

## Effect of personality type and age on the level of anxiety in B.P. patients

Vineta<sup>1</sup>, Anil Kumar<sup>2</sup>

<sup>1</sup> Assistant Professor, Department of Psychology, Ismail National Mahila (PG) College, Meerut, Uttar Pradesh, India

<sup>2</sup> Assistant Professor, Institute of Business Studies, Ch. Charan Singh University, Meerut, Uttar Pradesh, India

### Abstract

This study reveals the effect of personality type i.e. introvert and extrovert and age on the level of anxiety in B.P. Patients. For this purpose, 180 subjects were taken. The data have been collected from 180 patients by using anxiety scale and introversion and extroversion scale. F- Test was also applied to get better results.

**Keywords:** personality type i.e. introvert and extrovert, age and anxiety

### 1. Introduction

Anxiety is regarded as basic or fundamental emotion. It is not probably the most basic of all emotions. Not only it is experienced by all humans but responses have been found in all species of animals right down to the study. Anxiety is general term for several disorders that cause nervousness, fear, apprehension and worrying. These disorders affect how we feel and behave, they can manifest real physical symptoms. Mild anxiety is vague & unsettling, while server anxiety can be extremely debilitating, having a serious impact on daily life.

### Methodology and Design

#### Problems

1. To study the effect of different personality types I. i.e. introvert and extrovert on anxiety
2. To study the effect of different age group of B.P. Patients on anxiety

### Hypothesis

1. There will be no significant difference in anxiety of introvert and extrovert subjects
2. There will be no significant difference in anxiety of different age groups (30-45, 45-60 and 60-75 years old) B.P. Patients

### Description of Variables

#### Independent Variable

1. Personality type i.e. Introvert and extrovert
2. Age i.e. 30-45, 45-60 and 60-75 years old

#### Dependent Variable

Anxiety

### Research Design

In the present study, we have studied the effect of two independent variables

On one dependent variable i.e. Anxiety

1. The first independent variable, personality type (A) was varied at two levels i.e. Introvert (A1) and extrovert (A2)
2. Second independent variable, Age was varied at three levels i.e. 30-45, 45-60 and 60-75 years old

### Sample

In the present study, 180 subjects are used as sample of the research. Out of these 180, 90 subjects are of Introvert personality type and 90 subjects are of extrovert personality type. Among these 180 subjects 60 subjects were of 30-45 years. 60 subjects were 45-60 years and 60 subjects were 60-75 years old.

### Tools

1. Introversion /Extroversion scale
2. Anxiety scale

**Table 1:** Analysis of variance for anxiety score

Source of variation	Sum of square	Degree of freedom	Mean Square	F Value
Personality type (A)	2442.04	1	2442.04	40.95**
Age (B)	1214.08	2	607.04	10.18**

\*\* Significant at 0.01 level of confidence

\* Significant at 0.05 level of confidence

### Effect of personality type

Personality type was varied at two levels i.e. Introvert and extrovert. Analysis of variance reveals a significant effect of personality type on the level of anxiety. i.e. 40.95,  $P < .01$ . It means F-ratio for independent variable is significant at .01 levels. This significant F value reveals that the personality type is an influencing factor for level of anxiety. It is, therefore asserted that the reason of level of anxiety in B.P. Patients is not by chance but due to personality type.

In order to know the two means, stand apart, as to which category cause the maximum level of anxiety and which has the minimum scores of levels of anxiety. The obtained scores are given in table-1.2

**Table 2:** Mean Anxiety score for two Personality type

S.N.	Personality type	N	Total	Mean
1.	Introvert (A1)	90	3356	37.29
2.	Extrovert (A2)	90	2693	29.92

The table 1.2 indicates that introvert personality subjects have maximum levels of anxiety than extrovert subjects. These characteristics of data become quite clear, when the

means are represented graphically in the form of bar diagram. Personality types are shown along with the x-axis and mean score are shown along the y-axis in figure

