



Personality Types, Self-Confidence and Adjustment among College students

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Abstract : *Self-confidence and adjustment plays a vital role in one's personality development. Especially life of college students is much influenced by these two traits because this is the time they have to get prepared to face the competitive world. Those who have high level of self-confidence have the ability to interact in the world effectively and high level of adjustments leads to harmonious relationship with the environment. The present project aims to see the effect of personality type on adjustment and self-confidence among college students. For this, 6 hypotheses were formulated. 1) Students with Type A personality will be measured high on the level of self-confidence. 2) Students with Type B and C personality will differ significantly on the level of self-confidence. 3) There will be significant positive correlation between the students with Type A personality and their adjustment. 4) There will be significant negative correlation*

between the students with type C personality and their adjustment. 5) There will be significant difference in adjustment between male and female college students. 6) There will be significant gender difference in the level of self-confidence among college students. Sample consisted of 100 male and 100 female management students, age ranging from 22-26 years. The sample was collected by incidental-cum-purposive sampling method. The test used to measure the personality type was Type A,B,C Personality Pattern Inventory (TABCPPI) developed by Dr. Arun Kumar Singh and Ashok Kumar. Self-confidence was measured by using Agnihotri's Self-Confidence Inventory (ASCI) developed by Dr. Rekha Agnihotri and Adjustment Inventory For College Students (AICS) developed by Prof. A.K.P Sinha and R.P Singh. The result was analyzed by computing mean, S.D., t-ratio and correlation coefficient by product moment method. The first hypothesis was proved which stated that level of self-confidence will be high among the students with Type A personality. The mean of Type A ($m=19.15$) Type B ($m=27.03$) Type C ($m=30.5$) and qualitative analysis as (Type A= High; Type B=Average; Type C=Average) proves that students with Type A personality possessed high level of self-confidence. The second hypothesis measured the significant difference on the level of self-confidence between students with Type B and C personality and was proved as t-ratio ($t=6.30$) was significant at 0.01 level. The third hypothesis was about significant positive correlation between student with Type A personality and their adjustment. It was not proved as the coefficient of correlation ($r=0.05$) was not significant at 0.05 level. Hypothesis No. 4 stated significant negative correlation between the students with Type C personality and their adjustment and it was not proved as correlation coefficient ($r=-0.202$) was not significant at 0.05 level. Hypothesis No. 5 which was about the comparative analysis of adjustment between male and female students was proved as the t-ratio ($t= 2.06$) was significant at 0.05 level. Hypothesis No. 6 stated that there will be significant gender difference in the level of self-confidence was rejected as t-ratio ($t=0.58$) was not significant at 0.05 level. Suggestions were given regarding building of self-confidence, development of adjustment ability and regarding the present research.

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