



WWJMRD 2017; 3(10): 99-107
www.wwjmr.com
International Journal
Peer Reviewed Journal
Refereed Journal
Indexed Journal
UGC Approved Journal
Impact Factor MJIF: 4.25
e-ISSN: 2454-6615

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Personality Traits of Adolescents from Selected Areas of Ernakulam District, Kerala

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Abstract

Adolescence is a time when a child's unique identity emerges. Until adolescence, a child basically fulfills the will of his parents. However, as an adolescent naturally separates from his parents, he develops his own distinct personality. Besides maturing physically and emotionally, adolescents grow intellectually, while they develop moral understanding and an ability to plan toward the future. An awareness of the quality traits of an adolescent would guide us in knowing the healthy behavioural pattern, psychological aspects and coping skills which are essential to face the challenges of a changing world. The study was thus an attempt to assess and understand the personality traits of adolescents. The study showed that most of the adolescents had the trait of trust, aggressiveness, adaptability, conscience, resistance to boredom and they react to stress in a moderate level. The adolescents should take efforts to change the negative traits into more positive ones.

Keywords: Adolescence, personality, traits, characteristics, Ernakulam

Introduction

Personality is what makes a person unique, and it is recognizable soon after birth. A child's personality has several components: temperament, environment, and character. Temperament is the set of genetically determined traits that determine the child's approach to the world and how the child learns about the world. There are no genes that specify personality traits, but some genes do control the development of the nervous system, which in turn controls behaviour. A second component of personality comes from adaptive patterns related to a child's specific environment. Most psychologists agree that these two factors temperament and environment influence the development of a person's personality the most. Temperament, with its dependence on genetic factors, is sometimes referred to as "nature," while the environmental factors are called "nurture." While there is still controversy as to which factor ranks higher in affecting personality development, all experts agree that high-quality parenting plays a critical role in the development of a child's personality. When parents understand how their child responds to certain situations, they can anticipate issues that might be problematic for their child. They can prepare the child for the situation or in some cases they may avoid a potentially difficult situation altogether. They can steer a child toward his strengths, increasing his positive experience. Parents who know how to adapt their parenting approach to the particular temperament of their child can best provide guidance and ensure the successful development of their child's personality. Finally, the third component of personality is character the set of emotional, cognitive, and behavioral patterns learned from experience that determines how a person thinks, feels, and behaves. A person's character continues to evolve throughout life, although much depends on inborn traits and early experiences. Character is also dependent on a person's moral development.

Adolescence is a time when a child's unique identity emerges. Until adolescence, a child basically fulfills the will of his parents. However, as an adolescent naturally separates from his parents, he develops his own distinct personality. Besides maturing physically and emotionally, adolescents grow intellectually, while they develop moral understanding and an ability to plan toward the future. While this independence can cause stress and conflict at home, parents should not feel rejected by the change in their child's personality; on the

contrary, they should guide their adolescent to make the transition as smooth as possible. As teenagers get older they become more sure of themselves and are willing to experiment with different roles until they find one that fits. Their personality changes according to the situation or group of friends. An adolescent's identity is a combination of religious beliefs, occupational goals, personal moral standards and sexual identity. Teens are often idealistic and willing to actively pursue an issue that's important to them. As adolescents look toward the future, they broaden their view of the world. Suddenly they are worried about global problems, the needy and life beyond college. As they emerge as a separate entity from their parents, they understand their parent's limitations and become more critical of themselves and their friends.

Relevance of the study

An awareness of the quality traits of an adolescent would guide us in knowing the healthy behavioural pattern, psychological aspects and coping skills which are essential to face the challenges of a changing world. The study was thus an attempt to assess and understand the personality traits of adolescents.

Aim

The aim of the study was to understand the Personality traits of adolescents.

Objectives

The objectives of the study were to:-

- Study the background information of the selected adolescents.
- Assess the personality traits of adolescents.

Methodology

The area selected for the study was Cochin Corporation as it houses many colleges which are catering to the education of adolescents. St. Teresa's College was selected for the study as it provided education to adolescents coming from all walks of life. The sample selected consisted of 30 adolescents in the age group of 18-20 yrs studying at St. Teresa's College, Ernakulam. Twenty of the students were from III year B.sc Chemistry; the other ten of them were from II year B.sc Home science. The tool selected for the present study was a personality traits questionnaire prepared by the investigator. The investigator first met the respondents and explained the purpose and importance of the study to them. Then the questionnaires were distributed among the respondents. The respondents were given a day time to fill the questionnaire and the filled questionnaires were collected back. The tool consisted of 36 questions which had three options each and the respondents had to check her response by marking on the most suitable options that corresponded to her trait. For scoring purpose the questionnaire was divided into six sections which formed

six traits namely Trust, Aggression, Adaptability, Conscience, and Resistance to boredom and Reaction to stress. For each question, scores were calculated by assigning two points for the option a, three points for option b, and one point for option c. The data collected from the 30 adolescents were consolidated and tabulated. Total score for each traits of the entire sample and score of each individual person were also calculated. The result was interpreted in the form of percentage and scores.

