

# Asian Resonance

## Interplay of Personality Trait, Coping Strategy and Adjustment among College Students



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### Abstract

Interplay of personality trait, coping strategy and adjustment among college student. Personality plays an important role in shaping individual both physically and psychologically, there are many factors that are dependent upon personality in an individual's life such as motivation, mood, confidence, coping styles, adjustment etc. The aim of the present research was to study the interplay of or the correlation of personality trait, coping strategy and adjustment among college students. The Hypotheses were that there will be a significant correlation between extraversion personality trait, social support, express emotion coping strategy and good adjustment. There will be a significant correlation of psychoticism personality trait, problem avoidance, social withdrawal coping strategy and adjustment problem. There will be a significant correlation of neuroticism personality trait, wishful thinking coping strategy and low level of adjustment. The study consisted of sample of 80 students (40 boys and 40 girls). Three tools were used to assess the following variables namely EPQ by Eysenck and Eysenck, Bell Adjustment Inventory by R.K Ojha and Coping Strategy Inventory by David L. Tobin. survey was done among college students and three questionnaire were given to each student for measuring the three variables of study, personality questionnaire assessing three dimensions namely extrovert, neuroticism and psychoticism whereas adjustment questionnaire assess its following dimensions namely home, social, health and emotion and coping strategy questionnaire assess its 8 dimensions that are problem solving, cognitive restructuring, social support, social withdrawal, express emotion, problem avoidance, wishful thinking and self-criticism. Mean, SD and Correlation were carried out as statistical methods for result interpretation and result showed that individuals with neurotic personality trait had poor level of adjustment and used wishful thinking as there coping strategy where as people with extrovert personality showed insignificant correlation in social support, express emotion as coping strategy and level of adjustment.

**Keywords:** Personality Traits, Copying Strategy, Adjustment, College Students.

### Introduction

#### Personality Trait

Personality traits reflect people's characteristic patterns of thoughts, feelings, and behaviors'. Identity qualities mirror individuals' trademark examples of contemplations, emotions, and practices'. Identity characteristics infer consistency and strength—somebody who scores high on a particular quality like Extraversion is relied upon to be agreeable in various circumstances and after some time. Subsequently, characteristic brain science lays on the possibility that individuals contrast from each other as far as where they remain on an arrangement of essential quality measurements that endure after some time and crosswise over circumstances. In the present review we are utilizing Eysenck Personality qualities with the assistance of Eysenck Personality Questionnaire. It quantifies three identity measurements in particular Extroverts, neuroticism and psychoticism.

#### Extraversion

Extraversion is described by being active, loquacious, high on positive affect (resting easy), and needing outer incitement. As per Eysenck's excitement hypothesis of extraversion, there is an ideal level of cortical excitement, and execution break down as one turns out to be pretty much stimulated than this ideal level.

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**Neuroticism**

Neuroticism or emotionality is described by large amounts of negative influence, for example, sorrow and tension. Hypochondriac individuals — who have low actuation limits, and not able to hinder or control their passionate responses, encounter negative effect (battle or-flight) even with exceptionally minor stressors — are effortlessly anxious or irritable.

**Psychoticism**

Psychoticism is related not just with the obligation to have an insane scene (or break with reality), additionally with animosity. Insane conduct is established in the qualities of intense mindedness, non-congruity, inconsideration, carelessness, antagonistic vibe, outrage and rashness.

**Coping Strategies**

In psychology, coping is an effort to solve personal and interpersonal issues, and seeking to master, minimize or endure stress or struggle. The adequacy of the adapting endeavors relies on upon the sort of stress and additionally strife, the specific individual, and the conditions. Mental ways of dealing with stress are normally named adapting methodologies or adapting abilities. Psychological coping mechanisms are commonly termed coping skills. Intuitive or non-cognizant procedures (e.g. defense mechanisms) are by and large avoided. The term coping for the most part alludes to versatile or productive adapting techniques, i.e. the methodologies diminish stress level.

**Adjustment**

In psychology, adjustment alludes to the behavioral procedure of adjusting clashing needs, or needs against obstructions in the earth. It is the behavioral procedure by which people and different creatures keep up a balance among their different needs or between their requirements and the obstructions of their surroundings. A grouping of change starts when a need is felt and closures when it is fulfilled.

