



Relationship between personality traits and self esteem among nursing students

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ABSTARCT

Personality refers to the long-standing traits and patterns that propel individuals to consistently think, feel, and behave in specific ways. The study aims to assess the Relationship between Personality traits and Self-esteem among nursing students. In the present research study, the research aims to study the Relationship between Personality traits and Self-esteem among nursing students. The hypothesis of the study was Relationship between Personality traits and Self-esteem among nursing students. The NEO FFI scale and Rosenberg Self-esteem scale has been used collect the data. Convience and snow ball sampling techniques used to collect the data. The sample size of the study was 60 nursing students. 30 male and 30 females were participated in the study. The Pearson correlation method used find the Relationship between Personality traits and Self-esteem among nursing students. The results shows that there is significant Relationship between Personality traits and Self-esteem among nursing students.

Key words: Personality traits, Self-esteem & Nursing students

Introduction

Personality refers to the long-standing traits and patterns that propel individuals to consistently think, feel, and behave in specific ways. Our personality is what makes us unique individuals. Each person has an idiosyncratic pattern of enduring, long-term characteristics and a way he or she interacts with other individuals and the world around them. Hippocrates theorized that personality traits and human behaviours are based on four separate temperaments associated with four fluids (“humours”) of the body: choleric temperament (yellow bile from the liver), melancholic temperament (black bile from the kidneys), sanguine temperament (red blood from the heart), and phlegmatic temperament (white phlegm from the lungs) (Clark & Watson, 2008; Eysenck & Eysenck, 1985; Lecci & Magnavita, 2013; Noga, 2007). The types of personality traits are Openness, Conscientiousness, Extrovert, Agreeableness and Neurotism. Trait Theory: Trait theory aims to understand personality by categorizing attitudes and specific types of behaviour into ‘traits’. These traits describe a tendency of a person to think, feel or behave in a particular way. Trait theory takes a lexical approach to personality, supposing that languages acquire terms to describe personality traits, so that people may discuss them. It assumes that dimensions of personality can be understood using existing terms - often words or short phrases.

Five-Factor Model

The five-factor model (FFM) was developed by numerous researchers, including personality psychologists Robert McCrae and Paul Costa. In line with trait theory, which analyses personality differences in terms of individual attitudes and patterns of behaviours, the Five-Factor Model focuses on five broad measures of personality.

Openness to Experience: A willingness to try new activities, experience different ways of life and to embrace unconventional ideas.

Conscientiousness: A tendency to be conscientious of one’s own behaviour and the consequences of one’s actions. Conscientious people like to be well-organized, punctual and are goal-oriented in their behaviour.

Extraversion: Extraverts are lively, talkative and outgoing. They are confident socialisers and enjoy meeting new people. Low extraversion, or introversion, is characterised by quietness and often shy behaviour.

Agreeableness: Agreeable individuals are cooperative, altruistic and helpful. They are perceived as being 'warm' in social situations. Low agreeableness results in selfish behaviour and increased levels of suspicion or distrust of others.

Neuroticism: People experiencing high level of neuroticism tend to worry and experience anxiety. This may lead to anger and frustration when they focus on negatives instead of positives. Psychologist Lewis Goldberg described these as the 'Big 5' factors of personality. A considerable amount of subsequent research in psychology has employed these five 'super' traits to identify correlations between behaviour and personality.

Studies have found that individuals' scores on the 'Big 5' factors are fluid, and can change with age. For instance, agreeableness levels tend to increase as we grow older (Donnelan et al, 2008). These five factors can also vary depending upon a person's gender. For instance, a study published in *Frontiers in Psychology* found higher levels of neuroticism in females than males (Weisberg et al, 2011).

self-esteem is used to describe a person's overall subjective sense of personal worth or value. In other words, self-esteem may be defined as how much you appreciate and like yourself regardless of the circumstances. Your self-esteem is defined by many factors including:

- Self-confidence
- Feeling of security
- Identity
- Sense of belonging
- Feeling of competence

Self-esteem is your overall opinion of yourself — how you feel about your abilities and limitations. When you have healthy self-esteem, you feel good about yourself and see yourself as deserving the respect of others. When you have low self-esteem, you put little value on your opinions and ideas.

