



## Personality Types, Self-Confidence and Stress Management Techniques among College Students

Jaya Shukla

M.A. Psychology, Central University of South Bihar, Bihar Prof. Tej Bahadur Singh, Professor,  
Central University of South Bihar (Bihar) India

**Abstract:** Personality refers to an individual's organized pattern of behavioural characteristics which directly or indirectly influences person's life in different domains such as stress, self-esteem, self-confidence etc. Lower self-confidence can leave some psychological effects on an individual that eventually render that person more vulnerable to stressful situation. Some individuals use positive ways of managing stress while some gets indulged into negative techniques of stress management.

Three major type of personality has been identified by researchers. Type A and B personality was given by Meyer Friedman and Ray Rosenman. The person with type A personality is characterized by excessive ambition, aggression, impatience, competitiveness, multi-tasker need for control, focus on quantity over quality and unrealistic sense of urgency whereas person with type B personality are relaxed, less stressed, flexible, emotional and expressive, procrastinators and too casual. Another important type is Type C personality. They are characterised by being perfectionist, consistent, dependable, pessimistic, thoughtful and emotionally repressed. Self-confidence refers to individual's perceived ability to act effectively in a situation to overcome obstacles and to get things to go all right". It is person's perceived ability to tackle situations successfully without leaving on others and to have a positive Self-evaluation.

Hans Selye was the first person to incorporate stress into the medical science and described stress as a "nonspecific response of the body to any demand". Selye is also known as the 'father of stress research'. When stress is at optimum level, it enhances the learning capacity of students but if the stress felt by students is too high, it tends to cause physical as well as mental health problems and even reduce self esteem and impact academic performance (Saipanish, R. 2003). So, it is important for people to manage their stress. Gulzhanian et.al in 2018 gave some stress relieving techniques such as relaxation, meditation and deep breathing. These are termed as good coping skill. A wider spectrum of techniques and psychotherapies aimed at controlling a person's level of stress for improving everyday functioning include:

- o Going for a walk
- o Playing with a pet
- o Reading a good book
- o Listening to music
- o Work out
- o Talking to supportive friends

There have been various studies which demonstrate relationship between personality and its manifestation in social and personal lives. A study done by Jain, M.E. & Singh, S. (2006) revealed that adolescents of Type A, B and C Personality differed with each other on Adjustment. Among Type C Personality, 87% had lower level of adjustment and among Type A personality, 98% adolescents had higher level of adjustment. (Nehzat Ansari, 2013) (Goel, M., 2012).

Taking type theory of personality into consideration, it is imperative to see how self-confidence and stress management techniques are related to personality types.

### Methodology

**Aim-** The present study was undertaken to assess the association between Personality Types, Self-Confidence and Stress management techniques among college students.

### Objective-

1. To assess self-confidence of personality type A, B and C
2. To explore stress management techniques preferred by students

### Hypothesis-

1. Students with Type A Personality would be measured high on Self-Confidence.
2. Students with Type B and C Personality would differ significantly on Self-Confidence.
3. Students with Type A and C Personality would differ on preferences of stress management techniques.

**Procedure-** The participants of the study were taken from different colleges of Patna after their informed consent. The sample consisted of 120 college students. Purposive Sampling method was used for data collection. The participants of age 22-26 were taken in the study.

**Exclusion criteria-** The individuals with significant head injury, neurological disorder and mentally retarded were excluded from the study.

### Tools-

1. Type A, B and C Personality Pattern Inventory (TABCPPI): (Dr. Arun Kumar Singh and Ashok Kumar).

Corresponding Author



It consists of 100 statements divided in three parts.

- Agnihotri's Self-Confidence Inventory (ASCI) :** (Dr. Rekha Agnihotri). This inventory consists of 56 true- false type items and assess people on self- confidence.
- Self prepared Stress management techniques:** A list of stress management techniques was prepared which included 7 healthy and 7 unhealthy techniques of stress management.

**Result**

Table 1 shows mean of self confidence of Type A,B and C Personality and their qualitative analysis

Personality type	n	Mean	Qualitative analysis
Type A	40	19.15	High
Type B	40	27.03	Average
Type C	40	30.05	Average

Table 2: comparison of self-confidence between Type

Personality Type	Mean ± SD	t (df= 78)	P
Type B	27.03 ± 6.69		
		6.30 ***	<.005
Type C	30.5 ± 7.81		

\*\*\*p<.005 level (2- tailed).

Table 3: Healthy Stress management technique used by Type A and C personality

Techniques	(n) Type A Personality	(n) Type C personality
Go for a walk	9	8
Talk to a supportive friend	34	18
Write in your journal	6	7
Work in your garden	8	4
Chat up with a good hunch	21	14
Watch a comedy	32	20
Listen to music	40	34
Total responses	180	99

Table 4: No. of students with Type A and C using unhealthy techniques of stress management

Techniques	(n) Type A personality	(n) Type C personality
Decreasing or eating too late	7	9
Sleep disturbance	30	28
Procrastinating	4	21
Smoking	6	6
Withdrawing from friends, family, activities	12	18
Self medicating with alcohol	3	8
Filling up every minute of day to avoid facing problems	27	28
Total responses	89	117

**Discussion-** Students with Type A personality were found to have higher level of Self-confidence (M= 19.15). Prior researches substantiates this finding (Goel, M., 2012). There was significant difference found between students of Type B and C on Self- Confidence. This finding is in line with the finding by Jain et al. (2009).

The qualitative analysis of usage of stress management techniques by students with Type A and C Personality depicts that they differed on preferences of stress management techniques.

High self-confidence and positive stress management techniques was found to be associated more with Type A personality than with Type B whereas Type C personality was found to be least confident and used negative stress management techniques.

**Limitation and future direction-** The study sample was relatively small, which may have limited the power



to detect significant associations and biased our results. The sample did not include students from college of rural area. No standardized measure of stress management technique was used in the study. The sample should include more number of participants. Intervention program like stress management lectures/ workshop and personality development classes should also be provided to the students.

#### REFERENCES

1. Saipanish, R. (2003). Stress among medical students in a Thai medical school. *Medical teacher*, 25(5), 502-506.
2. Kassymova, K., Kosherbayeva, N., Sangilbayev, S., & Schachl, H. (2018, September). Stress management techniques for students. In *International Conference on the Theory and Practice of Personality Formation in Modern Society (ICTPPFMS 2018)*. Atlantis Press.
3. Goel, M., & Aggarwal, P. (2012). A comparative study of self confidence of single child and child with sibling. *International journal of research in social sciences*, 2(3), 89-98.
4. Jain, S., & Dowson, M. (2009). Mathematics anxiety as a function of multidimensional self-regulation and self- efficacy. *Contemporary Educational Psychology*, 34(3), 240-249.
5. Jayasawal, S. (2013). *Advanced Educational Psychology* (4th ed.) Agra. 460-465.

\*\*\*\*\*