

Relationship between Personality Factor and Depression among Youth

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Abstract: *Aim of the present study was to find out the Correlation between Personality Factor and Depression among youth for this proposes 100 youth were selected by purposively. NEO-PI Personality questionnaire and Beck Depression scale was used for data collection and apply descriptive statistic method person correlation method for data analyses. finding suggest that there is positive correlation between neuroticism and depression among male and female also result suggest that female some personality factors positively correlates with depression .result also indicate negative correlation between personality factors and depression among male and female. Present study also focus on gender difference on personality factor and depression, study found that female gat high score compeer then male on five factor of personality. There is no significant difference found between male and female on depression*

Keywords: personality factors and depression

1. Introduction

Big Five has been the most widely researched structural model of personality was developed by McCrae and Costa for explain that in personality research the broad traits such as, Extroversion, Neuroticism, Openness, Agreeableness and Conscientiousness represent the most general dimensions of individual differences in personality. Neuroticism (N) refers to the degree to which a person responds to stress; Extroversion (E) refers to the degree to which a person can tolerate sensory stimulation from people and situations; Openness (O) refers to the degree to which we are open to new experiences; Agreeableness (A) refers to the degree which we relate to others with tolerance and acceptance; and finally, Conscientiousness (C) refers to the degree to which one works towards goals in an industrious, disciplined, and dependable fashion

Depression is a highly prevalent and often long-term mental disorder reducing quality of life and causing increased health care costs, loss of productive working days, and disability. Although the etiology of depression is multifactorial, personality is among the important characteristics that have been hypothesized to predict depression. In addition, personality dysfunction has been associated with poor outcome of depression, increased risk of suicide, and extensive use of treatment. Different personality traits have been associated with depressive disorders, for example, major depressive disorder (MDD)

Recent formulations concerning the gender difference in the prevalence of depression have focused on the potential role of personality factors, or traits, in contributing to the development of this disorder. Specifically, higher levels of neuroticism have been found to be associated both with increased risk of depression (Ormel et al., 2001) and with increased odds of psychiatric co morbidity among individuals with anxiety and depressive disorders (Martin and Jardine, 1986; Tellegen et al., 1988), several investigators have examined whether the genetic link between neuroticism and major depression may differ by

gender (Katz and Mc- Guffin, 1987; Fanous et al., 2002). In general, findings do not support a sex difference in this link. In contrast, higher levels of conscientiousness and extraversion have been found to be associated with reduced risk of depression and other mental disorders (Tellegen et al., 1988).

2. Importance of this Study

The goal of the current study is to examine the relation between gender and personality factors among PG students. For this purpose we examine the role of neuroticism in the association between gender and major depression. Based on previous investigations documenting significantly higher rates of depression among females than males. We also predicted that gender differences in neuroticism would account for a significant proportion of the gender difference in major depression. Different relationships between temperament and character traits and mental health are suggested to exist in PG students. Therefore, more research is needed to improve our understanding of the relationship between youth depression and personality.

3. Methods

Statement of the problem

To study the relationship between Personality Factor and Depression among youth

Objectives

- To measure the personality factors among youth.
- To measure depression level among youth.
- To find out the gender difference between male and female on personality factors and depression.
- To find out the Correlation between Personality Factor and Depression among youth

Hypothesis

- There will be significant difference between genders on personality factors.

Volume 8 Issue 3, March 2019

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- There will be significant difference between genders on depression level.
- There will be significant Correlation between Personality Factor and Depression among youth

Participate

For the present study 100 PG students (50 male and 50) were selected from Dr. Babasaheb Ambedkar Marathwada University, Aurangabad by using purposive sampling method .the age range of present sample was 20-25 years .sample selected from various department of university.

4. Tools and Measure

NEO-PI

Present inventory developed and standardized and developed by Paul T. cost, and Robert R. Mc Crare,. It provides five separate dimensions of personality Neuroticism, Extraversion, Openness to Experience, Agreeableness and Consciousness. The inventory contains 60 statements (items). Each dimension contains 12 items. Each item is provided with five alternatives.

Beck Depression Inventory (BDI)

The Beck Depression Inventory (BDI) was used for screening of depression among the university PG students. Where 21 items and each of items have four alternative answers. When the test is scored, a value of 0 to 3 is assigned for each answer and then the total score is compared to a key to determine the depression's level. Higher score is the indication of severe depression. The standard cut-off scores are as follows: 0–9: indicates Minimal Depression, 10–18: indicates Mild Depression, 19–29: indicates Moderate Depression and 30–63: indicates Severe Depression.

5. Variable

Independent variables

Gender

- A) Male
- B) Female

Dependent variables

a) Personality factors

- Neuroticism
- Extraversion
- Openness to Experience
- Agreeableness
- Consciousness

b) Depression

Research design:-

Correlational research design was used in present study

Procedure of data collection

For the present investigation selected 100 sample among them 50 male and 50 females from Dr. Babasaheb Ambedkar Marathwada University Aurangabad after that personality test NEO-PI and Depression scale was

administrated on sample by given instruction and data was collected.