Self-esteem means you mostly feel good about yourself. Kids with self-esteem: feel proud of what they can do. see the good things about themselves. believe in themselves, even when they don't do well at first.

Self-esteem is an individual's subjective evaluation of their own worth. Self-esteem encompasses beliefs about oneself (for example, "I am unloved", "I am worthy") as well as emotional states, such as triumph, despair, pride, and shame.

Smith and Mackie (2007) defined it by saying "The self-concept is what we think about the self; self-esteem, is the positive or negative evaluations of the self, as in how we feel about it."

Many early theories suggested that self-esteem is a basic human need or motivation. American psychologist Abraham Maslow included self-esteem in his hierarchy of human needs. He described two different forms of "esteem": the need for respect from others in the form of recognition, success, and admiration, and the need for self-respect in the form of self-love, self-confidence, skill, or aptitude. Respect from others was believed to be more fragile and easily lost than inner self-esteem. According to Maslow, without the fulfillment of the self-esteem need, individuals will be driven to seek it and unable to grow and obtain self-actualization.

Carl Rogers (1902–1987), an advocate of humanistic psychology, theorized the origin of many people's problems to be that they despise themselves and consider themselves worthless and incapable of being loved.

This is why Rogers believed in the importance of giving unconditional acceptance to a client and when this was done it could improve the client's self-esteem.

In his therapy sessions with clients, he offered positive regard no matter what. Indeed, the concept of self-esteem is approached since then in humanistic psychology as an inalienable right for every person, summarized in the following sentence:

Every human being, with no exception, for the mere fact to be it, is worthy of unconditional respect of everybody else; he deserves to esteem himself and to be esteemed.

Rationale of the Study

Personality traits of adults is developed with a combination of person's attitude, beliefs, emotions, behaviour etc. and a person's emotions are not just feelings but a unique way to express their thoughts, which differs from person to person so as personality. With the changing self and environment of adults, they start feeling uncomfortable, emotionally upset, and tensed which further showcase their personality. Adults different reaction in

different situations differs according to their personality, which also shapes their social identity, as adolescents are at the stage of identity formation. So, there is need to assess personality traits and self esteem among them

Method

Research Problem

The present research aims to find out the relationship between personality traits and Self-esteem among nursing students.

Objectives

- To find the Personality traits and personality traits and Self-esteem among nursing students.
- To find the relationship between personality traits and personality traits and Self-esteem among nursing students.

Hypothesis

There is a significant relationship between Personality traits and personality traits and Self-esteem among nursing students.

Variables

Variables 1 : Personality Traits

Variables 2 : Self-esteem

Inclusion Criteria for users

Participants age range between 20 years to 30 years.

Participants nursing students

Nursing students who are in final year

Who know English read and write

Exclusion Criteria

Psychological not well

Sample

A sample selected is a representation of the population as a whole. The researcher will be contacting 60 participants in the Nursing students (30 Male and 30 Female) age range between 20 to 30 years for the study.

Research Design

The present research used non-experimental correlation research design.

Tools

Informed consent: Research will contact participant and explain about the study. After consent taking by the researcher only scale will be administered to participants.

Socio demographic information sheet will be used to collect various demographic information about the sample including age, gender, issues and benefits witnessed.

NEO FFI scale:

Kirandeep Kaur, 2016, The 60-item NEO Five-Factor Inventory (NEO-FFI) was developed to provide a concise measure of the five basic personality factors. The revised NEO Personality Inventory is a concise measure of the five major dimensions, of personality and some of the more important traits or facets that define each domain. Together, the 5 domain scales of the NEO PI-R allow a comprehensive assessment of adult personality. The NEO PI-R has been developed by taking various samples of middle-aged and older adults, using both factor analytic and multi method validation procedures of test construction and can be appropriately used with individuals who are 17 years of age or older.