Results and Discussion

The result of the study titled 'Personality traits of adolescence' is given under the following subheads:-

Table 1: General information of the selected respondents

Sl. No.	General information	Respondents	
		N = 30	%
1.	Age		
	i. 19 years	10	33
	ii. 20 years	18	60
2.	Place of residence		
	i. Rural	13	43
	ii. Urban	17	57
3.	Type of family		
	i. Joint	0	0
	ii. Nuclear	22	73
	iii. Extended	8	27
4.	Family income (In Rs.)		
	i. 10,000 – 20,000	1	3
	ii. 21,000 – 30,000	9	30
	iii. 31,000 – 40,000	10	33
	iv. 41,000 – 50,000	10	33
5.	Leisure time activity		
	i. Listening to music	10	33
	ii. Reading	15	50
	iii. Cooking	7	23
	iv. Gardening	6	20
	v. Glass painting	2	7
	vi. Photo editing	1	3
	vii. Watching TV.	9	30
	viii. Studying	1	3
	ix. Gaming	1	3
	x. Writing	1	3
	xi. Handicraft	1	3
	xii. Chatting	1	3
	xiii. Travelling	1	3
xiv. Dancing	1	3	

Personality traits of the selected respondents

Personality traits of the selected respondents are described under the heads namely Trust, Aggression, Adaptability, Conscience, Resistance to boredom, Reaction to stress.

Trust

The score of the selected respondents obtained for the personality trait – Trust is given in the following table.

Table 2: Quality of Trust as portrayed by respondents

Statements	Responses		Scores		
	N = 30	%	06-09	10-14	15-18
1. When someone comes up behind and looks over the shoulder at something was reading					
a) A bit irritating	25	83			
b) Not at all irritating	2	7			
c) Extremely annoying	3	10			

7. Feeling about consulting a doctor and dentist?			
a) Very worried indeed	6	20	
b) Confident on what they do	16	53	
c) Often a bit wary at first	8	27	
13. Response towards a friend who became ill and began vomiting violently			1 27 2
a) Offer verbal comfort	15	50	
b) Feel nauseated, rather disgusted, keep away	5	17	
c) Hold their head or put arms around them	10	33	
19. General attitude towards rules and regulation			
a) Tend to resent them on principle	3	10	
b) Just accept them	10	33	
c) Sometime question them	7	57	
25. Reaction towards someone who calls "love" or "darling"			
a) A bit patronized and affronted	14	47	
b) Don't mind, no particular reaction	15	50	
c) Feel warm towards the other person	1	3	
31. Feeling when a friend treated badly			
a) Quick to forgive	10	33	
b) Moderately quick to forgive	12	40	
c) Not very quickly to forgive	8	27	

