf et al., 2009; Raza, 2007). These type of people cannot be clearly categorized (Emotion, n.d.).

1.1.4 Coronary Disease: Type A and Type B:

Considerable research has demonstrated that Type A individuals (persons who are always in a hurry, highly competitive, and hostile or easily irritated) are much more at risk for heart attack than are Type B individuals (persons who are not always in a hurry, irritable or highly competitive) (Smither, 1994). As a result of the study done by Friedman and Rosenman (1971), Type A subjects has been found to be twice more likely to suffer from coronary disease, to have heart attacks, and to die from hearts attacks than Type B’s (cited in Schafer, 2004).
From the studies conducted by Friedman and Rosenman and other early studies, two panels of scientific experts has come to the conclusion that Type A behaviour indeed is a risk factor for heart disease, that it exerts an effect independent of other risk factors, and that it is equal in impact to high blood pressure, elevated cholesterol, and cigarette smoking (Review Panel, 1981) (cited in Schafer, 2004). Boyd (1984), Taylor, Locke, Lee, & Gist (1984) again are of the opinion that the Type A pattern people are at high risk of heart related illness and death, and at the same time they have the drive to do particularly well in certain kinds of work (cited in Miner, 1992).

The Type B personality lacks the characteristics of Type A and is not prone to coronary problems. Type B people may well work hard and have considerable drive, but they feel no pressing conflict with people or time (cited in Miner, 1992). They have been found to be less ambitious, more patient and who can relax more easily (Quinn, 1985).

It becomes quite clear from the above findings given by different researchers that there is a relation between Type A and heart attack. So and so, Friedman and Rosenman (1974), the two cardiologists have found personality type to be a stronger predictor of heart problems than any other single factor (Quinn, 1985). Type As are more prone to heart attacks than other persons not possessing characteristics of Type A people. Here, question arises as to why Type As experience more heart attacks than other
persons-especially than Type Bs. Several reasons may be there. In studies conducted by Booth-Kewley & Friedman (1987), and Friedman & Rosenman (1974), people with a Type A behaviour pattern tend to react to stress by developing problems and diseases of the heart (cited in Miner, 1992). Kirmeyer & Biggers (1988) have found out that Type As seem to seek out high levels of stress: they seem to take on more tasks and more responsibilities than other persons. According to Holmes, McGilley, & Houston (1984), higher physiological arousal has been experienced by Type As when exposed to stress than other persons. Schauabroeck, Ganster, & Kemmerer (1994) have also added that Type As are reluctant to take rest after completing a major task; on the contrary they view this as a signal to start the next one. Additional research findings have also suggested that it is the cynical hostility of Type As- their suspiciousness, resentment, anger, and distrust of others- that is most directly linked to their cardiac problems (e.g., Miller et al., 1996) (cited in Baron, 2008).

At the biological level, research has also presented a picture of Type A individual as constitutionally prone to biochemical and physiological over-arousal. In a study conducted by Glass (1977b), biochemically, when Type As are under pressure, they produce increased serum cholesterol and catecholamine. Either substance may contribute, over time, to coronary problems. According to Williams, Friedman, Glass, Herd, and Schneiderman (1978), Type As differ from Type Bs in certain glandular
and metabolic responses and this may be the reason why Type As are at an increased risk of coronary difficulties. Holmes, McGilley, and Houston (1984), and Houston (1983) are of the opinion that physiologically, when working on challenging tasks, Type As display more arousal (e.g., increased blood pressure) than Type Bs. Matthews & Carra (1982), Weidner & Matthews (1978) have pointed out that Type As, when working intensely on tasks, tend to ignore signs of physical distress (cited in Liebert & Spiegler, 1990). Persons who are never keen to take rest after a hard work, who enjoys taking on more tasks and more responsibilities may not allow his body to take rest also. This might disturb him physically and mentally which in turn might affect his health and well being. It is only when an individual is at peace with his body and mind that his health and well being could not be affected. Type A as such are always moving and not relaxing resulting in developing stress in them and this could be the reason why they are more prone to heart attacks than other persons.