**Relationship between Personality Trait, Coping Strategies and Level of Adjustment**

Personality, coping and adjustment all the three components plays an important role in the individual's existence. The type of personality one possess will have an effect on the way he / she perceives stress, danger or any other environmental obstacle and try to handle it or deal with it . Similarly the type of coping strategy one applies in various situation will set the level of adjustment. Coping refers to the ability that makes an individual analyze any stressor and tactfully apply his/her energy to overcome it. The stronger one's belief system, values, cognitive process and personality will be the more his / her defence mechanism for coping the situation will be utilized to avoid the pain or uncertain thoughts. Similarly the level of adjustment also plays an important role in the healthy functioning of a human being. Poor or maladaptive adjustment will depict the poor level of human functioning where as normal or adaptive adjustment will depict a healthy human function. Problem arises when an individual faces difficulty in a new or unknown situation and is unable

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to adapt or adjust him / herself in the new surroundings. Therefore in such situation one's personality, coping style and adjustment plays a crucial role in making an individual act properly and tactfully to overcome the obstacles. In order to see what personality type uses what type of coping strategy and what is its impact on adjustment is the major focus of this study.

**Review of Literature**

Piumatti, G., & Rabaglietti, E., Different Types of Emerging Adult University Students: The Role of Achievement Strategies and Personality for Adulthood Self-perception and Life and Education Satisfaction (2015): The purpose of this study was to (a) recognize diverse gatherings of rising grown-up University students in view of contrasts in accomplishment procedures and personality traits and (b) look at regardless of whether these gatherings were differentially identified with the criteria considered critical for adulthood and to life and training fulfillment. Consequences of cluster analysis distinguished three gatherings of emerging adults: positive dependent, negative dependent and positive independent. Positive dependent young individuals were more disposed than alternate gatherings towards estimations of adulthood identified with family and connections while negative dependents up reported the most reduced fulfillment in life. The outcomes clarify contrasts inside developing adult University students with respect to self-impression of adulthood and life fulfillment.

Katz, S., & Somers, C. L. (2015) in this study, an environmental model was utilized to grow the present comprehension of what adds to school alteration. Individual and natural factors, and their relative commitments to school conformity, were investigated. This review likewise incorporated the extra element of the examination of natural factors as possible mediators between the individual variables and college adjustment. The sample included 240 school first year freshmen at a large urban university. As anticipated, both gatherings of factors represented huge extents of change in school conformity. Promote, the mix of both gatherings clarified a more prominent extent of difference than did either aggregate alone. Maladaptive adapting and college environment were the most fundamental to college conformity. Shockingly, social support and sexual orientation were not basic for college adjustment. Be that as it may, the natural factors ended up being noteworthy significant partial mediators between the individual variables and college adjustment. At last, conceivable mediations and proposals for future research are sketched out.

Greer, T. M., Ricks, J., & Baylor, A. A. (2015) The reason for the present review was to test coping methodologies as arbitrators of the impacts of intragroup race-related stressors on scholastic execution and overall perceived stress for 201 African American students at a prevalently White college organization. Couple of examinations has recorded impacts of intragroup race-related challenges for African American college students. Indeed, even less examinations have pinpointed types of coping efforts

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that are utilized to address intragroup race-related trouble. It was conjectured that coping methodologies would direct the impacts of intragroup race-related stressors on scholarly execution and perceived stress, to such an extent that versatile techniques would be connected with low levels of perceived stress and positive scholastic execution, though maladaptive systems were relied upon to be connected with elevated amounts of perceived stress and poor scholastic execution in connection to introduction to intragroup race-related stressors. Moderated regression analyses examined no significant interactions in predicting academic performance. Results further uncovered that more noteworthy utilization of disengagement methodologies were connected with increased levels of perceived in connection to expanded introduction to intragroup race-related stressors. Implications of the findings are discussed.

Ginevra, M. C., Nota, L., Heppner, P. P., Heppner, M., & Soresi, S. (2015). The present review inspected the relationship between problem-solving appraisal (problem-solving inventory), different identity styles (Myers-Briggs Type Indicator), and learning techniques. In particular, it was speculated that problem-solving appraisal would intervene, completely or incompletely, the relationship between identity styles and learning techniques. An aggregate of 577 Italian teenagers (187 young men and 390 young ladies), matured 17–19 years, were included. Results obtained got affirmed that problem-solving appraisal was a noteworthy arbiter of the relationship between identity styles and learning procedures. These outcomes have essential implications for practice and underscore that particular specific problem-solving training may enhance basic learning systems for Italian youth with extroversion, instinct, considering, and judgment identity styles.

Douglas, H. E., Bore, M., & Munro, D. (2015). The relationships of Time Management Behaviour and Work Engagement with the Five Factor Model Aspects. Learning and Individual Differences: They inspected the construct validity of time management behaviour and work engagement, characterized as a positive business related perspective. The findings of the study demonstrate that those higher in both time administration and work engagement will probably utilize time viably and minimize diversions. While people higher on time administration conduct will probably work in a methodical manner, people higher in work engagement may be speedier to comprehend data. The suggestions for supporting students at college to learn more successfully are talked about in light of these findings.