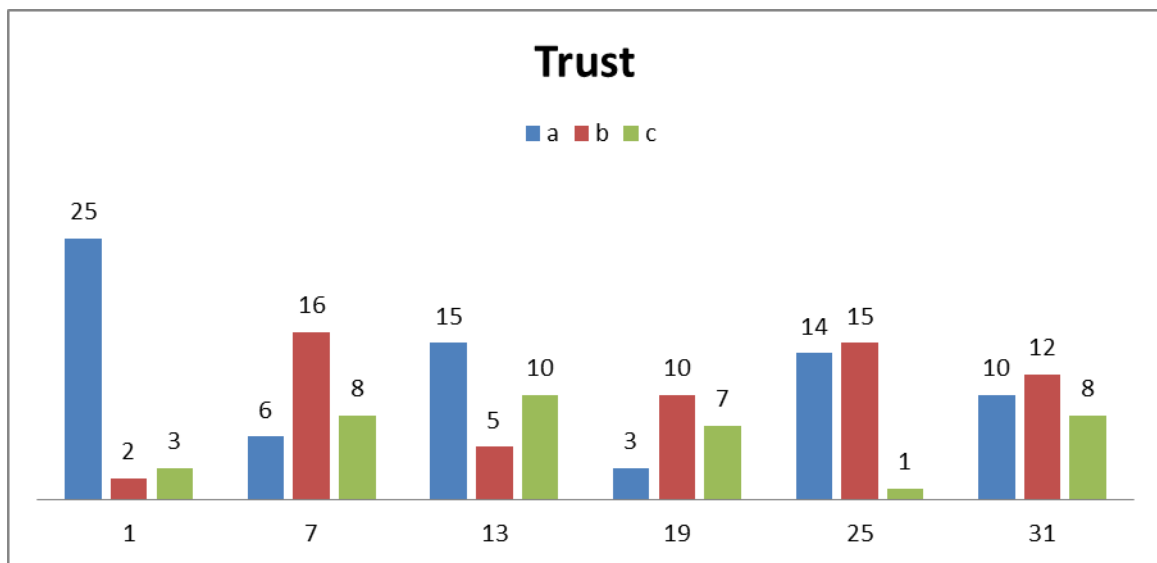


Fig. 1: Score obtained for 'Trust' by selected respondents

Trust is an important factor in human's life. It is a belief that someone or something which is reliable, good, honest, effective, etc. When the trust is betrayed it is unlikely to lose faith in people.

When the score were calculates based on the responses obtained in the study was found that only two of them have scored between 15 & 18, which means that only 2 of them have a basic sense of trust in fellow human beings. They could forgive and make allowances for people's fault and they were also tolerant to other people's hostile action up to a point. They are approachable and genuine. They are able to express warmth and to give and receive help without self-consciousness or embarrassment, they welcomes emotional intimacy without fear. These people are generous and open minded in their judgments about people. They have a strong sense of being part of the environment and belonging with people all around.

Twenty seven respondents obtained a score between 11 & 14. They have desire but the will to trust people in general though they are alert of accepting people at face value. They are ready to go at least halfway towards making friendly approaches, but being a rather sensitive person sometimes hold trust in reserve until they became sure that they are not going to be rebuffed of hurt. Although they

guard against being gullible, also they have an emotional need to trust and respect humanity. They are extremely tolerant, kind in judgments and also believed that humanity is basically good, worthwhile and to be trusted. Only if they feel threatened on a personal level they may hesitate to make emotional appeals or to show unconditional trust in their relationships.

Only 1 person scored between 6 and 10 points. Such people tend to lack trust in others. They see themselves as a rather private person and also tent to be defensive, guard against emotional intimacy and being suspicious to other people's motives. An exaggerated sense of personal pride can manifest itself as a lack of warmth and s readiness to condemn the behaviour and actions of others. These people find it hard to forgive other's fault and also to understand their shortcomings. They tend to bear grudges and find it very difficult to forget the humiliations and unpleasant experiences of the past. There is a feeling that other people aren't quite "good enough" for these people and this over – critical attitude may stem from the self-centered habit of seeing as an isolated one rather than as a part of social group or community. If they are able to be less serious they would be able to see others more objectively. A less rigid view and a more trusting outlook would enable them to

gain more pleasure both from their own company and the company of others.

Aggression

The score of the selected respondents obtained for the personality trait – Aggression is given in the following table.

Table 3: Quality of Aggression as portrayed by respondents

Statements	Responses		Scores		
	N = 30	%	06-09	10-14	15-18
2. Response in an angry scene					
a) Say thing that are more hurtful than intended	7	23			
b) Afterward think of all things that have said and didn't	11	37			
c) say more or less what had meant and intended	12	40			
8. Response towards an un pleasant personal relationship					
a) Tend to nag make sarcastic remarks	6	20			
b) Tend to sulk and smolder silently	22	73			
c) Tend to challenge and create scenes	2	7			
14. Response towards a group of people who hold very different opinion			2	24	4
a) Make your views strongly felt at risk or unpopularity	5	17			
b) Question their views mildly hint a disagreement	16	54			
c) Stay silent / avoid sensitive topics	9	30			
20. Make enemies					
a) Often	2	7			
b) Hardly ever	8	27			
c) Sometimes	20	66			
26. Most extreme action in an angry row					
a) Shouting and screaming	16	54			
b) Hitting the other person or smashing something	1	3			
c) Bursting into tears and storming out in disgust	13	43			
32. Feeling when something done which family and friends disapproves					
a) Try to justify the action	24	80			
b) Defend rather fiercely	3	10			
c) Feels ashamed and apologizes	3	10			