1.1.5 Social Environment: Type A and Type B:

What typically causes stress in Type A people is a Type A working in a Type B environment, or a Type B working in a Type A environment. In other words, if the ambitious, hard-charging individuals are required to work in challenging environments they are likely to feel less stress than working in a relaxed and uneventful work place. In the same manner, Type
B’s are likely to be stressed if they must work in a hard charging, rather than more relaxed, environment. Nevertheless, the personality characteristics of the Type A lead these individuals to seek situations that are likely to create stress (Smither, 1994). One important thing to note about Type A behaviour is that depending on the social situation, Type A behaviour can remain latent or can become overtly manifested. Elaborately, a Type A person living and working in a culture, sub-culture, or setting that is relatively easy-going with a preponderance of Type B people, the Type A person may never display many of his Type A qualities. The same person in a rapid-paced, frenetic setting is much more likely to show his or her Type A personality (Schafer, 2004).

1.1.6 Effect of Type A and Type B behaviour on quality of life:

The success or failure of people is determined by their characteristics they possess. People may experience severe stress at work, become emotionally disturbed and be unable to function effectively (Miner, 1992). This means our life is affected by the type of personality we possess. The effects of Type A behaviour on quality of life has been found to be more negative than positive, although there may be positive benefits of some elements of Type A behaviour (e.g., being hard-driving helps one get ahead and complete tasks) (Schafer, 2004). Many research findings have shown that the positive aspects of Type A is in Achievement Strivings
and the negative aspects in Impatience-Irritability (Jex, 1998). As a result of the research done by Furnham (1990), Type A individuals have been found to be more aggressive, more neurotic, more extraverted, and more anxious, as well as in greater need of control than Type B individuals. Furnham, Borovoy, & Henley (1986) have also reported in their two studies that Type As rated themselves significantly higher on various negative traits (complaining, conceited, cruel, dominating, selfish and unkind) and lower on positive traits (patient, reasonable, tolerant and unselfish). Type As, when compared with Type Bs, believed themselves to be more ambitious, cold, complaining, conceited, cruel, dishonest, dominating, enthusiastic, gloomy, insincere, jealous, malicious, impatient and selfish) (cited in Furnham, 2005). In a research done by Glass (1977), it has been found that Type A people score higher grades and earn more money than Type B people of equal intelligence which has also been supported by Mathews et al. (1981) who noted that Type A psychologists produce the best work (cited in Quinn, 1985). From various research findings, it can also be concluded to some point that Type As are more prone to heart attacks than other persons. The way we live our life, our attitude towards life, our work performance, does happiness count in our life—all these are important if we want a quality life. As such, Type A behaviour is not locked in our thinking, feeling and acting forever and is amenable to change. By reducing the Type A behaviour, one can improve
his/her quality of life and the length of his/her life also (Schafer, 2004). Nakano (1990) has also added that Type A individuals can learn to be more patient, less competitive, and less irritable or suspicious (cited in Baron, 2008).

One important thing to note recently is the evidence that suggests a possible relationship between personality type and cancer. Here, the responsible personality characteristics appear to be a sense of hopelessness and despair. Studies suggest that persons who are prone to cancer lack a purpose in life, are bored, and have given up on themselves. Sometimes, these feelings result from loss of spouse or loved ones. Therapy is directed toward giving each person a sense of hope and a reason to live (Quinn, 1985). Again in a study conducted by Evans, Palsane & Carrere (1987), it has been found that drivers characterized as Type A in the USA and India had higher accident rates than those characterized as Type B, and that for the Indian sample Type A personality was associated with more frequent braking, passing and use of horn (cited in West, Elander & French, 1993). This means the longevity of our life is also determined by our personality types which most people are quite unaware of.

