

Type of Personalities among Individuals of Saveetha Dental College

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ABSTRACT

Aim: To analyse the type of personalities among individuals of Saveetha Dental College. **Objective:** To find out the factors determining and distinguishing the type A and type B personality. **Background:** Personality refers to the combination of characteristic or qualities that build an individual distinctive character. People in this world are generalized into Type A and Type B personality. This study shows interest on the factor, which determine the Type A or B. This study also helps the individuals to know their personality type and the factors, which can improve their personality in a positive manner. A step is also planned in this study to motivate and guide the Type B personality individuals. **Materials & Methods:** The study was done as a questionnaire-based study among I BDS students of Saveetha Dental College. A total of 50 students participated in the survey. All the students were provided with a list of 9 personality-related questions with 2 answers given for each question. The students were told to choose only one out of the two answers that describes them the most. **Result:** The results from the study indicate any tendency of the individuals towards being a constantly stressed out Type A personality or the more relaxed and laid back Type B personality.[1]

Keywords: Personality, Type A, Type B

The word ‘personality’ is derived from the Latin word ‘persona’ in the early 20th century, which means a mask for performers to portray various roles or characters and disguise their identities.^[2] It is the side of a person’s character that is shown to or viewed by others, which is usually known as a ‘public persona’.

Personality refers to our various ways of being human. We tend to show our human nature in different ways of thinking, feeling and behaving. Specifically, it can be defined in two different ways, either by referring to an individual or people in general. Personality, in terms of an individual refers to the specific set of disposition or the way we feel, behave and think in certain ways. In terms of people in general, personality refers to individual differences in their characteristic patterns of thinking, feeling or behaving which make them unique as a person.^[3]

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It was reported by Funder, D.C. (1997) that personality describes an individual's characteristic patterns of thoughts, feelings or emotion and behaviour, along with the psychological mechanisms that may be hidden behind the patterns. It gives a special mandate for personality psychologists to explain whole persons compared to other psychologists in other fields of psychology. According to Feist and Feist (2009), personality refers to the pattern of permanent traits and distinctive characteristics that provides stability and individuality to the way a person behaves. There is no single definition that can be accepted by personality theorists.^[4]

The study on personality can be done by focusing on two aspects, either by understanding individual differences in certain personality features such as sociability and irritability or by another way of understanding the ability of different parts of an individual to join as a whole.^[5]

PERSONALITY TYPES

Personality type is a method used to group people with certain personalities into psychologically similar groups. Personality types are considered as a way of understanding how the brain works and its relation to the differences between individuals. People can be categorized into their respective personality types in various ways such as by comparing introverts and extroverts.^[6]

The two types of personality refer to the two opposite sets of behavioural and emotional propensities of human beings that may increase or decrease the risk of coronary heart disease or other health problems of an individual.

In 1996, Friedman reported through his book (Type A Behaviour: Its Diagnosis and Treatment) that the behaviour of Type A individuals can be observed through three main signs or symptoms, which are the free floating hostility that can be stimulated even by small incidents, impatience and time urgency leading to irritation and exasperation and competitiveness that results in stress and achievement-driven mind set. The first symptom or free-floating hostility is considered as covert and less obvious but the other two symptoms, which include competitiveness, irritation and exasperation are overt and more obvious.^{[7][8]}

Type A Personality^[7]

According to the theory of personality types, type A individuals are described as people who have a tendency towards particular traits such as aspiring, efficient, status-conscious, sensitive, caring towards other people, honest, straightforward, proactive, particular with time management and always try to assist others. Type A people have a higher risk of developing heart diseases or heart-related health problems. Other characteristics of people with Type A personality are:

- They are conscious of their self-esteem, accomplishments and achievements in life.

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- They are normally high-achievers with the ability of multitasking and achieving higher than expected.
- They are workaholics who work hard to meet deadlines and hate procrastination and ambivalence.
- They always strive hard to achieve higher goals or targets which they have set.
- They find it hard to accept failure and always compete with others.
- Time management is very important for them, in which they need to make use of every second to work even if they are exhausted.
- They become tense in the presence of extreme sense of urgency and very difficult to relax.
- They are often impatient and easily become angry and annoyed.
- They have a high level of stress and easily driven by themselves.