6. Result and Discussion

Table 1: Mean S.D. and F difference between male and female on personality factors.

Personality factors	Gender	N	Mean	SD	F	Sig.level
Neuroticism	Male	50	19.26	6.03	7.876	0.01
	Female	50	22.98	7.16		
Extraversion	Male	50	26.4	5.90	3.319	0.01
	Female	50	28.60	6.06		
Openness to Experience	Male	50	23.52	7.04	2.142	0.01
	Female	50	25.28	4.75		
Agreeableness	Male	50	25.34	5.93	7.013	0.01
	Female	50	28.26	5.05		
Consciousness	Male	50	26.88	7.09	2.670	0.01
	Female	50	27.93	5.67		

Table no.1 show that female mean 22.98,SD-7.16 which is higher than male mean 19.03 SD-6.03 and F value is 7.87 which indicate significant difference between male and female on neuroticism that's mean female has high neuroticism then male, gender difference also found on extraversion the male mean is 26.4,SD-5.90 which is less than female mean 28.60,SD-6.06 and F value is 3.31 which indicate significant difference between male and female on extraversion that's mean female has high extraversion then male. Openness to Experience is third personality factor which shows difference on gender Male mean on openness is 23.52,SD-7.04 and female mean is 25.28,SD-4.75 and F value is 2.142 which show significant difference between male and female on Openness to Experience its indicate that females are high on openness to experiences then male ,female are also high on agreeableness in present study female mean is 28.26.SD-5.05 which is higher than male mean 25.34,SD-5.93 and F value is 7.013 which show significant difference between male and female on agreeableness its indicate that female has high agreeableness then male. Small difference found on Consciousness between genders male mean is 26.88, SD-7.09 which is less than female mean 27.93, SD-5.67 and F value is 2.67 which show significant difference between male and female on Consciousness. That's why hypothesis no.1 there will be significant difference between genders on personality factors is accepted.

Table 2: Mean S.D. and F difference between male and female on Depression

Gender	N	Mean	SD	F	Sig.level
Male	50	15.62	8.77	.140	NS
Female	50	14.98	8.30		

Table no. 2 shows that there is no significant difference between genders on depression male mean is 15.62 and SD is 8.77 and female mean is 14.98 and SD is 8.30 and F value is .140 which is not significant on 0.05 levels. Many factors may account for this gender difference, including biological influences such as genetics, hormones, adrenal functioning, and neurotransmitter systems, as well as psychosocial variables such as more frequent victimization and trauma in childhood, gender role factors interpersonal orientation such as increased vulnerability to the emotional pain of others, being more prone to rumination, differential attribution

styles, and greater reactivity to stress in terms of biological responses, self-concept, and coping styles. Anxiety disorders are highly coexistent with depression, are more prevalent among females, and also may contribute to the onset, maintenance, and severity of depressive episodes

Table 3: Show correlation between personality factors and Depression among male and female

Factors	Gender	N	r.	Correlation
Depression & Neuroticism	Male	50	.172	Positive
	Female	50	.217	Positive
Depression & Extraversion	Male	50	-.065	Negative
	Female	50	-.162	Negative
Depression & Openness	Male	50	-.149	Negative
	Female	50	.107	Positive
Depression & Agreeableness	Male	50	-.154	Negative
	Female	50	.093	Positive
Depression & Conscientiousness	Male	50	-.182	Negative
	Female	50	-.132	Negative

Table no. 3 show correlation between personality factors and depression among male and female. Positive correlation found between Neuroticism and depression among male and female which male r. is .172 and female r. is .217. Among many personality traits, neuroticism was strongly related to Major Depression in terms of lifetime prevalence and severity (Duggan, Lee, & Murray, 1990; Scott, Eccleston, & Boys, 1992). also female positive correlation found between depression and openness is $r=.107$ and on depression and Agreeableness $r=.093$. Negative correlation was found between depression and extraversion among male and female which r. is $-.065$. The severity of Generalized Anxiety Disorder was positively associated with the traits of anxiety and neuroticism and was negatively associated with extroversion (Gomez & Francis, 2003). and Negative correlation between depression and two factors of personality openness and Agreeableness among male. Negative correlation was found between depression and Conscientiousness among male and female.

7. Conclusion

Present study focus on relationship between personality factor and depression among youth. finding suggest that there is positive correlation between neuroticism and depression among male and female also result suggest that female some personality factors positively correlates with depression. result also indicate negative correlation between personality factors and depression among male and female. present study also focus on gender difference on personality factor and depression, study found that female get high score compare then male on five factor of personality. There is no significant difference found between male and female on depression.

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