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Furnham, A., Chamorro-Premuzic, T., & McDougall, F. (2002). The relationship between the Big Five identity attributes, psychological capacity, and convictions about insight (BAI) was investigated in a longitudinal review utilizing a sample (N=93) of British college students. These three arrangements of factors were utilized to predict academic performance (AP) (i.e., examination grades) and in addition workshop execution (i.e., conduct in class, exposition imprints, and participation record) amassed over a 2-year time frame. Correlational investigations demonstrated that personality (but not intelligence) was identified with BAI (specifically entity vs. incremental beliefs): More upright members were more likely to think that intelligence can be increased throughout the life span; while low reliable people will probably trust that intelligence is stable. Be that as it may, these convictions were not themselves essentially identified with AP; just personality traits (Conscientiousness decidedly, Extraversion adversely) and sexual orientation were altogether related with AP. Further, following a series of hierarchical regression, it was demonstrated that the Big Five personality qualities are preferable indicators of AP over intellectual capacity, BAI, and sex. At the point when workshop execution markers were relapsed onto these factors, a comparable example was acquired: Personality was the most intense indicator of absenteeism, essay marks, and behaviour in seminar classes (as appraised by various coaches), with Conscientiousness being the most noteworthy indicator. Suggestions for the expectation of scholarly accomplishment in college and the determination of understudy settings are talked about.

## Methodology

### Objective of the Study

To study the interplay of Personality Traits, Coping Strategy and Adjustment among college students.

### Hypothesis

1. There will be a significant correlation between extraversion personality trait, social support, express emotion coping strategy and good adjustment.
2. There will be a significant correlation of psychotism personality trait, problem avoidance, social withdrawal coping strategy and adjustment problem.
3. There will be a significant correlation of neurotism personality trait, wishful thinking coping strategy and adjustment issues.

### Sample Size

(18-25 age group)

1. 40 females
2. 40 males

### Tools

S. No	Name of the Test	Author	Year	Reliability/validity	No of Items
1	E.P.Q-R	Eysenck and Eysenck	1975	Reliability: Test Retest	100
2	Bells Adjustment Inventory	R.K Ojha	1994	Reliability: Split Half And Test Retest	140
3	The coping strategy inventory	David L. Tobin	1984, 2001	Reliability : Chronbacksalphs Validity : Criterion Validity, Construct Validity	72

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## Result

**Mean, SD and Correlation of Neurotic Personality Trait and Wishful Thinking As Coping Strategy and Adjustment among College Students**

Students	Variables	Mean	SD	r	P
80	Neurotics	12.8	Neurotics and WT= 10.32561964	0.360434041	*significant
	*WT	30.7			
	Adjustment	58.8	Neurotics and adjustment= 10.32561964	0.396058	*significant

\*WT= wishful thinking  
\*significant at .05 level

The above table shows the mean for Neurotic personality trait (12.8), Wishful thinking coping strategy (30.7) and Adjustment (58.8). The SD is found to be 10.33 among neurotics and WT coping strategy and r is 0.360 indicates that there is significant positive relationship between Neurotic personality trait and wishful thinking. SD is found to be 10.325 among neurotics and over all adjustment and r is found to be 0.396058 which indicates that there is a significant relationship between neurotic personality and over all adjustment.

Chart 1.1 below represents the mean of the data in which adjustment shows 57%, WT (wishful thinking) 30% and neurotic personality trait shows 13%.

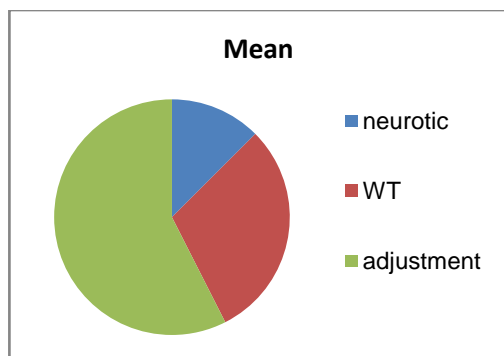
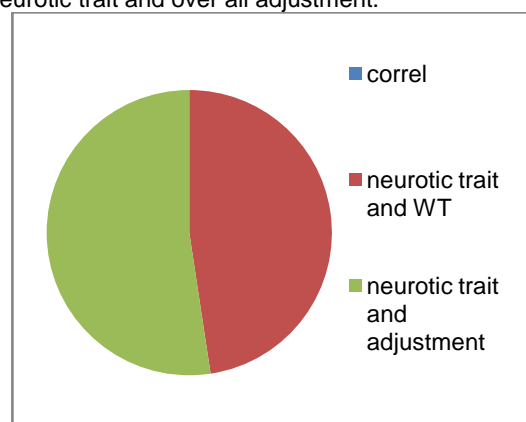


Chart 1.2 below represents the correlation of the data in which correlation between neurotic personality trait and wishful thinking coping strategy is 48% whereas 52% is the correlation shown between neurotic trait and over all adjustment.



