

# EFFECT OF PERSONALITY TRAITS ON OLD AGE ADJUSTMENT

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## ABSTRACT

*The present study aims to know the effect of personality traits on old age adjustment. An incidental-cum-purposive sampling technique was employed on 80 old age respondents taken from Patna. For this purpose differential personality scale prepared by Singh and Singh was used for measuring ego strength and self concept of the respondent and Old Aged Adjustment Inventory by Shamshad Jashbir was used to measure old age adjustment of the respondents. The obtained data were analyzed using t-test. The results confirmed the hypothesis. It was found that high level of ego strength and self concept of old age respondents are more adjusted than comparison to low level of ego strength and low self concept of old age respondent.*

KEYWORD- personality trait, old age adjustment

## INTRODUCTION

Personality refers to the pattern of thoughts, feeling, social adjustment and behavior consistently exhibited over time that strongly influences one's expectation, self- perceptions, values, and attitudes. It also predicts human reactions to other people, problem and stress, According to Allport (1937), personality is the dynamic organization within the individual of those psychological systems that determine his unique adjustment to his environment.

The term 'personality trait' refers to enduring personal characteristics that are revealed in a particular pattern of behavior in a variety of situations. The personality traits under reference are ego strength and self-concept which may significantly influence the adjustment of old aged people. The term of ego refers to the strength of the ego in terms of its share of available psychic energy. Ego strength is a much used and useful term, though the concept is not easy to define. According to Wolberg (1977,p.4) "..... it connotes the positive personality assets that will enable the individual to overcome his anxieties, to yield secondary gains of his illness, and to acquire new, more adequate defenses, " Ego-strength is also the

patient's capacity to hold on to his own identity despite psychic pain, distress, turmoil and conflict between opposing internal forces as well as the demands of reality, (Brown, et, al. 1979,p.1984). Conversely, each successful challenge or confrontation of a transference reaction increases the ego strength. Symonds (1951) defines ego strength as the efficiency of the ego in regulating impulses and mastering the environment. Ego strength is the capacity for sustaining emotional equilibrium while waiting or working for later gratification in other words it is a measure of the effectiveness with which the ego is performing its tasks of adapting to the demands of reality. A well- functioning healthy mind is the one where there is harmony between id, ego and superego by angler (2014).

The term self concept is a general term used to refer to how someone thinks about, evaluates or perceives themselves to be aware of oneself is to have concept of oneself . It refers to the ideas, beliefs, thoughts, perceptions one holds of oneself. It caters to the answer, 'Who am I ? (Myers 2009) and the answer depends on various factors;

Physical description,

Social roles Personality traits or existential material. The concept of self is a result of self-schemes which are the patterns in which we either summarize or store the knowledge of the self. Self evolves through interaction with self and others as the inclination of human beings towards communication is undeniable. For example, I am a good baker, I am an obedient student, I am a bad dancer, I get embarrassed at social gatherings etc.

Carl Rogers and Abraham Maslow (Humanistic School of Psychology) Were the pioneers in establishing the notion of self- concept and I important for self-actualization (theory given by Maslow) i.e. to reach one's Maximum Potential in order to become a fully functioning person. "The organism has one basic tendency and striving to actualize, Maintain and enhance the experiencing organism (Rogers 1951).

Old age consists of ages nearing or surpassing the life expectancy of human beings and thus the end of the human life cycle. Old age also called senescence in human being the final stage of the normal life span. The term old age was defined as the aging process which is characterized by some degree of degeneration and deterioration of the brain tissue, which of course varies from person to person in terms of degree. Characteristics of their patterns of thought and behavior that show the deterioration, although not universally are observed in the aged ( Reber, Allen and Reber, 2009)

## **RELATIONSHIP BETWEEN SELF CONCEPT AND EGO-STRENGTH.**

From the above mentioned we come to know that ego-strength is nothing but our ability to face successfully the challenge be it a social. Psychological, cultural or developmental difficulty whereas self-concept refers to the images. Nations or perceptions about our self. Ego-Strength Plays a crucial role in performing our self-concept (personal or Social), this implies that people with high ego-strength have a positive self-concept for example; child scores well in his exams perceives himself as intelligent, such individuals have confidence in themselves as, their abilities, they want to work harder, active more however people with low ego-strength have negative self-concept for example; kid lagging behind in studies thinks lack confidence and the consequently the motivation to work hard.

Chaudhary, D (2008) attempted to examine the effect of ego strength and self-concept as antecedents of depression. He concluded that weak ego and poor self-conception are conducive to depression

### **OBJECTIVE:**

The purpose of the present study was to investigate the effect of ego-strength and self-concept on old age adjustment.

### **HYPOTHESIS:**

Two hypotheses were formulated for empirical verification

- 1) The adjustment of group of old aged people having high ego-strength would be significantly better than group of old people having low ego-strength.
- 2) There would be signification difference between high and low self-concept group of old aged people in terms of adjustment.

### **RESEARCH METHODOLOGY:**

#### **1)Sample:**

An incidental-cum-purposive sampling was employed on 80 old age respondents taken from Patna. The age of subjects ranged between 60 to 70 years.

## 2)Tools:

(1) Deferential Personality scale prepared by Singh and Singh was used for measuring ego strength and self concept of old age strength self concept of old age respondents.

(2) Old aged adjustment Inventory by Shamshad and Jashbir was used for measuring old age adjustment of the respondents.

## 3) Procedure:

After establishing rapport with the old age respondents, all two tests were administered and data obtained according to the manual the treatment of the data done was using t-test.

## RESULTS AND DISCUSSION:

**Table-1**

**t-ratio showing the effect of ego-strength on adjustment among old aged respondents.**

Group	N	Mean	SD	t-value	df	Level of significance
High Ego-strength	45	91.06	5.84	6.98	78	>.01
Low Ego-strength	35	82.41	5.24			

It is obvious from the results presented in table-1 that mean of respondents of high ego-strength 91.06 and the mean of respondent of low ego strength is 82.41 on the measure of old aged adjustment. The mean difference is significant as the t-ratio is (t-6.98) significant beyond .01 level of significance. Thus, the first hypothesis is confirmed through the results by showing high and low ego-strength group of old aged people differed significantly in terms of adjustment. The results of this study show that old aged respondent having higher self-concept have better adjustment capability than those having lower ego-strength.

**Table-2**

t-ratio showing the effect of self-concept on adjustment of old aged respondents.

Group	N	Mean	SD	t-value	df	Level of significance
High Ego-strength	45	89.62	5.62	5.53	78	>.01
Low Ego-strength	35	82.76	5.38			

It is obvious from the results presented in table-2 that mean of respondents of high self-concept is 89.62 and the mean of respondent of low self-concepts 82.76 on the measure of old aged adjustment. The mean difference is significant as the t-ratio is (t-5.53) significant beyond .01 level of significance. Thus, the second hypothesis is confirmed through the results by showing high and low self-concepts group of old aged people differed significantly in terms of adjustment. The results of this study show that old aged respondent having higher self-concept have better adjustment capability than those having lower self-concepts .

### **CONCLUSION:**

It is concluded that the adjustment of those people having high level of ego-strength is higher than their counterparts. It is also found that self concept plays an important role in adjustment of old aged people. It refers that self concept and ego strength are positive correlated with adjustment.

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