As per experts opinion behaviour is changeable. Illustrations would include reducing aggressiveness, becoming a better listener, becoming more tolerant and forgiving, developing more realistic expectations of the
self and others, and reducing the tendency to react to challenge with depression or overreactions (Schafer, 2004). So, with some little changes in our behaviour if we can, then our life would be free to some extent of the stress, restlessness, work drive. But Chesney, Eagleston, & Rosenman (1981) have a different opinion. According to them, Type A behaviour is positively associated with socioeconomic status, as measured by level of education and occupation (cited in Fernald & Fernald, 2007). So, changing the lifestyles of Type As may interfere seriously with their life satisfaction. This may be because of the fact that Type A behaviour may be adaptive for some people and essential for their occupational success (Fernald & Fernald, 2007).

According to Byrne and Reinhart (1989), the Type A pattern has been found to be particularly common among small business owners and entrepreneurs. When Type A people have been employed on university faculties, they are likely to be productive and effective researchers (cited in Miner, 1992). In a study done by Rosenman & Chesney (1982), Type As are more likely to be found in industrialized and densely populated urban areas and Type Bs in smaller, rural communities (cited in Smither, 1994).

Research findings have shown that women are less likely to have the Type A behaviour pattern. On the other hand, a study conducted by Haynes (1984) has found that women with the Type A behaviour pattern
working in business and the professions were just as likely to develop heart
disease as their Type A male colleagues. Type A employed women are
four times as likely to develop heart disease than Type B employed women
(cited in Hassett & White, 1989).

1.1.7 Eysenck’s personality types:

According to Eysenck, it is a person’s type that brings about
consistencies in behaviour and thereby gives rise to his or her personality.
Eysenck’s type theory is based on three personality dimensions:
extraversion-introversion, neuroticism-stability, and psychoticism. Eysenck
had charted out four ‘pure’ personality types by using the two main
personality dimensions of extraversion-introversion and neuroticism-
stability together (Roth, 1990).

| Neuroticism       |  | Neuroticism       |
|-------------------|  |-------------------|
| Extravert         |  | Introvert         |
| Neurotic          |  | Neurotic          |

Extraversion Average people Introversion

Stable extravert Stable introvert

Stability

Figure 1: Eysenck’s personality dimensions and personality types. Source: Roth, 1990, p. 385.
It can be seen in Figure 1, that the two personality dimensions form a cross, with neuroticism-stability as the vertical axis and extraversion-introversion as the horizontal axis. At the extremes are people with very high or very low scores. An individual who score very highly on both neuroticism and extraversion fall into the personality type of neurotic extravert (Roth, 1990). These people tend to be touchy and aggressive, whereas people who are high on extraversion and low on neuroticism tend to be carefree and sociable (Hewstone, Fincham, and Foster, 2005). Other extremes are neurotic introverts, stable extraverts and stable introverts. In the middle, are average people, without extreme scores on either dimension (Roth, 1990). Looking at the extraversion and neuroticism dimension, in the Eysenck Personality Questionnaire (EPQ) manual, Eysenck had provided the following description of the “typical” extravert and “typical” neurotic:

The typical extravert is sociable, likes parties, has many friends, needs to have people to talk to, and does not like reading or studying by himself. He craves excitement, takes chances, often sticks his neck out, acts on the spur of the moment, and is generally an impulsive individual. He is fond of practical jokes, always has a ready answer, and generally likes change, he is carefree, easy-going, optimistic, and likes to “laugh and be merry”. He prefers to keep moving and doing things, tends to be
aggressive and lose his temper easily; altogether his feelings are not kept under tight control, and he is not always a reliable person. (Eysenck & Eysenck, 1975, p. 5) (as cited in Hall et al., 2002).

The typical high Neuroticism (N) scorer is anxious, worrying individual, moody and frequently depressed. He is likely to sleep badly, and to suffer from various psychosomatic disorders. He is overly emotional, reacting too strongly to all sorts of stimuli, and finds it difficult to get back on an even keel after each emotionally arousing experience. His strong emotional reactions interfere with his proper adjustment, making him react in irrational, sometimes rigid ways....If the high N individual has to be described in one word, one might say that he is a worrier; his main characteristic is a constant preoccupation with things that might go wrong, and a strong emotional reaction of anxiety to these thoughts. The stable individual, on the other hand, tends to respond emotionally only slowly and generally weakly, and to return to baseline quickly after emotional arousal; he is usually calm, even-tempered, controlled and unworried. (Eysenck & Eysenck, 1975, p. 5) (as cited in Hall et al., 2002).

