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**PERSONALITY TRAITS AND MENTAL HEALTH AMONG DOCTORS**

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**ABSTRACT**

The purpose of the present study was to examine the relationships between certain personality traits and mental health status in medical practitioners at district Meerut. 150 doctors who were in private practice including both male and female were selected for the study. Multivariate personality Inventory (Muthayya 1973) and Mithila Mental Health status Inventory (Kumar and Thakur, 1986) were administered to measure personality traits and mental health. The age range of the sample vary from 30 to 60 years (experience 1 to 20 years). Product Moment coefficient of correlation and test were used for analysis of the data. Analysis showed that male and female doctors were significantly differed in their mental health. t values were showing that mental health of male doctors were poor/worse as compared to female doctors. Pearson r values explained that out of nine personality traits only three viz empathy, Neuroticism and self confidence were significantly correlated with mental health of male doctors while in case of female doctors only one trait as need achievement was found significantly correlated with mental health status. Thus, findings of the present study throw some new light on the wholistic approach of personality and mental health.

**Key words-** Mental Health status

Personality traits, Multivariate

Pearson R, Neuroticism wholistic approach

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**Introduction**

Mental health includes our emotional Psychological and social being. It affect our all aspects of behaviour, such as law we think, feel and act. It also helps to determine how we handle stress related to others. It is an ability to cope with adversity and to solve problems in everyday life. The importance of personality to mental health explain the meaning of personality and mental health. According to WHO health is defined as "state of complete physical, mental and satisfactory and not merely the absence of disease or infirmity WHO 2001. Good mental health is made possible by a supportive, social friendship and family environment, work life balance physical health and in many instances reduced stress and trauma (Wig, 1990; Sharma et al 2009; Shukla 2001; Adhikari and Zaidi, 2009). Psychological well being and happiness is also related to mental health (Lucas & Diener 2008; Barenbaum and Winter, 2008). Some historical model and theories have been proposed to explain the mental health problems. In last thirty years there has been a shift to

the social origin of mental health and illness(Jackson, 2009). According to traditional theories mental illness occur due to life stress, social support search for network and family life style. All modern theories of mental health explained mental health problems in terms of socio-cultural and ethical factors. Indian approach about mental health revealed that ultimate goal of life was self respect, self realisation of one's inner nature(Christopher 2008).

Mental health in relation to certain personality traits are important aspect for investigation Hubetic,2008; Miago, 2009) found certain personality traits are related to mental health and coping style. They found traits such as neuroticism, paranoid faith, education level of fantasies and academic for psychological well being and emotional behaviour. Keeping these researches in mind the present attempt has been undertaken to study mental health and personality traits.

### **Methodology**

#### **Objective**

I. To find out significant difference between mental health status of male and female doctors.

II 1. To find out the magnitude of relationship between certain personality traits and mental health status of doctors.

#### **Hypotheses**

1. There were significant difference between mental health status of male and female doctors.

2.1 There were significant relationships between certain personality traits and mental health status among doctors.

#### **Variables**

IVS Nine personality traits and gender m/f

DV Mental health status.

#### **Sample**

The sample of the present research work has been selected from District Meerut. A list of private doctors(who were practionners) selected from Indian Medical Association(IMA) Meerut Branch. Doctors were arranged in a list from 1 to 300 including both male and female and from list every second and third individual was selected and included in the sample. Finally we got 150 doctors consisting both male and female . Age range was 30 to 50 years and experience was 1 to 20 years.

#### **Tools Used**

I. Mithila Mental Health Status Inventory (MMHSI) developed by Kumar & Thakur(1986) was used for assessing mental health status. It has 50 items, some were positively correlated and some negatively worded. It is five point rating.

II 1. Multivariate Personality Inventory (MPI) developed by Muthayya (1973) was used. It has 80 items which were divided into Nine personality traits viz(empathy, ego ideal, passionism, Introversion, Neuroticism, need achievement, self confidence, Dogmatism and dominance). It is Yes/No answer type questionnaire.

**Design**

The main objective of the study was to find out correlation (relationship) between certain personality traits and mental health. So the correlation design was used to find out relation between independent(certain personality traits) and dependent variable(mental health)

**Statistical Analysis**

Product moment coefficient of product correlation (Pearson r) was used to measure the strong linear relationship for bivariate data for the two variables. The value of the Pearson correlation coefficient range  $-1$  &  $+1$  t test was also used to find out significant difference between groups for study. The results obtained by these statistical analysis are given below.

**Table I Comparison Between Mental Health Status of Male and Female Doctors.**

Group Compared	N	Mean	SD	t Value
Doctors (Male)		122.90	11.38	2.06 for significant
Doctors (Female)		118.32	11.32	

Above table showed significant difference between mental health of male & female doctors. Male doctors have higher mean(122.90) as compared to female doctors(118.32) Higher the mean poor will be the mental health status. It means that male doctors was suffered poor mental health. Next part analysis dealt with association between certain personality traits and mental health. This analysis explained which personality factors are predictors for mental health among doctors.

**Table 2 Personality Traits As Correlation of Mental Health Among Doctors.**

S. No.	Personality Traits	Male Doctors	Female Doctors
1	Empathy	0.22	0.06
2	Ego Ideal	0.17	0.003
3	Passionism	0.079	-0.16
4	Introversion	0.035	0.14
5	Neuroticism	0.42	0.15
6	Need Achievement	0.15	0.2
7	Self-Confidence	0.31	-0.09
8	Dogmatism	0.10	0.066
9	Dominance	0.16	0.016

Above table depict that from personality traits only three viz empathy, Neuroticism and self confidence were found to be significantly correlated with mental health status of male doctors. These personality traits in empathy(.22) Neuroticism(.42) and self confidence(.31) were found positively related with mental health status of male doctors while in case of female doctors only one personality trait as need achievement emerged as important correlates of mental health status. From Nine personality traits only three were important correlates of mental health among male doctors. Neuroticism was highly correlated with the mental health status. This trait refers higher level of sensitivity, stress full and environmental pressure which create emotional instability, anxiety and sometime vulnerability to stress(Khan etal 2005). Next was self confidence(.31) which was also positively correlated to mental health among male doctors . This trait refers positive

relationship self possessed interest and self perceived in recognition. These traits are essential part of medical practice. If level of confidence is very low, nobody can do his or her work very enthesia which is related to interpersonal sensitivity. It involve aspect for medical practionner especially in private practice. This phenomenon was amply reflected in our findings where all these traits emerged important correlates of medical health. For female doctors only one personality trait viz need achievement was found significantly positive correlated with mental health. Female doctors were more achievement oriented towards their work which affect their mental health status. That is why their mental health was more effective and positive as compare to male doctors.

Thus, we can summarized our findings by saying that doctors constitute the institution of specialist specialization or expert aptitude skill is an important component of individual's thought process, cognitive aspect or even personality aspect which help in making decision, excursion of their work and understanding the problem of patient and making decision on them.

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