Rosenberg Self-esteem: The scale has 10 items. The scoring of the scale is as follows. Low self-esteem responses are “disagree” or “strongly disagree” on items 1, 3, 4, 7, 10, and “strongly agree” or “agree” on items 2, 5, 6, 8, 9. Two or three out of three correct responses to items 3, 7, and 9 are scored as one item. One or two out of two correct responses for items 4 and 5 are considered as a single item; items 1,8, and 10 are scored as individual items; and combined correct responses (one or two out of two) to items 2 and 6 are considered to be a single item. Reliability: The RSE demonstrates a Guttman scale coefficient of reproducibility of .92, indicating excellent internal consistency. Test-retest reliability over a period of 2 weeks reveals correlations of .85 and .88, indicating excellent stability. Validity: Demonstrates concurrent, predictive and construct validity using known groups.

Data Collection

The present research was conducted using above mentioned scale. Researcher has been collected data personally.

Statistical Techniques

Data has been entered in SPSS. The data was analyzed using descriptive statistics and Pearson Correlation to find out the relationship between Personality traits and self-esteem among nursing students.

Results and Discussion

This presents the data analysis and interpretation. Data analysis is the process of bringing order, structure and meaning to the mass of collected data. This describes the analysis of data followed by a discussion of research finding. The finding related to the research questions that guided the study. Thus, comprises the analysis, results and discussion of the findings based on the statistical test. Sixty respondents participated in the study. The researcher analyzed the data, using Statistical Package for Social Services (SPSS) version. The present study aims to study the relationship between personality traits and emotional maturity among young adults. The participants of the study where 60 participants were there in those 30 male and 30 female. The NEO FFI and self-esteem scale used. The Pearson correlation method used to find the relationship between personality traits and self-esteem among nursing students.

Hypotheses of the study

There will be significant relationship between personality traits and self-esteem among nursing students.

Table: Showing the Mean, Standard Deviation, Pearson Correlation and Significance between personality traits and self-esteem among nursing students.

Variable	Mean	Std. Deviation	Pearson correlation n	Significant (2-tailed)	N
Neurotism	52.32	8.4	-.843	.000	60
Extraversion	24.32	5.8	.432	.021	60
Openness	23.12	3.2	.542	.005	60
Agreeableness	18.32	4.3	.872	.000	60
Conscientiousness	23.23	5.3	.632	.001	60
Self-esteem	24.35	7.1	.912	.000	60

As shown in above table in the present research sample, sample size was 60 participants. The objective of the study is to assess the relationship between personality traits and self-esteem among nursing students. The hypothesis of the project is " There will be significant relationship between personality traits and self-esteem among nursing students".

From the above study with the sample size 60(N) we can observe that there is negative and significant relationship between Neurotism and emotional maturity among young adults. Pearson r value is -.843 is high negative correlation and p value is .000 it has negative significant correlation. we can observe that there is positive and significant relationship between Extraversion and self-esteem among nursing students. Pearson r value is .432 is moderate correlation and p value is .021 it has positively significant correlation. we can observe that there is positive and significant relationship between Openness to experiences and self-esteem among nursing students. Pearson r value is .542 is high positive correlation and p value is .005 it has positive moderate significant correlation. we can observe that there is positive and significant relationship between Agreeableness and self-esteem among nursing students. Pearson r value is .872 is high positive correlation and p value is .000

it has positive significant correlation. we can observe that there is positive and significant relationship between Consciousness and self-esteem among nursing students. Pearson r value is .632 is moderate positive correlation and p value is .000 it has positive significant correlation. Hence hypotheses which we considered was proven among the sample. Referring to the results Pearson's r is .912, from that we can conclude that the variables have an positive correlation. Hence, the more the alternative hypothesis accepted.

Limitations of the study:

- The major limitations of the study include, All the data collected in online and hard copy. Sample Size of the study is very low i.e., 60.
- The data has been collected in the few organizations.

Implications of the study:

The present study explored the that there is positive relationship between personality traits self-esteem among nursing students The extraversion and consciousness has high positive correlation. The extroverts are have more self-esteem.

Scope for further research:

There is definitely scope for further research, irrespective of the limitations listed. In the future studies other psychological variables can be used to test the anxiety.

Conclusion:

The study findings concluded that there is a significant positive relationship between personality traits and emotional maturity among young adults.

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