According to Eysenck’s theory of personality, the highly extraverted people are found to be sociable and outgoing, and crave excitement and the company of others, while people who are highly introverted are quite and
introspective, they tend to prefer time alone and to be cautious in the way they plan their lives. Highly neurotic people tend to be anxious, moody and vulnerable, whereas people who are low on neuroticism tend to be stable, calm and even-tempered (Hewstone et al., 2005).

According to Eysenck, a person’s position on the extraversion-introversion and neuroticism-stability dimensions will determine the person’s personality type. He suggested that the structure of personality consists of a hierarchy of levels. A person’s type determines his/her personality traits, these traits determine habitual responses, and these habits, in turn, determine specific responses (Roth, 1990).

The trait clusters that Eysenck associates with neuroticism, extraversion and introversion are shown in Figure 2 (a), (b) and (c) respectively.

![Figure 2 (a)](image-url)
It is evident from Fig. 2 that the cluster of extraversion traits shown in Fig. 2(b) is quite different from the cluster of neuroticism traits shown in Fig. 2(a). In Eysenck’s theory, the underlying biological cause of extraversion is quite unrelated to the biological cause of neuroticism. He
believes that a person’s position on the personality dimension extraversion-introversion is caused by the level of arousal in the brain, and that their position on the neuroticism-stability dimension is caused by the stability or lack of stability (i.e., the liability) of the automatic nervous system (Roth, 1990).

A particular contribution of Eysenck is that he has found a basis for these dimensions in modern scientific knowledge about the neurophysiology of the nervous system. Eysenck’s MPI (the Maudsley Personality Inventory) and the EPI (the Eysenck Personality Inventory) are in continuous use today and vast amount of research has been conducted on a wide range of individual differences in psychology by using these questionnaires (Roth, 1990).

The personality trait of neuroticism refers to relatively stable tendencies to respond with negative emotions to threat, frustration, or loss (cited in Lahey, 2009). The importance of neuroticism to public health is not a known fact to many of us. It is correlated with a wider range of mental and physical health problems than other personality traits as given by Malouff, Thorsteinsson, & Schutte (2005, 2006); Saulsman & Page (2004). (cited in Lahey, 2009). Shipley et al. (2013) had come to the conclusion that after controlling for several risk factors, high neuroticism was significantly related to risk of death from cardiovascular disease.
Momeni et al. (n.d.) and Lu and Shih (1998) results showed that extraversion had positive impact and neuroticism had negative impact on happiness. Norton (2013), a Health Day Reporter, US News had reported that according to researchers who had followed 4,600 British adults for decades, those who were "extraverts" in their youth gave higher ratings to their well-being and satisfaction with life once they'd reached their early 60s. The same was true of people who were more emotionally stable -- less "neurotic" in their teens and 20s. According to Larsen and Ketelaar (1989), extraverts (compared to Introverts) showed heightened emotional reactivity to positive (but not negative) mood induction procedures, whereas Neurotics (compared to Stable individuals) show heightened emotional reactivity to negative (but not positive) mood induction procedures.

1.2 RATIONALE OF THE STUDY

The present study had been taken up keeping in view the important role played by personality in one’s life. Sensing the importance of personality in shaping one’s life, the researcher had specially chosen personality as her area of study. Health is one area where we cannot neglect in our lifetime. From various research findings it has been found that a relation exists between the personality and the general health of a person. Research by Friedman and Rosenman have shown that personality
type is a stronger predictor of heart problems than any other single factor (cited in Quinn, 1985). The researcher had been keen to know how personality types are related to heart diseases, as heart attacks have been found to be very common all over the world. By way of taking up the precautionary measures, the assessment of personality becomes very important. It has also been observed from the general practical experiences in Manipur that the majority of the boys and girls in the age group 16-25 years seem to be unstable in their personality traits as evident from their overt behaviour. Most particularly, they appear to be impatient, domineering, aggressive, anxious, restless, tense, easygoing, non-assertive and so forth, although we, however, have no evidence to prove that they are emotionally stable or unstable since no study in this direction has so far been conducted in Manipur. As the new generation is going to form the future society, it is a must to check their personality types so that they would be more or less free from dangerous diseases relating to personality, so also whether they are emotionally sound or not. So, the researcher had chosen the college students as the subject of her study. In the present problem, strenuous efforts had been made to explore the personality of boys and girls with reference to the types of personality i.e.; Type A/Type B/Type AB and also to explore the extraversion and neuroticism dimensions of personality. The findings of this study will be of immense importance and utility to the students, teachers, parents, clinical
psychologists, educational planners and policy makers. Overall, it will help everyone for the development of the society. The chance to change oneself for the better and to protect from diseases would be one positive area of the study.

