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PERSONALITY TRAITS AND ADJUSTMENT LEVEL OF M.ED. STUDENTS OF PANJAB UNIVERSITY

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ABSTRACT:

The present study is aimed to find out the personality traits and adjustment level of M.Ed. students. Normative survey method has been taken for this study. Sample consisted of 100 M.Ed. students from Panjab University. Personality Questionnaire by Eysenck, H.J., and Eysenck, S.B.G. (1975) and Adjustment Inventory by A.K.P. Sinha and R.P. Singh (1995) were used to collect the data. Results revealed that out of 100 students; 33 students were having extraversion, 30 students were having psychoticism, 29 students were having neuroticism, and 8 were giving wrong information about them. Finding also revealed that extraversion students were more adjusted as compared to other personality traits.

KEYWORD: Personality Traits, Adjustment, M.Ed. Students.

PERSONALITY

“Personality” derived from the Latin term “Persona” which means (1) a mask worn by theater actors to represent their role and personality in the play; (2) the authentic self, which includes one’s intrinsic motivations, emotions, habits, and ideas (Chan, 1996). Personality is an individual's characteristic patterns of thought, emotion, and behavior.

Unlike most subfields of psychology, which study specific topics such as perception, memory, emotions, or relationships; personality psychology strives to study the whole person (personality psychology). Personality traits quantify the marked variations in typical responding to the environment that distinguish one person from another (Mischel, 2004). The two broad traits that are expected to be related most strongly to mood are neuroticism (N) and extraversion (E). Most of the

narrow traits related to the broad N factor are associated with unpleasant affective states such as anxiety, depression, tension, moodiness and so forth. N has been shown to be significantly positively correlated with the magnitude of increase in depression, but E is unrelated to state change (Matthews, Deary, & Whiteman, 2009).

ADJUSTMENT

Adjustment involves the gratification of a person's needs as governed by the demands of various



environmental situations. It is however not a one-way process an individual maintains the balance between himself and his surroundings either by modifying his own behavior or by modifying the environment.

Adjustment plays an important role to determine the success or failure of a person. Adjustment is an active process that occurs as an individual lives in his family situations advances educationally, presents vocational outlets and engage in social relationship. When we adjust ourselves by this means we are changing in some way to adapt or accommodate ourselves in order to fit certain demands of our environment. Adjustment, as a psychological term may thus be said to be another name for the term adaptation. Adjustment in all its meanings implies a satisfactory adaptation, to the demands of day to day life.

PERSONALITY TRAITS

Various researchers presented different personality traits. The big five personality traits have been found to contain and subsume all these personality traits. These big five personality factors are:

- **Openness to experience:** Openness to experience refers how open-minded a person is. It assesses the tendency to be original and open to a wide range of experience and to take risks.
- **Conscientiousness:** Conscientiousness is the personality trait of being careful, or vigilant. It implies a desire to do a task well. Conscientious people are efficient and organized as opposed to easy-going and disorderly.
- **Extraversion:** Extraversion refers how sociable a person is. It assesses the degree to which a person is socially outgoing and focuses on other people and external environment.
- **Agreeableness:** Agreeableness refers how altruistic and cooperative a person is.
- **Neuroticism:** Neuroticism refers how emotionally stable a person is.

Eysenck viewed the super traits of extraversion and neuroticism as independent, and believed that different personalities arise from differing combinations of the two super traits.

REVIEW OF RELATED LITERATURE

Gilboa, Bisk, Montag and Tsur (1999) results suggest that adjustment to the traumatic experience of a burn injury is strongly related to specific personality traits rather than to the physical features of the injury. As predicted, successful coping was found to be positively related to the personality dimensions of extroversion, optimism, self-mastery, and hope, and negatively related to neuroticism and social anxiety.

Swid (2010) revealed in his study that multiple five traits of newcomers and immediate outcomes have positive relation with adjustment. The findings suggest that the big five dimensions are one of the key determinants of early entry newcomers adjustment.

Peltokorpi and Froese (2012) results show positive relationships between the personality traits of Open Mindedness and interaction adjustment, Emotional Stability and Cultural Empathy and general adjustment, and Social Initiative and work adjustment.

UKEssays (2015) says Adjusting to diverse situations requires extra efforts by individuals, sometimes these efforts fall short and the situation remains invincible. We assumed that there are personality traits (BITPC) responsible for success or failure in the adjustment to diverse situations.

Gihar and Sharma (2015) found that personality characteristics were found to be moderately correlated with educational aspiration and adjustment in U.P. board students. In CBSE secondary students the personality characteristics showed low positive correlation with educational aspiration whereas almost negligible with adjustment.

OBJECTIVES

- To study the personality traits and adjustment level of M.Ed. students of Panjab University, Chandigarh.

METHODOLOGY

The present study was descriptive in nature. A sample of 100 M.Ed. students of Panjab University, Chandigarh was selected.

TOOLS

1. Personality Inventory by Eysenck, H.J., & Eysenck, S.B.G. (1975).
2. Adjustment Inventory by A.K.P Sinha & R.P. Singh (1995).

