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## A STUDY OF PERSONALITY TYPES INRELATION TO WELL-BEING IN ELDELRY PEOPLE

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**Abstract:**

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*The present study was an attempt to examine and understand the role of personality in the well-being of elderly persons. A sample of 300 people above the age of 60 yrs.(male and female)was taken study the objectives of the research. Data gathered was subjected to SPSS and Means, Sds were computed. Further the data was subjected to regression analysis to see if the predictor variable ( Personality Type A and Type B) contributed significant amount of variance to criterion variable (Well-Being).Regression of Personality type A and B on Well-Being revealed that Personality type A has greater influence on Well-Being as compared to Personality type B. However, the influence of personality type A is negative i.e. lower the type A higher would be the degree of Well-Being, influence of personality type B is positive in the sense that higher the influence of Personality type B, higher would be the degree of Well-being.*

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**Key Words:- Persoanlity types, Well-Being, Elderly Persons**

**Introduction:**

**Personality:-** From the very name Personality type A and B one assumes that it is personality typology but in fact it is not so. It is basically a behavior pattern which people exhibit when they find themselves in stressful conditions of life. It would be more appropriate if we conceptualize it on a trait continuum with type A at one end and Type B at the other end.Friedman and Rosenman (both cardiologists) actually discovered the Type A behavior by accident. Type A individuals happen to be very competitive and self-critical, always striving to achieve their goals without feeling the joy of accomplishment.Their life is imbalanced heavily tilted toward workaholics with tendency to overreact due to heightened sensitivity. Such people show an urgency of time as if the world will go topsy turvy if things do not happen on time.When this behavior is expressed overtly (i.e., physical behavior), it generally involves aggression and possible bullying (Forshaw, 2012). Contrary to Type A, Type B people are relaxed, patient, and easy-going nature. They work steadily and enjoy their accomplishments;they don't loose their sense of balance even if things don't happen or workout as planned. Failures donot lead to frustration and aggression, consequently they experience less stress and have better physical and mental health.

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**Well-Being:-** The term well-being refers to people's perception and evaluations of their lives, including cognitive evaluation, such as Satisfaction with life and affective evaluation such as Emotional, Social and Psychological well-being (Dolan S. P., Kudrna, and L., Testoni, 2017). People's subjective well-being has been widely acknowledged to play an important role in their overall physical and mental health. As a result, the past four decades have witnessed an explosion of research on the design for well-being [Desmet PMA, et al. 2013; Thieme A, et al. 2015].

**Old Age :-**Growing old is a natural phenomenon. For some it is can smooth but for some the journey can be tough. Growing old is not only challenging for a person's physical behavior but his mental behavior can also be affected with growing age. The physical behavior includes slowing down of reflex action, slow muscular movement, reduced hearing and visual ability etc. Mental health is also affected due to degenerative changes in brain, increased dependency on others, loneliness, death of partner Psychological factors affecting a person in old age can behis involvement in society or isolation from society.

**Objective :** The objective of the present study was to understand and examine the relationship between Personality type A and B and Well-Being of elderly people and to see if Personality type A and B contributes to Well-Being of elderly people.

**Hypothesis:-** 1. There is no relationship between Personality type A and B and Well-Being of elderly people. Besides Personality type A and B do not significantly contribute to predict Well-Being among elderly people.

**Methodolgy:** To achieve the purpose of the study a cross sectional design was used with Personality Scale developed by Bortner (1969), (Independent variable) and General Well-Being Scale ( Dependent Variable). A sample of 300 elements was collected from amongst people ranging between 55 to 65 yrs. Living in the city of Alwar(Raj.) Both male and female were included, it was taken care of that sample element had minimum Senior Secondary School Education.

**Results**

**TABLE 1. SHOWING MEANS AND SDs**

Sr. No.	Variable	N	Mean	Std. Deviation
1	Type "A"	300	50.60	60.00
	Type "B"	300	39.02	36.52
2.	Well-Being	300	84.25	20.25

**TABLE 2. SHOWING REGRESSION OF PERSONALITY ON WELL-BEING**

Coefficients <sup>a,b</sup>							Model Summary			F	Sig.
Model		Unstand. Coefficient		Stand. Coefficient	t	Sig.	R	R <sup>2</sup>	Adjusted R Square		
		B	Std. Error	Beta							
1	(Constant)	91.28	4.035		22.60	.000	0.66	.433	.429	113.41	.000b
	Perst. A	-0.187	0.035	-.553	-5.33	.000					
	Perst. B	.063	.058	.114	0.10	.274					

a Dependent Variable: Well-Being

b. Predictors in the Model: (Constant), Personality Type "A" and "B"

The table depicts regression of Personality type A and B on Well-Being. It reveals that R-Square value being .433 which means that about 43% variance in Well-Being is explained by two predictor variables. The Beta value indicate the relative influence of the entered variable i.e. Personality type A has greater influence on Well-Being ( $\beta = -.553$ ) as compared to Personality type B ( $\beta = .114$ ). However, the influence of personality type A is negative i.e. lower the type A higher would be the degree of Well-Being, influence of personality type B is positive in the sense that higher the influence of Personality type B, higher would be the degree of Well-being.

Further analysis of the table reveals that influence of predictor variables on Well-Being is significant with  $F = 113.41 \leq .01$ . ANOVA table reveals that variance in Well-Being explained by the two variables is significant at  $\leq .01$  validates results. Pioneer work on personality types by Friedman shows that people with type A are more stressed and hence enjoy lower physical and mental health as compared to type B personality people who experience lower stress levels and consequently better Well-Being. Steel, Schmidt, and Shultz (2008) found in their meta-analysis of

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347 samples that the role of the Big Five personality traits in emotional well-being is even more important: 40 to 60 per cent of the variance of emotional well-being was explained by personality traits. recent studies by Lamers, Westerhof, Kovács, and Bohlmeijer (2012) and Kokko, Tolvanen, and Pulkkinen (2013) indicated that, in particular, extraversion and low neuroticism contributed to psychological well-being.

In the last two decades, Type A and its opposite pole of Type B personality behavioral patterns have been the subject of interest by business, medical and psychology researchers alike. Studies suggest that people who possess the hard-driving, competitive, time-urgent Type A pattern of behaviors are twice as likely to develop coronary heart disease as are those with the more relaxed, easygoing Type B pattern (Kazmi, Amjad, & Khan, 2008), that is, low levels of Type A behavior more like Type B behavior are linked with physical well-being. What is the evidence for a relationship to psychological well-being (PWB)? Some attention, though limited, has been given to examining how stress and Type A personality affect PWB (e.g., Jamal, 1990). Jamal (1990) examined the effects of job stress and Type A behavior on employee and organisational well-being with the study showing Type A personality employees (nurses in this study) experienced significantly more job stress and psychosomatic health problems as compared to Type B employees, similar to findings on white-collar workers outlined in a study by Evan and Palsane (1987). Janjhua (2012) found 160 healthcare professionals also responded differently to stress at work if they differed in personality Type A and Type B, with Type A individuals showing higher stress responses. The above studies indicate that Type A and Type B personality may be convincing predictors of PWB.

On the basis of present results and previous findings the Null hypothesis stand rejected and alternative hypothesis is proved that there will be significant relationship between personality and well-Being and the predictor variable contributes significant amount of variance to Well-Being.

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