**Mean, SD and Correlation of Extrovert Personality Trait, Social Support and Express Emotion As Coping Strategy and Adjustment among College Students**

Students	Variables	Mean	SD	R	P
80	Extroverts	12.18182	Extroverts and SS,EE =16.0984	-0.06565	*insignificant
	*SS,EE	37.65455			
	Adjustment	40.4	Extroverts and adjustment =14.69029	0.003652	*insignificant

\*SS, EE= social support and express emotion  
\*not significant at .05 level

The above table shows the mean for extrovert personality trait (12.1818), Social support and Express Emotion coping strategy (37.6545) and Adjustment (40.4). The SD is found to be 16.0984 among extroverts and social support and express emotion coping strategy and r is found to be -0.06565 which implies there is no significant relationship between extrovert personality trait and coping strategy. Whereas SD is found to be 14.69029 among extroverts and over all adjustment and Correlation is found to be 0.003652 which implies that there is

no significant relationship among over all adjustment and extroverts.

Chart 2.1 below represents mean of the data in which extrovert personality trait shows 13% area, SS, EE (social support and Express emotion) coping strategy shows 42% area and over all adjustment show 45% of area.

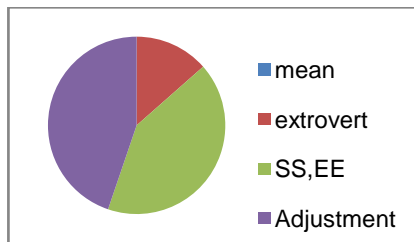
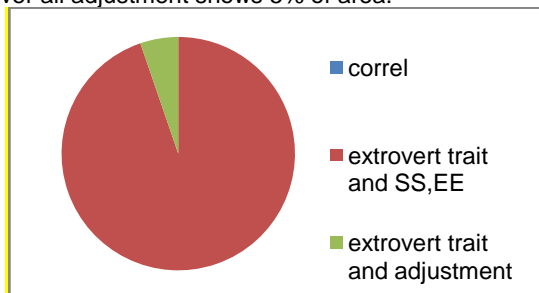


Chart 2.2 below represents the correlation of the data in which the correlation between extrovert personality trait and SS, EE (social support and express emotion) coping strategy shows -95% area and correlation between extrovert personality trait and over all adjustment shows 5% of area.



## Discussion

The aim of the present research was to study the relationship/connection/link/or correlation of personality trait, coping strategy and adjustment level among college student. The research sample comprises of 40 boys and 40 girls all college students particularly/specially in age category 18-25 years. The purpose of this study was to find which type of personality uses or relates well with what type of coping strategy and what is its impact on the level of adjustment. Hypothetically, there will be a significant correlation between extraversion personality trait, social support, express emotion as coping strategy and good level of adjustment. However it is expected a significant correlation or link in psychoticism personality trait, problem avoidance, social withdrawal as coping strategy and problem in level of adjustment. Similarly it is expected a significant correlation among neuroticism personality trait, wishful thinking coping strategy and poor level of adjustment. The findings of the current study showed that there is a significant correlation between neuroticism personality trait, wishful thinking coping strategy and level of adjustment. There is a insignificant correlation between extrovert personality trait and social support, express emotion as coping strategies and insignificant correlation with level of adjustment.

Result of extrovert trait, social support and express emotion coping strategy shows the mean of college students (12.18182) and (37.65455). The SD was found to be 16.0984 and the correlation (-0.06565) between the two came out to be insignificant at point 05 level and thus there was no significant correlation between extrovert personality trait, social support and express emotion coping strategy. This shows / implicates that people with extrovert personality may not always use only these two strategies for coping or they might have more coping strategies which they use in accordance with the present situation for example problem solving,

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cognitive restructuring etc can be some of the coping strategies which can be used . Similarly it has also been hypothesized that extrovert personality trait will have a significant correlation with level of adjustment. The result shows that, the mean comes out to be 12.18182 and 40.4 among college students with SD 14.69029 and correlation came out to be 0.003652 which is insignificant at point 05 level.

The data analysis shows the mean of neurotic personality trait and wishful thinking as coping strategy as 12.8 and 30.7 among college students with SD 10.32561964 and correlation as 0.360434041 which is significant at point 05 level. This means that there is a significant correlation between the coping style and neurotic personality trait that an individual uses in order to deal with his / her environmental circumstances. However it has also been hypothesized that neurotic personality trait will have a significant correlation with the level of adjustment. The result showed the mean of personality trait as 12.8 and mean of level of adjustment as 58.8 whereas the SD came out to be 24.7314 and the correlation came out to be 0.396058 which is significant at point 05 levels.

## Conclusion

The present study concluded there is a significant correlation between the coping style and neurotic personality trait that an individual uses in order to deal with his / her environmental circumstances.

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