

Personality Styles and Mental Health Challenges in University Students

JAWAIRIA SALEEM¹, ANAM IFTIKHAR², SADIA SALEEM³, SADIA MAJEED⁴, ASMA SIDDIQUI⁵, QURAT.UL.AIN⁶

¹Department of Behavioral Sciences, Azra Naheed Medical College, Lahore.

²Institute of Clinical Psychology, University of Management and Technology, Lahore

³Dean School of Professional Psychology, Department of Clinical Psychology, University of Management Technology, Lahore.

⁴Department of Pharmacology, Continental Medical College, Lahore

⁵Department of Physiology, Azra Naheed Medical College, Lahore.

⁶Department of Biochemistry, University of Lahore.

Correspondence to Dr. Jawairia Saleem, Senior Demonstrator, Email: jeri.sheikh@gmail.com, Cell: +923334221187

ABSTRACT

Aim: To explore the relationship between different personality styles and mental health issues which students faced in university

Study Design: Correlation

Placement and duration: December 2018 to December 2020 in Private and government universities of Lahore.

Methodology: The total sample comprised 300 participants with the age range of 19 -25 years ($M=19.94$, $SD=1.63$). Two measures were used, namely the Big Five Inventory (BFI) and Student Problem Checklist (SPCL)

Results: According to current research, it was revealed that there was a significant relationship between types of personality and mental health issues. Neurotic individuals were faced with more mental issues than others. Sense of dysfunction had a positive significant relationship with lack of Confidence, Self-Regulation, and Anxiety proneness.

Conclusion: it is essential to study personality types and mental health relationships because after knowing the relationship guidance and awareness can be developed in guardians.

Keywords: styles of personality, Mental health Issues, University Students.

INTRODUCTION

University students are defined as any person who has enrolled or registered for study at the University for any Academic Period¹. When students came to university they faced different phases in university life, because adolescents are vulnerable to the troubles associated with transition occur at a university and their own lives². At this stage students prone to different mental health issues. Many factors affect the students emotionally and their academic performance³. First of all, when they enter the university that is the transition period at that time person wants changes, new experience, and their world is also change⁴. There they face new challenges such as semester system, language problem, and academic pressure also⁵. When university life starts students face adjustment issues there they do everything on their own. University students are defined as any person who has enrolled or registered for study at the University for any academic period⁶. When students entered the university they all have different personality styles. Personality refers to individuals' characteristics patterns of thought, emotions, and behavior, together with the psychological system hidden or not behind those patterns. Due to different personality types, students face many mental health issues⁷.

Mental health is the permutation of emotional, psychological, and social health. It affects how individuals think, feel, and behave while engaging in adaptive functioning and academic activities⁸. Mental health among university students is still a fundamental area of concern due to the higher level of psychological suffering⁴. Among mental health issues, the common affected factor is personality⁹ each personality consist of the main dimension of his/her psychological makeup that smooth the progress of lifestyle development¹⁰. One of the most resourceful and ample theories is the personality Big Five-factor theory of Costa and Kerry McCarthy⁷. According to this, the main five characters consist of neuroticism, extroversion, openness to experience, conscientiousness, and agreeableness. There are different traits of personality some people are extroverts they are talkative, straightforward forward, and energetic. They like adventures and passionate to learn new skills. Other traits are agreeableness which includes selflessness, kindness, and friendliness. They are easily adjusted to a new environment due to their friendly nature. Another trait of personality is conscientiousness they are organized and plan fully. They are goal-oriented always complete their tasks

and are very concerned about their reputation¹¹. Neuroticism is also a trait of personality in which this person is reserved, moody tense, and anxious. They are shy feel hesitant to meet others or talk to others sometimes due to the mood swings they avoid other people¹². Another trait of personality is an openness to experiences includes having wide interests and being imaginative and insightful¹³.

There is a connection between mental health and personality traits, there is no evidence that shows which personality always affected its have transitioned in types of personality¹⁴. It is often suggested that healthcare students tend to a high level of fastidiousness as students select for professional degree courses based on their academic distinction and high personal standards¹⁵. They want to maintain their standards and excellence in university life. So, their expectations along with their personality types are associated with a higher risk of mental issues. The current research would be the initial step in Pakistan to see personality styles and their effects on the mental health of university students. When a student faced mental health issues in university s they become aggressive, frustrated and losing their control⁴. Therefore this research will provide the theoretical framework for the researcher by highlighting the issue faced by the students. Mental health issues and personality styles affect each other interchangeably.

METHODOLOGY

The correlation research design was used to find out the relationship between personality traits, and mental health problems in university students in private and overnment universities were selected from the Lahore provision of Pakistan during period of the study was 2 years (December 2013 to December 2015). Sampling technique used was random sampling. Permission was granted by Institutional Ethical Review Board.

Sampling Size: 300 participants of university students were selected and further, they were divided into four groups as BS1, BS2, BS3, and BS4 each group has 75 participants (35 male and 35 female). The participants of the research were adulthood (age range 19 to 25 years). The class range was Undergraduate.

Data collection and Analysis: Demographic variables were selected according to the requirement of the research. To assess personality types Big Five Inventory was used, which consists of five dimensions of personality. Student's Problem Checklist (SPCL) was used. To assess the mental health issues in the university students. The higher the score indicated the higher the

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intensity of mental health issues. After the completion of the permission procedure from authorities and confidentiality ensured the data was conducted from different private universities. Every participant has an equal chance to leave or join the study. Verbally instructions were given to all participants and self-administered tests were distributed to the class one by one, it took hardly 27 minutes for the completion of one scale. To find out the correlation between personality styles and student's mental frequency, percentages, and inter-correlation were obtained by debriefing results.