1.3 STATEMENT OF THE PROBLEM

The current study was undertaken under the topic “Assessment of Personality of College Students Belonging to the Meitei Community of Manipur”. It attempted to assess Type A, Type B, Type AB personality patterns and Extraversion and Neuroticism dimensions of personality of college students belonging to the Meitei Community of Manipur. The relationship between personality types (A, B, AB), the two dimensions of personality (neuroticism and extraversion) and the four variables such as area of residence, educational status of the parents, monthly income of the family, courses of study was also worked out. The relation between sex and area of residence with respect to personality types and the two dimensions of personality was given emphasis too. The relationship between types of personality and the two dimensions of personality was also in focus. The relationship between neuroticism and extraversion was highlighted too.
1.4 OBJECTIVES OF THE STUDY

(i) To determine Type A, B, AB personality among the students.

(ii) To find out the neuroticism and extraversion dimensions of personality of the students.

(iii) To find out whether there are relationships between:

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

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

(c) Extraversion dimension of personality and four variables – rural-urban, educational level of the parents, monthly income of the family, and courses of study.

(d) 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).

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

(g) Neuroticism and extraversion dimension of personality.

1.5 HYPOTHESES OF THE STUDY

(i) 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.

(ii) There exists no significant relationship between the sex and area of residence with respect to each of the personality types and the degrees of the two dimensions of personality.

(iii) 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.

(iv) There is no significant relationship between neuroticism and extraversion dimension of personality.

1.6 SCOPE OF THE STUDY

The present study had been carried out to assess personality types - A, B, and AB of the college students belonging to the Meitei community of
Manipur. Besides, Eysenck’s neuroticism and extraversion dimensions of personality was also tested. It covered the students studying in both the general and professional government colleges situated in the four valley districts of Manipur.

1.7 LIMITATIONS OF THE STUDY

Generalization would merit further study because of the following reasons:

(i) Sample size was very limited.
(ii) Selection of sample was only through the incidental sampling.
(iii) The geographical area of the study was concentrated only in the four valley districts, excluding five hill districts of Manipur.
(iv) The study was focussed only on one particular community, i.e., Meitei.
(v) The variables studied were only five in number. Other variables, such as the detailed socio-economic status of the parents, and academic achievement, age, stream and class of the students and their influences on personality could not be examined.
(vi) The age group of the sample was from 17-24 years.
(vii) The findings of the study will be applicable only to the Meitei Community.
1.8 OPERATIONAL DEFINITIONS OF KEY TERMS

1.8.1 Assessment

It may be defined as the gathering and integration of data in order to make a psychological evaluation, decision, or recommendation. Diverse psychiatric (e.g., anxiety, substance abuse) and non psychiatric concerns (e.g., intelligence, career interests) have been assessed by psychologists and assessment can be conducted with individuals, dyads, families, groups, and organisations. Various methods such as clinical interviews, behavioural observation, psychological tests, physiological or psychophysiological measurement devices, or other specialised test apparatuses may be used to gather psychological data (Segal and Coolidge, 2000).

**Personality assessment:**

Personality tests strive to uncover the structure and features of one’s personality, or one’s characteristic way of thinking, feeling, and behaving. Personality tests can be broadly conceptualised as falling into two distinct types: projective and objective. Projective personality tests typically present stimuli whose meanings are not immediately obvious and have an open-ended response format, such as a story from the respondent. Objective personality tests are typically self-report pencil-and-paper tests
based on standardised, specific items and questions (Segal and Coolidge, 2000).