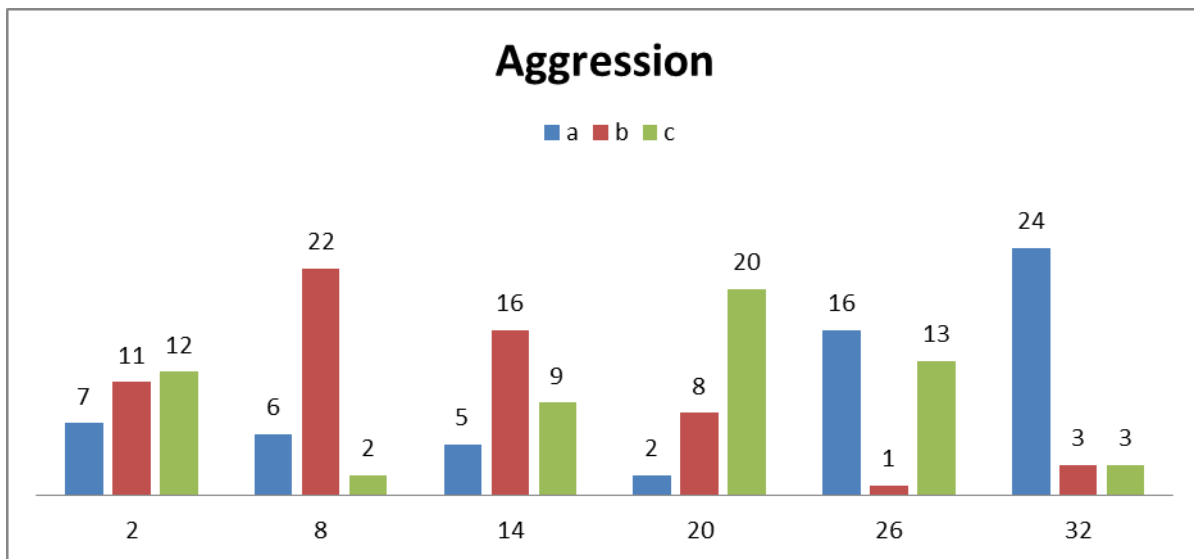


Fig. 2: Score obtained for 'Aggression' by selected respondents

Four of the selected respondents have scored between 15 & 18 this portray that they have difficulty in controlling feelings of anger and frustration and they tend to be aggressive, quick to defend themselves forcefully against threat and easily provoked to hostility. They are often irritable and temperamental, and when roused to anger, they can be insensitive to the feeling of others and uncaring about social disapproval. They often feel the need to exercise power and dominate over others and to gain control of situations. They tend to resent authority and to feel unhappy in the will of others. People who are satisfied with their lives are generally less aggressive than those who feel frustrated with their achievements. So the more they

can express their personality and realize their potential and their capabilities, they will become less aggressive; the hostile element in their competitive spirit will diminish. The aggressiveness in them will certainly give them a lot of energy and powerful motivation.

Twenty four respondents scored between 11 and 14. These people are aggressive enough to look after themselves and make their angry feelings known to others, but they also have enough self-control to maintain their sense of reason and justice and a willingness, sometimes to admit they are wrong. They prefer to be in control, but they are also able to contribute to a team and to submit to authority without too much resentment. They are able to assert themselves

and to defend themselves, to rise to a challenge and react to a threat. Usually their display of angry behaviour is kept within the limits warranted by the situation. Generally their aggression manifests itself as and they can maintain this without undue hostility to their rivals.

Only 2 people out of 30 scored between 6 & 10. They tend to show very much aggression outwardly although they may often feel inwardly angry. Being a peace-loving person they try to avoid conflict and hostility. They are extremely sensitive to the feelings of others and they have to be provoked a great deal before they will risk hurting them by challenging them or displaying anger. Although their motives are partly prompted by kindness and sympathy, there is also a fear of asserting themselves, of confronting others and perhaps having to face up to unpleasant scenes or situations as a result. A certain amount

of controlled aggression is necessary to make their feeling known and to change other people's attitude towards them; otherwise there is the danger of being overlooked and taken for granted. If they don't show feeling of displeasure forcefully enough, people tend to assume them to be happy in the role they have chosen for them – which of course may be a very mistaken impression. So for emotional self – preservation a little more outwardly expressed anger and aggression may be a good thing. It will also serve to release pent – up feelings of frustration.

Adaptability

The score of the selected respondents obtained for the personality trait – Adaptability is given in the following table.

Table 4: Quality of Adaptability as portrayed by respondents

Statements	Responses		Scores		
	N = 30	%	06-09	10-14	15-18
3. Feeling about the possibility of leaving earth and living on another planet					
a) Intrigued, but rather alarmed	2	7			
b) Very distressed	9	30			
c) Very exited	19	63			
9. Couples who 'opt out' and take their young children across deserts jungles/ round the world in a homemade boat, it might be					
a) Foolish and irresponsible	7	23	1	22	7
b) Wonderful, adventurous, to be admired	16	53			
c) Brave, but rather selfish	7	24			
15. In the style of dress/ hair, appearance, have -					
a) Experiment with different style from time to time	18	60			
b) Stick to the same style almost invariably	12	7			
c) Change style frequently	10	33			
21. When new people join in a social group, it tend to -					
a) First have some reservation for them	11	37			
b) Accept them immediately	12	7			
c) Take quite a long time accept them	7	56			
27. Behaviour with the company of foreigner's or people with a different style					
a) Carry on speaking and behave as normally do	16	53			
b) Adjust / modify behaviour a bit to fit in	7	24			
c) Do as Romans do	7	24			
33. Reaction during disrupted normal routine					
a) Feel put out	2	7			
b) Accept the challenge	9	30			
c) Enjoy the challenge	19	63			

