

Relationship between Stress and Personality in Young Adults

Authors : Sneha Sadana

Abstract : Human beings are unique and so are their reactions towards varied stimuli. This study focuses on the impact personality has on how one deals with stressful situations. It can be intriguing to know how big of an impact our personality has on the way we react and how it is wired in us to respond to things in a particular manner all because of our personality and the traits which make us who we are. The study was done on 150 college going students, 75 males and 75 females mainly from Ahmedabad, India pursuing a variety of different streams and subjects. The questionnaire consists of two standardized questionnaires which measure stress and personality. The Student Stress Scale by Manju Agarwal evaluates stress of subjects and the big five personality locator by Norman. The findings showed that there exists a positive relationship between stress and neuroticism and an inverse relationship between stress and sociability, stress and openness, stress and agreeableness and stress and conscientiousness. And on doing a further comparative analysis on personality types of the same sample it was found out that females were more agreeable, followed by conscientiousness, sociability, openness, and neuroticism. In males, however, it was observed that males were more agreeable, followed by conscientiousness, neuroticism, sociability, and openness

Keywords : college students, personality, stress, theories of personality

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