Type B Personality

The theory also describes the contrary of Type B individuals to people of Type A personality. In general, people with Type B personality enjoy themselves working in a steady environment. It was reported in a study which was done for almost a decade that Type B people have a lower risk of getting heart problems. Other characteristics of people with Type B personality include:

1. They are aware of their capabilities and work steadily in achieving their goals.
2. They are not stressed by achievements and accomplishments, instead they enjoy what they have achieved so far.
3. They can accept failure more openly even though they may feel disappointed by the failures.
4. They are not affected by competitions or games, as they do not think about winning and view them as a way to enjoy.
5. They often reflect on themselves by thinking about the inside and outside worlds.
6. They are creative and innovative when it comes to exploring new ideas and concepts.
7. They have low level of stress and able to control their temper.
8. They are normally lacking in terms of time management.
9. They have easy going personality, which makes them feel too relaxed or laid back that they lack the drive to push them towards achieving their goals.

MATERIALS AND METHOD

All students who participated in the survey were provided with a list of 9 personality-related questions with 2 answers given for each question. The students were told to choose only one out of the two answers that describes them the most. Each student completed the test in approximately 2 to 3 minutes. Below is the list of questions given to the students who participated in the survey:

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RESULTS

Student's No.	Score	Personality Type (Type A/Type B)
1.	6/10	Type A
2.	4/10	Type B
3.	4/10	Type B
4.	2/10	Type B
5.	6/10	Type A
6.	4/10	Type B
7.	5/10	Type B
8.	4/10	Type B
9.	2/10	Type B
10.	5/10	Type B
11.	4/10	Type B
12.	3/10	Type B
13.	2/10	Type B
14.	4/10	Type B
15.	3/10	Type B
16.	3/10	Type B
17.	3/10	Type B
18.	4/10	Type B
19.	4/10	Type B
20.	5/10	Type B
21.	4/10	Type B
22.	4/10	Type B
23.	5/10	Type B
24.	6/10	Type A
25.	5/10	Type B