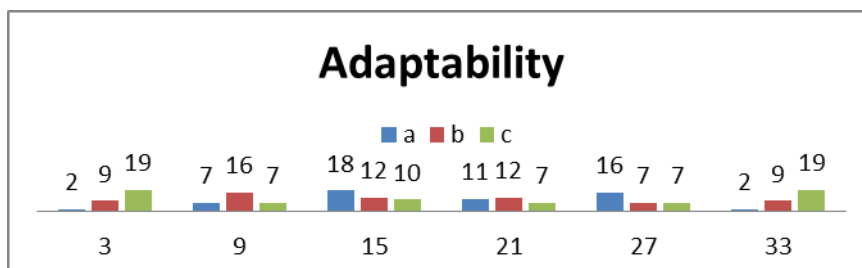


Fig. 3: Score obtained for 'Adaptability' by selected respondents

Out of 30 people studied only seven of them scored between 15 & 18. These people are adaptable and unafraid of idea of change. They welcome diversion from routine, they are open minded towards new ideas, and willing to experiment and expose themselves to a certain amount of risk. They are likely to be active and adventurous, often rather impatient and demanding. They are curious about life and responsive to other people and behaviour at times

may be rather changeable and unpredictable. Their adaptability may stem from a strong sense of their own identity, in which case they feel stimulated rather than threatened by changes, risks and adventures. They feel they are able to adapt to different environments and life – styles without losing sight of themselves. Extreme adaptability may also sometimes stem from lack of a sense of personal identity, in which case it can become a frantic search to

‘find them’, to achieve a sense of belonging, to seek change as an escape from dissatisfaction rather than as a genuine outlet for curiosity and adventure.

Twenty two respondents scored between 11 & 14. They are adaptable enough to find pleasure and stimulation in the idea of change. They can accept the challenge of changes which are imposed on them and they are also able to make changes in their life after reasonable thought and consideration. They can cope with disruptions in routine without undue worry, and they have the courage to take calculated rather than impulsive risks. They are sure of their own identity, of the sort of person they are and the sort of their own identity, of the sort of person they are and the sort of things they want in life. Although they feel the need for a certain amount of experimentation, they have a clear idea of things that they know are alien to them situations to which they couldn’t adapt. They are resourceful and adventurous within the limits of their true personality.

Only 1 respondent scored between 6 & 10. They are very adaptable and tend to resist change, being happiest and most secure in their familiar surroundings and routine. They probably feel that they know themselves very well and that have found a regular life – style that suits them. They tend to be cautious and to reject new ideas without giving them much of a chance. They tend to accept the habits they have formed over a period of time without questioning them. A completely unknown quality is frightening to everyone, but small areas of change might add valuable dimensions to their life and provide extra stimulation and interest. By being too habit – bound perhaps they are limiting them too much and cutting out whole areas of self – expression and experience.

Conscience

The score of the selected respondents obtained for the personality trait – Conscience is given in the following table.

Table 5: Quality of Conscience as portrayed by respondents

Statements	Responses		Scores		
	N = 30	%	06-09	10-14	15-18
4. Response to a book which is difficult to get in					
a) Throw it a side	10	33			
b) Feel compelled to read through to the end	8	27			
c) Carry on a bit and given it reasonable change	2	40			
10. Response to the things to be done when tired					
a) Carry on as normal regardless	7	23	5	22	3
b) Carry on at a slow, tired pace	7	23			
c) Relax until feels better	16	54			
16. Reaction towards lying in bed for too long					
a) Enjoy the indulgence	10	33			
b) Fell extremely guilty	12	40			
c) Feel a little bit guilty	8	27			
22. Speculate money first, on winning a large amount of money					
a) How much money will be donated for charity	4	13			
b) How will be the money spend	20	67			
c) How much will be given to family members	6	20			
28. Reaction towards small trivial task and chores					
a) Always believe in doing things well and strive for perfection	8	27			
b) Very often put in enough effort to get away with it	9	30			
c) Make a reasonable effort	13	43			
34. Self rate as					
a) Very absent – minded and forgetful	4	13			
b) Always alert	2	7			
c) Sometimes absent – minded and forgetful	24	80			