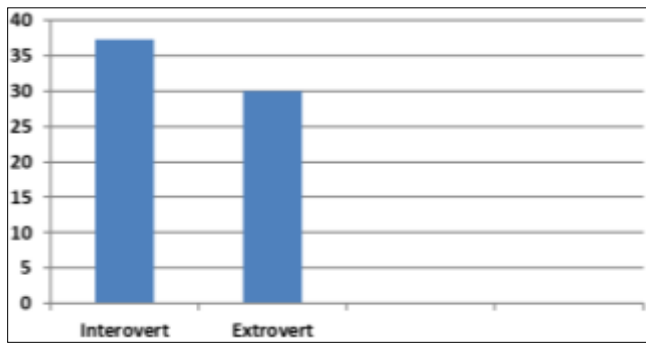


Fig 1: Mean Anxiety score for two Personality type

**Effect of Age**

Age was varied at three levels i.e. 30-45(B1), 45-60 (B2) and 60-75 (B3) years old age group B.P. Patients. Analysis of variance reveals significant effect of age on level of anxiety i.e.  $10.18 < .01$  level. In order to know, which group has minimum degree of anxiety and which has the minimum score. The obtained scores are given in table-1.3

Table 3: Mean Anxiety score for Age

S.N.	Age (B)	N	Total	Mean
1.	30-45 (B1)	60	2123	35.38
2.	45-60 (B2)	60	2130	35.50
3	60-75 (B3)	60	1796	29.93

The table 1.3 indicated that 30-45 years old age group B.P. Patients has maximum level of anxiety while 45-60 years age group scored the intermediate and 60-75 years old age group scored the lowest level in anxiety. The mean scores may further be highlighted by graphical representation. Age on x-axis and mean scores on y-axis as shown in figure-1.2

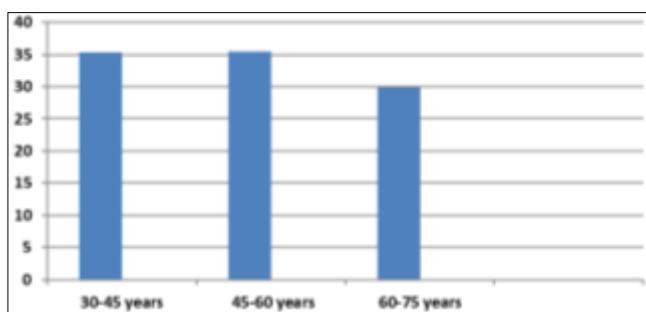


Fig 2: Mean Anxiety score for Age

Table 4: To test the significance of mean difference, Newman Keuls Test has been used. The summary of results is given in

Ordered mean	29.93 (B3)	35.38 (B1)	35.50 (B2)
29.93 (B3)	-	5.45	5.57
35.38 (B1)		-	.12

\*\* Denotes significant at 0.01 level of confidence.

The inspection of table indicates that among all the three comparison B2 & B3, B1&B2 and B1& B, all the comparison have failed to touch any significant level.

**Conclusion**

1. The effect of personality type of B.P. Patient on the level of anxiety is significant.

2. The effect of age of B.P. Patient on the level of anxiety is significant.

**References**

1. Anderson Flaina A Leslie. Leigh Anxiety, employment and stress employment arrangement and gender differences sex role. 1991; 24(3-4):223-237.
2. Ansari MA, Krishna KP. Some personal variants of anxiety. Indian Journal of Psychology. 1974; 48:81-85.
3. Ahmed Safia, Kapoor Vineeta. A study on white collar employees of Britannia Industries. Journal of Personality & Clinical studies. 1995; 11(1-2):33-35.
4. Alticher Lauren, Motta Robert. Effect of aerobic and non-aerobic exercise on anxiety, absenteeism and job satisfaction. Journal of clinical Psychology. 1985; 50(6):829-840.
5. Singh Sinha, Shah. Intelligence, anxiety, Extroversion and achievement motivation as a function of sex difference in Santhals. Indian Journal of Psychology. 1983; 51:161-167.
6. ADDA. the economic burden of anxiety disorder, the journal of Clinical Psychiatry. 2010; 60(7):52-59.
7. Mellandy James, Zindars An. Trait anxiety and final degree performance at the University of Oxford. Higher education, The International journal of higher education and education planning, 2011.
8. Sinha NCP. A study of relationship between manifest anxiety and scholastic achievement. Journal of Indian academy of applied Psychology. 1975; 9(2):65-67.