RESULTS

The present study sought to establish the correlation between personality types and mental health issues associated with university students. In table¹ the percentages of demographic variables as males were (n=147) and females (n=153) highest percentages were in BS1 (27%) while the lowest percentages were in BS4 (69%).in father and mother education percentages shown that fathers had higher education percentages (77%) rather than mothers (61%). Table² discovered that Extroversion Agreeableness, Conscientiousness, Neuroticism and Openness had no significant relationship with Sense of Dysfunction, Loss of Confidence, Lack of Self-Regulation, and Anxiety Proneness. Sense of dysfunction had a positive significant relationship with lack of Confidence, Self-Regulation and Anxiety proneness. Loss of confidence had a positive sign with a lack of Self-Regulation and Anxiety proneness.

Table 1: Frequencies and Percentage of the Gender Male (n=147) and Female (n=153) on Demographic Variables

Demographic Variables	Male(n=147)	Female(n=153)	Total (N=300)
	f (%)	f (%)	f (%)
BS-1	45(55)	37(45)	82(27)
BS-2	35(49)	36(51)	71(24)
BS-3	35(45)	43(55)	78(26)
BS-4	32 (46)	37(54)	69(23)
Father education			
0-Primary	11(55)	9(45)	20(7)
6-10 Matric	31(65)	17(35)	48(16)
Collage or more	105(45)	127(54)	232(77)
Mother education			
0-Primary	22(48)	23(51)	45(15)
6-10 Matric	41(56)	31(43)	72(24)
Collage or more	84(45)	99(54)	183(61)

f= frequencies, %= Percentage

Table 2: Summary of Inter-Correlation, Mean and Standard Deviation of the Participant (n=300) On the Big Five Scale and Students problem Checklist

Big Five Inventory	Student Problem Checklist			
	SENES	LOSS	SELF	ANX
Extroversion	-.07(ns)	-.08(ns)	-.04(ns)	-.00(ns)
Agreeable	-.06(ns)	-.07(ns)	-.007(ns)	-.01(ns)
Conscientiousness	-.00(ns)	-.03(ns)	-.03(ns)	-.01(ns)
Neuroticism	.01(ns)	-.04(ns)	.06(ns)	.07(ns)
Openness	-.04(ns)	-.09(ns)	-.03(ns)	-.00(ns)
Sense of Dysfunctions80***	.70***	.80***
loss of confidence64***	.74***
lack of Self-Regulation62***
Anxiety proneness				
Mean	15.40	12.73	9.90	8.71
SD	9.08	7.04	5.09	4.46

Note:SD=Standard Deviation, df=299, ***p<.001

DISCUSSION

Researches revealed that neuroticism was the positive predictor of anxiety and depression¹⁶. When students enter university years the chances of experiencing anxiety and depression increased due to the challenges of university life, especially in students having neuroticism as a personality trait. They had to face the new and different settings, social adjustment issues (interacting with people with different backgrounds and temper, making new friends), academic demands criticism from the fellows¹⁷. Adolescents with any disabilities had significantly showed lower score in identity formation, identity formation had very clear effect on attachment pattern. All these challenges could lead the students with neurotic

personality towards mental health issues because they are more prone to anxiety, emotional instability (they could give the intense emotional reaction towards the minor problems, and less emotional reaction towards the severe problems), and self-consciousness¹⁸. Agreeableness was found to be a negative predictor of mental health issues in university students. According to a current study when one has more agreeableness as a personality would be less likely to experience mental health issues. The reason could be that students with agreeable personality traits, tend to be more friendly, cooperative, empathetic, considerate, generous, helpful and they also have an optimistic view of human nature therefore they easily adjust to a new environment, could adjust their needs according to the situation Agreeableness is a part of personalities. Agreeable personalities are less prone mental health issues¹⁹. these people were likely to suffer from social rejection, therefore these students could easily meet the challenges of university life, and less prone to mental health issues²⁰.

CONCLUSION

The current research is an essential step to find out the relationship between personality types and mental health because in university their environment and social circle changed. It was revealed that there was a significant relationship between personality types and mental health issues as neurotic individuals were faced with more mental health issues rather than others. The agreeableness type of personality is more favorable than other types as it helps to adjust and cope with mental health issues.

Limitations: The current study only focused on mental health issues of undergraduate students, that's why; it should not be generalized to other age groups. The data was only collected from the university population from cities therefore rural-urban comparison was not possible to do.

SUGGESTIONS / RECOMMENDATION

Future studies must be focused on different age groups and backgrounds to reach more widespread findings.

Different awareness programs must be developed regarding coping strategies for mental health issues.

Conflict of Interest / Disclosure: The autonomous study was acted in private and government colleges of Pakistan. This work is affirmed by the significant association moral audit board. Educated assent was taken from all participants who are included in the study. All the information was gotten in composed framed, examined factually and the outcome was acquired.

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Authors Contribution: JS, did statistical Analysis and manuscript writing, AI, conceived, designed and did statistical analysis & manuscript writing, is responsible for integrity of research, SS, responsible to guide in writing and also responsible in statistical analysis of research, review and final approval of manuscript, SM, AS & QA did data collection

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