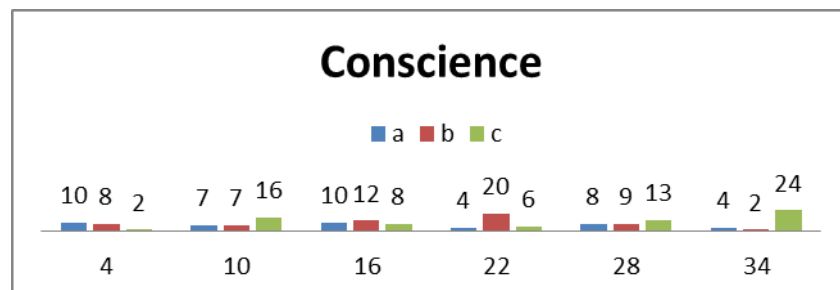


Fig. 4: Score obtained for ‘Conscience’ by selected respondents

Those respondents scored between 15 & 18 are 3 people. A conscientious person can have a strong sense of duty towards themselves and towards others. It is important for them to feel that they are strong and capable and while they will tolerate weakness in others, they dislike signs of weakness in them. They are self-disciplined, determined

and persevering. They take a pride in being reliable and responsible and also gain satisfaction. These people are honest and patient. They feel that they are entirely responsible for themselves and their actions and they have a commitment to use the life in best possible ways. They also need social approvals however unselfishly they

behave; they still need to feel that their good qualities are being recognized and appreciated. Perhaps they are sometimes too hard. They deserve rest, pleasure and a certain amount of self – indulgence too.

Twenty two respondents scored between 11 & 14. They are reasonably conscientious but also kind enough to themselves not to drive them too hard or to take on commitments which would prove too irksome and unrewarding. They have a sense of duty and a caring attitude towards others and they take responsibilities seriously. In areas of their life and relationships which are important to them, they are dependable and loyal. There are probably times when their conscience bothers them and they feel there is room for a great deal of improvement in their personality. They are familiar with uncomfortable guilt feelings, but they are also quite practiced at either making amends or rationalizing their guilt and making excuses for themselves. Usually they can achieve a balance between honouring their conscience and satisfying selfish instincts. Basically they know that they are sufficiently in control of themselves to be able to maintain their moral standards. Their self – respects is very important to them and they know they are unlikely to do anything which

would jeopardize their good opinion of themselves.

Only 5 of them scored between 6 & 10. They are not very conscientious and they rewards and satisfactions of the moment are extremely tempting, so that effort for future rewards tends to be forgotten or dismissed. Laziness and lack of staying – power sometimes cause problems, and you tend to be changeable and impatient, lacking concentration and commitments. They may often appear carefree and relaxed to others, and what they lack in reliability are likely to make up for in their air of spontaneous pleasure and their tolerant, easy – going attitudes. In social commitments the hear may be very willing at first, but they are usually full of intentions which may find hard to carry through. Conscience may sometimes worry them and give them for remorse and regret. At times they are likely to wild promises to themselves about self – improvement, other times they can absolve their guilt by making it for them and justifying behaviour.

Resistance to boredom

The score of the selected respondents obtained for the personality trait – Resistance to boredom is given in the following table.

Table 6: Quality of Resistance to boredom as portrayed by respondents

Statements	Responses		Scores		
	N = 30	%	06-09	10-14	15-18
5. Reaction towards a person who tediously rambles in conversation -					
a) Try to concentrate on what they say	2	7			
b) Feels impatient, but manage to hide the fact	24	80			
c) Tend to forget, look about self and mind wanders	4	13			
11. Feeling when there is nothing happening					
a) Tend to feel a bit fed up	12	40	0	12	18
b) Tend to feel extremely restless and fed up	11	37			
c) Feel quite contented	7	23			
17. Reaction towards to meditation week in a country retreat					
a) Pleasure	7	23			
b) Mixed feelings	19	64			
c) Dread	4	13			
23. Emotion while choosing/ day dreaming about a holiday					
a) A craving for excitement, desire to get away from the unusual routine of like	13	43			
b) A rather milder feeling of needing ‘a break’	9	30			
c) Just the pleasure of anticipating the holiday itself	8	27			
29. Planning walks trips, outings to places of entertainment					
a) Find alternate quite regularly between wanting to go to familiar places and wanting to try out new ones	9	30			
b) Most often want to try out new places	13	43			
c) Most often want to go back to places you know well	8	27			
35. Feeling when unfortunate things happen and put into a solitary confinement					
a) You would still find life worth living	13	43			
b) You would find it almost unbreakable	13	43			
c) You would find it totally unbearable	4	14			