1.8.2 Personality

Personality can be defined as the characteristic patterns of behaviour and modes of thinking that determine a person’s adjustment to the environment (Hilgard et al., 1975). The students have been assessed on the following personality types and dimensions of personality:

Types of personality:

- **Type A personality:** Type A persons have a highly competitive desire for achievement and recognition, together with a tendency towards hostility and aggression and a sense of immense time urgency and impatience. The Type A individuals want to win every ‘game’ in life, speak fast, act fast, see goals and challenges everywhere, manifest impatient gestures and interrupt when faced with slower events. These persons cannot wait in queues, are superficially interested in the aesthetic aspects of life and they have tendency to measure success in terms of material gains and number rather than quality of goals achieved. Type A persons are found to be prone to heart disease (Dhar and Jain, 2001).
• **Type B personality:** The Type B personality lacks Type A personality’s characteristics and is not prone to coronary problems. These people have no conflict with people or time. They are more relaxed and easy going, accept situations and work within those situations rather than fight them competitively. Such persons are especially relaxed of time pressures and so are less prone to have problems related with stress (Dhar and Jain, 2001).

• **Type AB personality:** Combination of Type A and Type B personality.

**Dimensions of personality:**

• **Neuroticism:** Neuroticism is one of the dimensions of personality. It refers to the general emotional stability of a person, his emotional over responsiveness, and his stability to neurotic breakdown under stress (Eysenck, 1993). Neurotics are characterised as anxious, depressed, tense, irrational, and moody. They have low self-esteem and is prone to guilt feelings (Schultz and Schultz, 2007).

• **Extraversion:** Extraversion is also one of the dimensions of personality. It refers to the outgoing, uninhibited, sociable proclivities of a person (Eysenck, 1993). Extraverts are oriented
toward the outside world, prefer the company of other people, and tend to be sociable, impulsive, adventurous, assertive, and dominant (Schultz and Schultz, 2007).

In this study, for both the dimensions, students were placed according to their scores under A (average), D (deviated), and HD (highly deviated) categories.

- **HD (highly deviated):** According to Eysenck’s type theory, an individual can be placed in relation to the two dimensions—extraversion-introversion and neuroticism-stability depending on their scores on these two dimensions. People with very high or very low scores are placed at the extremes (Roth, 1990). In this study, whose standard score is above 70 or below 30 is placed in the ‘highly deviated (HD)’ category and they indicate a very considerable deviation from the average (Eysenck, 1993).

- **D (deviated):** Whose standard score is in the range 30-39, 61-70 is ‘equal to deviated (D)’ and they need attention (Eysenck, 1993).

- **A (average):** Whose standard score is in the range 40-60 is designated ‘equal to the average (A)’ (Eysenck, 1993). In Eysenck’s type theory, most average people fall somewhere in the middle, without extreme scores on either dimensions (Roth, 1990).
1.8.3 Community

A group of people having cultural, religious, ethnic, or other characteristics in common (The Formost Authority on the Language of Today, 2005).

1.8.4 Meitei

Meitei is one of the three major ethnic groups forming the Manipur’s population. They mainly reside in the valley areas of Manipur (Roy, 1973).

1.9 CHAPTERIZATION OF THE THESIS

The thesis has been organised into five chapters. The first chapter deals with the introductory part in which the background of the study, rationale of the study, objectives, hypotheses, scope, limitations, operational definitions of the terms used had been emphasised.

The second chapter is the review of related literature where studies conducted in India and Abroad had been reviewed.

The third chapter deals with the methodology of the study where the method, population, sample, tools used in the study, procedure of data collection and data analysis were highlighted.
The fourth chapter is the results and discussion part in which the analysis and interpretation of data had been done.

The fifth chapter is the last chapter in which summary of the study had been made and conclusions drawn. Also, educational implications of the study and certain suggestions for further research were highlighted.
REFERENCES

Books


**Journals**


Websites


