



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2020; 6(4): 08-09
www.allresearchjournal.com
Received: 04-02-2020
Accepted: 06-03-2020

Dr. Vineta

Assistant Professor,
Department of Psychology,
Ismail National Mahila (PG)
College, Meerut, Uttar
Pradesh, India

Dr. Anil Kumar

Assistant Professor, Institute
of Business Studies, Ch.
Charan Singh University,
Meerut, Uttar Pradesh, India

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

Dr. Vineta and Dr. Anil Kumar

Abstract

This study reveals the effect of personality type i.e. introvert and extrovert and gender 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. F-Test was also applied to get better results.

Keywords: Personality type i.e. introvert and extrovert, gender and anxiety

Introduction

Anxiety is an unpleasant emotional state in which a present and continuing desire or drive seems likely to miss its goals; a fusion of fear with the anticipation of future evil, marked and continuous fear of loss of intensity; a feeling of threat, especially of a fearsome threat without the person being able to say what he thinks threatens.

Many psychological reactions are associated with anxiety such as rapid heart rate, rapid or irregular breathing and dizziness. A person is likely to report feeling of apprehension, vague expectations of impending disaster or more specific fears of losing control going to pieces or dying. He is likely experience insommania, restlessness, recurring, nightmares or anxiety dreams, difficulty in concentration, physical fatigue and general inefficiency to work or study.

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 gender 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 males and females

Description of Variables

Independent Variable

1. **Personality type i.e:** Introvert and extrovert
2. **Gender:** Male and Female

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, Gender (C) was varied at two levels i.e. Male (C1) and Female (C2)

Correspondence Author:

Dr. Vineta

Assistant Professor,
Department of Psychology,
Ismail National Mahila (PG)
College, Meerut, Uttar
Pradesh, India

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 90 subjects were males and

90 subjects were females.

Tools

Anxiety scale

Table 1.1: 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**
Gender (C)	4410.45	1	4410.45	73.95**

** 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. 40.96, $P < .01$. 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 level of anxiety. The obtained scores are given in table-1.2.

Table 1.2: 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.

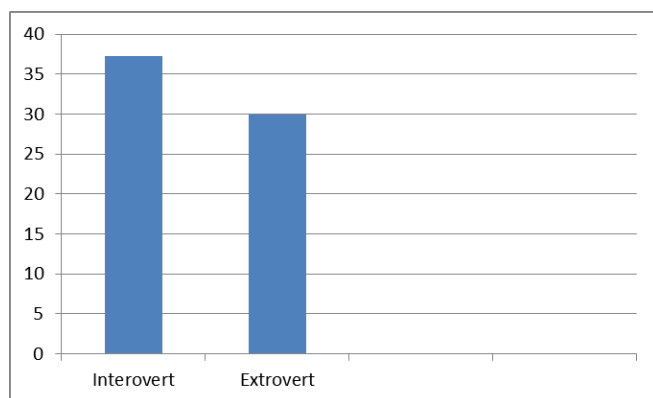


Fig 1.1: Mean Anxiety score for two Personality type

Effect of gender

The main effect of gender as an independent variable represents a comparison of the level of anxiety between C1 & C2. Summary table of analysis of variance reveals significant effect of gender on the level of anxiety, $F = 73.95 < .01$

In order to know, which group has minimum level of anxiety and which has the maximum score, the obtained score are given in table 1.3.

Table 1.3: Mean Score of Anxiety for factor Gender (C)

S.N.	Gender (C)	N	Total	Mean
1.	Male (C1)	90	2579	28.66
2.	Female (C2)	90	3470	38.59

The mean value of female subjects is higher than the mean value of male subjects. The mean score may be highlighted by the graphical representation in the form of bar diagram. Gender is shown along the x-axis and means scores are along the y-axis in figure 1.2.

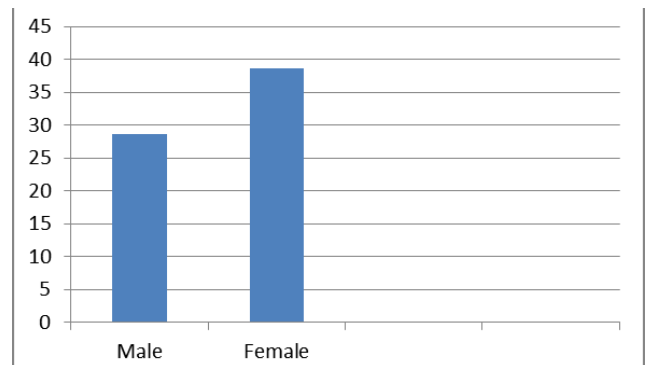


Fig 1.2: Mean Score of Anxiety for factor Gender (C)

Conclusion

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

References

1. Anderson, Flaina Leslie Leigh A. 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. Devi G. A study of anxiety in men and women college students. Journal of Psychological. Studies. 1969; 14:35-38.
4. Chatterjee S, Mukherjee M, Chakarvaraty SN, Hassan MK. Effect of sex, urbanization and caste on anxiety, Journal of Psychological Researches Studies. 1976; 20:55-58. 14, 35-38.
5. Trivedi JK, Gupta PK. An overview of Indian research in anxiety disorders, Indian Journal of Psychiatry. 2010; 52:210-218.
6. Evagelia Kotrotsiou. Anxiety and depression in teenagers and young adults with asthma, Health Science Journal. 2011, 5.
7. Jessica Sobnosky L. Overview and Management of Anxiety Disorders, Mental Health. 2014; 39(11):56-62.