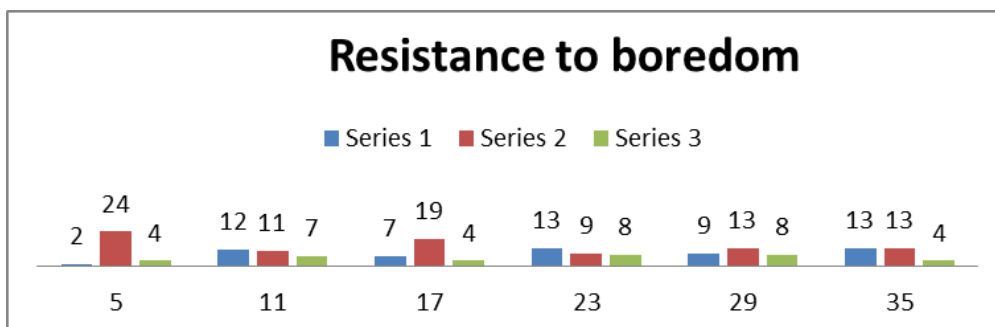


Fig. 5: Score obtained for ‘Conscience’ by selected respondents

Twelve of them have scored between 15 & 18 which mean that they have a high resistance to boredom i.e., they are probably used to their own company and know themselves well. They can generate their own inward interest and stimulation without always having to rely on the outside world. They reflective and patient and they have the inner resources to cope with and overcome boredom. It’s possible that, enjoying their own company boredom is seldom a problem. It is likely that they have some religious or spiritual faith, or that they are simply happy in themselves. However, it is important to distinguish between the feeling of inner contentment and the possibility that they may sometimes use a high boredom threshold to hide away from the world and to admitting loneliness and lack of stimulation and a poor life.

Eighteen respondents have scored between 10 & 14. They recognize that they need a balance between tranquility and action, between introverted pursuits and social activity. Although they are calm and self-controlled enough to cope with patches of boredom, their instinct are to seek out variety and incident rather than sinking into lethargy. They are well adjusted enough to be able to enjoy their own

company and the company of others. Knowing that too much isolation will lead to depression, rather outside interests and social events are essential to them and they are not afraid to admit that they need to be accepted and likely by others in the company of friends they can forgive their troubles and lesson their anxieties; they can gain interest and stimulation. They are able to gain pleasure from the outside world, but they also able to happy in themselves. They enjoy certain amount of solitude and privacy to catch up with their own feeling and insights.

None of the respondents have scored between 6 & 9 which mean that the resistance to boredom high in them. They do not need constant variety, social activity and new interest to guard them against the threat of boredom. They do not tend to become restless and agitated. They are not socially adventurous and are not willing to take risks for the sake of new sensation and experiences.

Reaction to stress

The score of the selected respondents obtained for the personality trait – Reaction to stress is given in the following table.

Table 7: Quality of Reaction to stress as portrayed by respondents

Statements	Responses		Scores		
	N = 30	%	06-09	10-14	15-18
6. Thoughts when wrongly accused of shop lifting in public					
a) A sense of ridiculous, disbelief	7	23			
b) A sense of humiliation and shame	13	43			
c) A sense of righteous indignation	10	34			
12. Reaction towards a big project / exam					
a) Spend too much time worrying and not enough time working	8	27	4	20	6
b) Feel stimulated and rush ahead with excitement	6	20			
c) Work quite steadily without too much rush or panic	16	53			
18. Experience of an interview where others had been judged					
a) You are keyed – up and on edge	6	20			
b) You are extremely nervous	15	50			
c) You are enjoying the experience	9	30			
24. How the working life and daily routine get affected in a difficult situation					
a) Feel goaded into making an extra effort to make sure the work is not affected	8	27			
b) Feel exhausted, dispirited and tend to lose your grip	9	30			
c) Just keep going, struggle on rather halfheartedly without any normal zest	13	43			
30. Feeling on getting friends in a new district by joining in a local social club which was suggested by boyfriend/ girlfriend/ husband/ wife					
a) May dislike the idea, preferring to make friends naturally rather than forcing things	12	40			
b) May like the idea and be optimistic about the outcome	13	43			
c) May be open – minded it’s worth a try	5	17			
36. Reaction for being a long term spy and living in a constant danger					
a) May become very bitter, unhappy and remorseful	15	50			
b) May probably have a heart attack or nervous collapse	7	23			
c) May feel it would manage the job without too many ill – efforts	8	27			