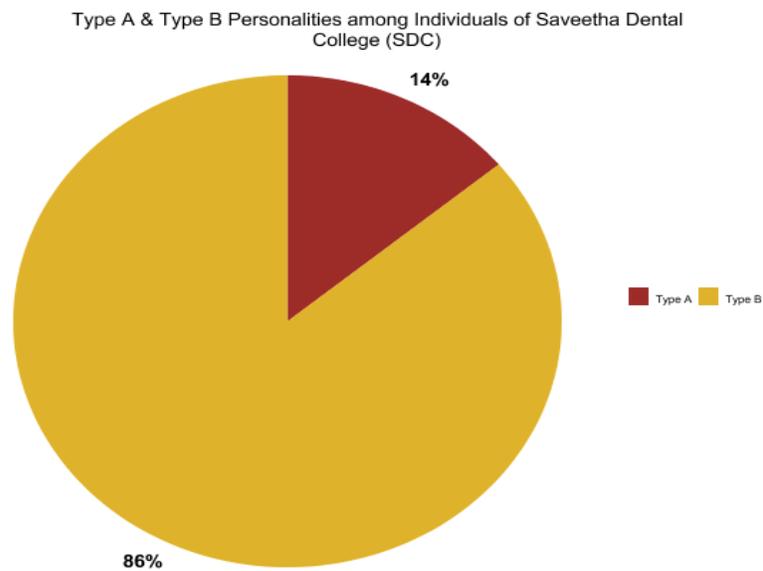
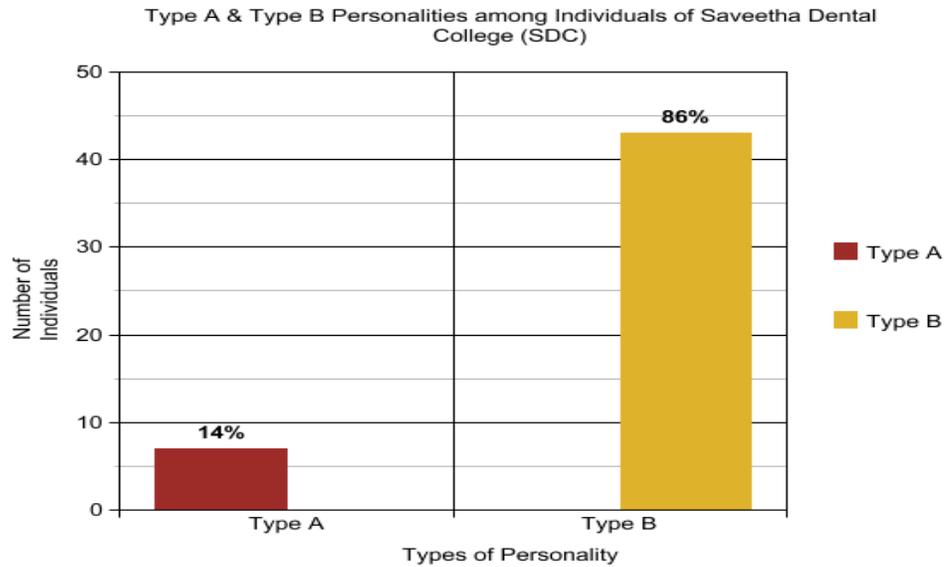
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Student's No.	Score	Personality Type (Type A/Type B)
26.	3/10	Type B
27.	6/10	Type A
28.	5/10	Type B
29.	4/10	Type B
30.	4/10	Type B
31.	4/10	Type B
32.	5/10	Type B
33.	5/10	Type B
34.	3/10	Type B
35.	6/10	Type A
36.	2/10	Type B
37.	4/10	Type B
38.	4/10	Type B
39.	5/10	Type B
40.	2/10	Type B
41.	3/10	Type B
42.	2/10	Type B
43.	3/10	Type B
44.	6/10	Type A
45.	3/10	Type B
46.	5/10	Type B
47.	4/10	Type B
48.	4/10	Type B
49.	6/10	Type A
50.	3/10	Type B

Number of Individuals with Type A and Type B Personalities

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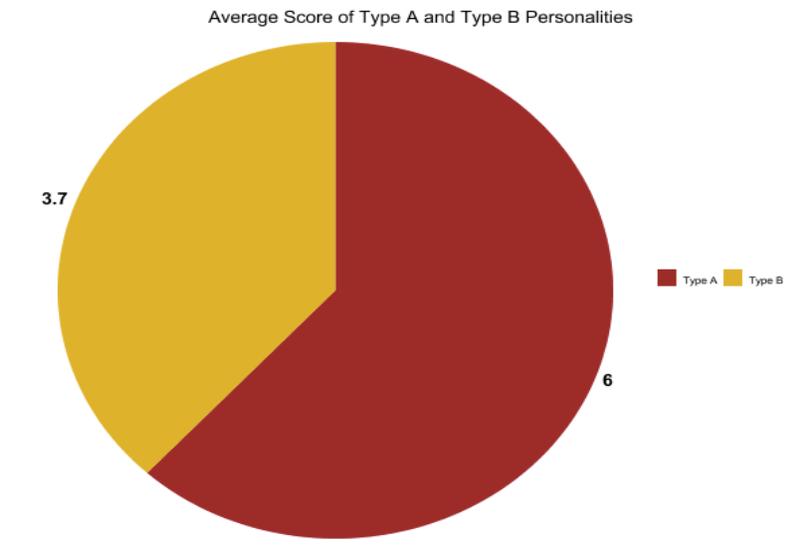
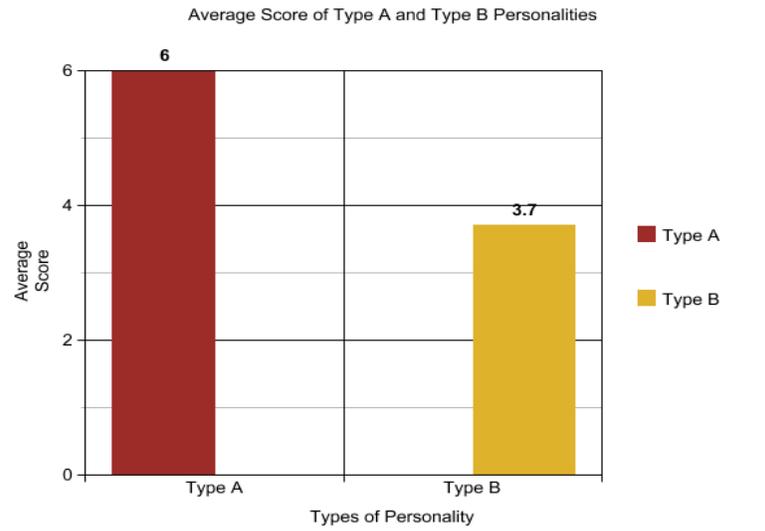
Types of Personality	Number of Individuals	Percentage of Individuals (%)
Type A	7	14
Type B	43	86