DATA ANALYSIS

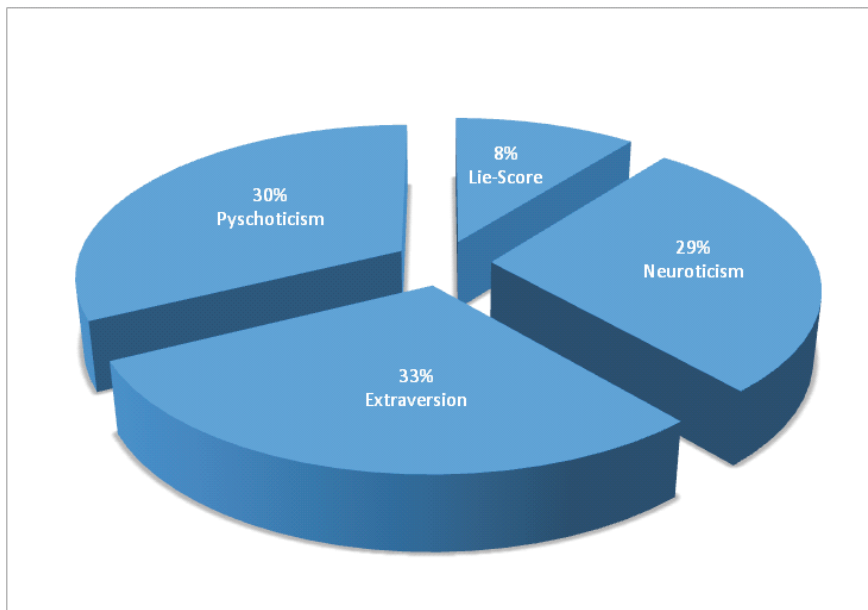


Figure 1: Personality Traits of M.Ed. Students in (%)

Fig-1 is a pie-chart showing the percentage of M.Ed. students for different personality traits. It is clear from pie-chart that out of 100 students 33% means 33 students were having extraversion personality trait, 30% mean 30 students were having psychoticism personality trait, 29% means 29 students were having neuroticism and 8% means of 100 students 8 were giving wrong information about them.

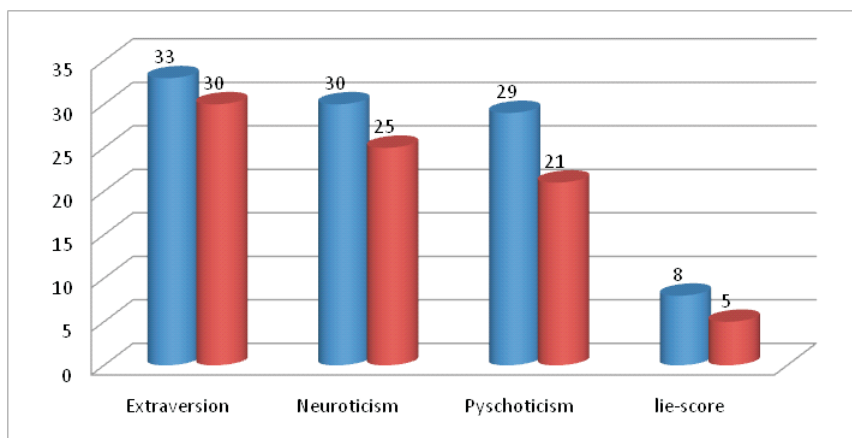


Figure 2: Personality Traits and Adjustment Level of M.Ed. Students

From Figure-2, in the first two pillars; 33 students are belong to extraversion and out of that 30 were well adjusted, in the second two pillars; 30 students are belong to neuroticism and out of that 25 are well adjusted, in the third two pillars; 29 students are belongs to psychoticism and out of that 21 were well adjusted, and in the

fourth two pillars; 8 students are belong to lie score and out of which 5 were well adjusted.

On the basis of above results, extraversion students are more adjusted as compared to other personality traits. The relationship between social adjustment and extraversion is found to be significant and also showed significant positive effect of extraversion on social adjustment. This study is supported by (Devi, N., 2011). Further comparison of means showed extraversion has positive effect on general adjustment.

FINDINGS AND CONCLUSION

The purpose of the study is to find out the relationship between personality traits and adjustment level of M.Ed. students. Adjustment being important aspects of our personality needs a special attention and study of factors influencing adjustment will help in facilitating better teaching, controlling wastage and developing balanced personalities among coming future teachers. Gilboa, Bisk, Montag and Tsur (1999), Swid (2010), Peltokorpi and Froese (2012), UKEssays (2015) and Gihar and Sharma (2015) also have the same findings which shows a highly strong relationship between personality and adjustment. Freud's Psychoanalytic theory based on three main assumptions: 1. Personality is governed by unconscious forces that we cannot control. 2. Childhood experiences play a significant role in determining adult personality. 3. Personality is shaped by the manner in which children cope with sexual urges.

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