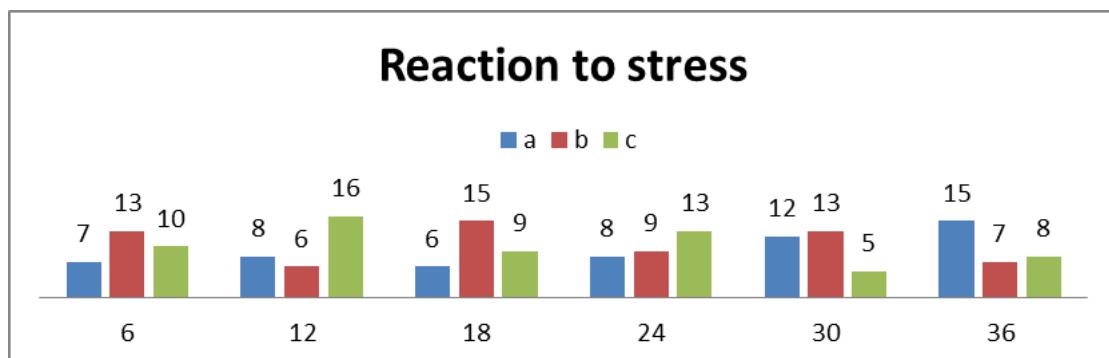


Fig. 6: Score obtained for ‘Reaction to stress’ by selected respondents

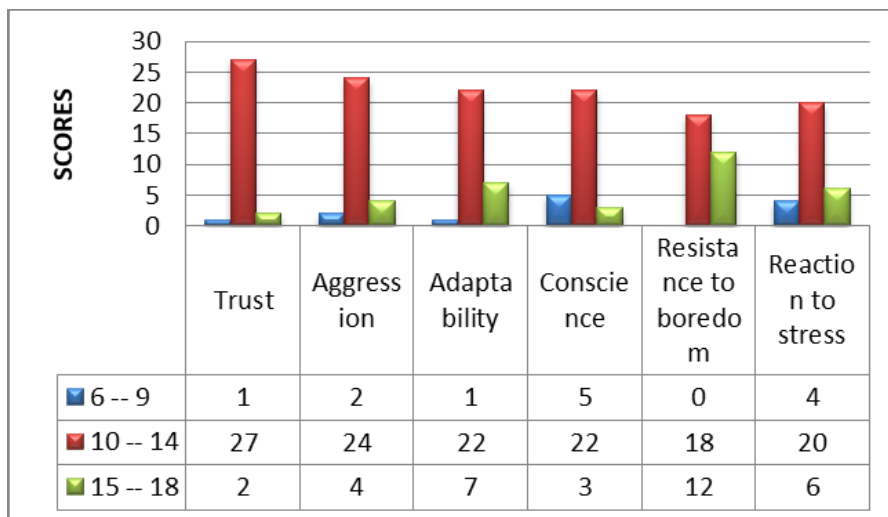
When the score was calculated based on the responses obtained in the study was found that six of them have scored between 15 & 18 which mean that out of thirty respondents only six of them will cope well with stress. In fact they need a certain amount of pressure as an Endeavour and achievement. Even stress in personal relationship is acceptable by them. They look for friendly rivalry, and also excited by the struggle for supreme and dominance. They enjoy measuring up to other people and are strengthened rather than diminished by challenge. They take a personal pride in not allowing things to get them down. They derive a great deal of satisfaction from overcoming obstacles and difficulties, often looking for difficulties and complications to provide drama and stimulation. They tend to become lazy and careless when the pressure is insufficient or the gets too easy.

Twenty of the respondents have scored between 11 & 14 which make clear that they can cope when the stress arises, but they do not need pressure in order to be motivated into work and action. Their determination to succeed can come from within themselves as well as from outside pressures. They are generally secure about their abilities, neither needing excessive proof through launching themselves into

hostile competitive situations for their own sake, nor feeling too inadequate about giving in sometimes and admitting defeat.

Four of the respondent has scored between 6 & 10. They tend to react badly to stress. As it is increasingly difficult to avoid stress in these modern times, their happiness and sense of wellbeing is bound to be affected. Part of the problem is that they probably tend to take themselves too seriously and to see hostility where none is intended. In general everyone has cope with more or less the same kinds of stresses in varying degrees, but they tend to see stressful situations as being directly aimed at them personally. A more objective view of the world would help in preventing pressure from building up. They are inclined to be over – critical of themselves and worried about themselves, fear that they are not as intelligent / popular/ capable as other people. Consequently they feel the need to constantly compare and weigh themselves up against other people, even in situations where competitions and rivalry are not necessary. A more relaxed attitude is needed to avoid exaggerating the element of stress in situations and relationships.

Personality trait chart



The above graph shows that all the traits studied namely Trust, Aggressive, Adaptability, Conscience, Resistance to boredom, Reaction to stress were scored in moderate levels by majority of the selected respondents. However two components namely Resistance to boredom and Adaptability seemed to be a bit higher in a few more respondents while the trait called Conscience needed a little more improvement.

Conclusion

The study showed that most of the adolescents had the trait of trust, aggressiveness, adaptability, conscience, resistance to boredom and they react to stress in a moderate level. The adolescents should take efforts to change the negative traits into more positive ones. They should try maintaining their positive traits as such and this can help them to lead a better life in future.

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