Average Score of Individuals with Type A and Type B Personality

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Types of Personality	Average Score
Type A	6.0
Type B	3.7



DISCUSSION

The study involved 50 students of I BDS in Saveetha Dental College to analyze their personality types and find out the determining and distinguishing factors of Type A and Type B personalities.

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According to the result, a total of 7 students are of Type A personality while the remaining 43 students are of Type B personality. 14% of the total number of students participated in the survey represents the smaller group of Type A personality while the larger group of Type B personality students is represented by 86%.

The lowest score among the students with Type A personality is 6 out of 10 obtained by student number 1, 5, 24, 35, 44, and 49, while the highest score is 7 out of 10, which was obtained by student number 27. As for type B personality, student number 4, 9, 13, 36, 40 and 42 obtained the lowest score of 2 out of 10 while the highest score is 5 out of 10, which was obtained by student number 7, 10, 20, 23, 25, 28,32, 33, 39 and 46.

The average score of the students with Type A personality is 6 while the average score of the students with Type B personality is 3.7. Therefore, the average score of Type A personality is higher than the average score of Type B personality.

CONCLUSION

Comparing Type A and Type B Personalities. (Which is Better?)^[9]

Both A and B personalities have their own advantages and disadvantages in certain parts of life. Counseling can be given to individuals with Type A and Type B personalities in order to maintain their personality and ensure that it does not affect their mental health. A balance between the two types of personality is essential to make a person successful. Therefore, an individual should have a Type 'AB' personality, which is the combination of both the advantages of Type A and B personalities. Type A makes an individual highly motivated and goal-oriented, while Type B contributes to their ability to be more open-minded and patient.

In order to attain a balance between the two types of personality, individuals need to first identify their tendencies or propensities to determine their positions in the personality spectrum. The next step is to concentrate on doing the things in which they can excel and learn to balance them with other aspects which require their attention. By having a Type AB personality, individuals will become better at managing themselves, especially in terms of time and stress management as they no longer procrastinate and able to enjoy every moment in their life toward achieving their goals.

Ways to Balance Personality Types

Type A Personality^{[11][13]}

- Learn to resolve problems or conflicts effectively.
- Acquire skills in managing stress and time.
- Learn to accept and appreciate others' opinions and ideas.
- Understand the true definition of success and accept failures with the mindset that "good things will come".

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- Plan for changes in daily lifestyle such as exercise, proper diet and sufficient rest.
- Reset goals which are more realistic and beyond reach to obtain a sense of achievement.
- Learn to relax and take a break once in a while.^[10]
- Learn to socialize and get along with other people who may have different personalities.

Type B Personality^[9]

- Learn to work directly with other colleagues to increase motivation and ability to thrive.
- Get involved and take responsibilities in things such as organizing an event, in which they can freely interact with other people.
- Acquire time management skills.

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