

Research Article

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To Study the Personality Traits and Adjustment among Joint Family and Nuclear Family Women

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ABSTRACT

In the present study researcher study the personality traits and adjustment among joint family and nuclear family women. Researcher stated the objective that to study the personality and adjustment traits of joint family women and nuclear family women. To study the personality and adjustment traits of joint family women and nuclear family women. To compare personality traits of joint family women and nuclear family women.

After collecting the data researcher use the mean, SD and t test for data analysis. Researcher found that there is a significant difference in psychotics" traits of personality among joint family women and nuclear family women. There is significance difference on neuroticism among joint family women and nuclear family women. There is a significant difference in extraversion for traits of personality among joint family women and nuclear family women. There is a significant difference in adjustment among joint family women and nuclear family women.

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Introduction

Personality is a derived from Latin word person meaning mask in psychology personality describes the character of emotion though and behavior patterns unique to a person. McCrae and Costa developed the big five factor of personality know as OCEAN of the personality namely openness, Conscientiousness, Extraversion Agreeableness, and Neuroticism. Openness is labeled as the tendency to be outgoing. Assertiveness active and excitement seeking. Agreeableness consists of tendency to be a nice gentle and tendency to be moody, anxious, fearful and depressed.

Definition

Personality is the unique combination of pattern that influence behavior though, motivation and emotion in a human being. Personality is that pattern of characteristic thought, feeling and behavior that distinguishes one person from another and that persists over time and situations.

GW Allport (1937)

"Personality is dynamic and organized set of characteristics possessed by a person that uniquely their environment, cognitions, emotion, motivations and behavior science in various situations Personality is the dynamic organization within the individual of this psychological system that determines this unique adjustment to this environment.

Eysenck (1970)

"Personality is a relatively stability origination of person

motivational disposition, from interaction between biological drives and social and physical environment. "Although no definition is acceptable to all personality theorists, we can say personality is a pattern of relatively permanents traits and unique characteristic that give both consistency and individuality to a person's behavior.

Funder DC (1997)

"Personality refers to individual characteristics pattern though, emotion, and behavior together with the psychological mechanisms hidden or not behind those patterns. This definition means that among their colleagues in other subfields of psychology, those psychologists who study personality have a unique mandate to explain whole person.

Israeli and Mayer

"Personality is the unique way in which each individual thinks, acts and feel throughout life. Mann Personality may be defined as the most characteristics integration of individual structures, model of behavior, interest, attitudes, capacities, abilities, and aptitudes.

Murray (1951)

"Personality may be biologically defined as the governing organ or super ordinate institution of the body as such it is located in brain no personality."

Murray (1953)

"Personality is the continuity of functional forms and force manifested through sequence of organized regnant processes and over behavior forms birth to death." Characteristics of personality

We have seen how personality has been variously defined by psychologist though there is difference in views, but even then, all psychologists agree on certain common characteristics. Our understanding of the nature of the personality will be clear if we go through there are differences in views, but even all psychologists agree on certain common characteristics. Our understanding of the nature of personality will be going through the character of personality. These are:

- **Unique-** Each individual personality is unique and specific. No two persons, not even identical twins have same qualities and attributes.
- **Organization** – personality is not just one or more aspect of behavior, but it is one's total integrated behavior, women into a whole. The greater the degree of organization, the healthier and person is.
- **Consistency or stability** – Consistency or stability is one of the characteristics of personality. A person is recognizable from situation by the consistent characteristic that is reflected in his behavior.
- **Dynamic** – Although the personality of an individual remains storable to a large extent, it can't be always dynamic and continuously in the process of change and modification. Think about your own personality – what type of person you are at the present moment what you were while studying in school.
- **Self-consciousness** – personality exhibits self-consciousness and it is the proud procession of human being. Man is described as having personality when the idea of self enters into his consciousness. A dog or a cow no personality of its own because neither of the two possesses self-consciousness.

Psychological systems – Personality is neither exclusively physical nor exclusively, nor it is the product of acquired behavior or learning exclusively. Organization of personality entails the functioning of heredity endowments and the acquired life experience of the individual.

Social – personality is completely social. Personality has existence only in relation to the external world. As individual relation with his environment, his feeling, attitudes, are basic to the idea of personality. As integrated personality is one which makes harmonies adjustment to environment, particularly the social environment.

Concept of Adjustment

The concept of adjustment was originally a biological one and was a corner stone in Darwin's theory of evolution (1859). In Biology the term usually employed was adaptation, meaning maintained that only those organisms most fitted to adapt to the hazards of the physical world survive. Biologists have continued to be concerned the problem of physical adaptations and many human illnesses are based on the process of adaptation to the stress of life.

Definitions of Adjustment

"Adjustment can be defined as a satisfactory relationship of an organism to its environment". According to him environment consists of all surrounding Influences or forces which may influence the organism in its efforts towards maintenance. Thus, it is a process through which an organism moulds itself in response to conditions it faces. Traxler "The most desirable state of adjustment is one in which the individual is perfectly happy into satisfied with all aspects of life McKinnies "Adjustment is in essence the building up of attitudes or the changing of the environment so as to meet the thwarted or unsatisfied motives"

Shaffer: "Adjustment Is the relationship which becomes established among biological heritage or organism, the environment and personality", Skinner: "Adjustment involves the organization of personality. This organization leads to the ability that is an active adjustment of individual to his social and physical environment". Smith; "A good adjustment is one which is both realistic and satisfying. At least in the long run, it reduces to the minimum the frustrations, the tensions, and anxieties which person must endure. It provides an evenness of satisfaction of the whole person, rather than the satisfaction of the one intense drive at the expense of others",

Munn: "Adjustment is accommodating or fitting oneself to circumstances, as when we say that a student is adjusted to gets along well, with the group in which he finds himself Arkoff" Adjustment can be defined as a person's interaction with his environment. Interaction means mutual bearing or influence. Environment refers to everything external to the person with whom he is in some relation" Samuel Ashcroft "Adjustment is a continuous process of maintaining harmony among the attributes of the individual and the environmental conditions which surround him. It involves the full utilization of potential for a personally and socially satisfactory life", Dewey and Humber? "If a person's experiences have so shaped his personality that he is well prepared to play roles which are expected of the status assigned to him within a given environment. If his basic needs are met by playing such roles then he is well adjusted. On the other hand. If experience has not prepared him to play the roles of his assigned status or if the environment is such that he is denied the normal status for which his experience prepared him and his fundamental needs are not met and then he is maladjusted".

Klin: "Mental health or adjustment is seen as a condition where there is a fairly harmonious and consistent pattern of motivation with a minimum of friction between noble and ignoble impulses, between momentary desires and long-range purposes and between personal ideals and the facts of accomplishment.

From the series of definitions quoted above the following observations can be made about the concept of adjustment:

1. The above definitions are complementary to each other rather than contradictory,
2. Adjustment is defined in two ways,
 - Adjustment by some is considered as a process,
 - Adjustment by some is considered as a level which person has attained (a product)
 - Adjustment is both individual and social.

The individual aspect tells how an individual is free from internal conflicts and tensions or inconsistencies and how he is skillful to adapt to new situations. The social aspect reveals show an individual has established a satisfactory relationship between himself and his environment, between his needs and desires and those of other people.

Process of Adjustment It is said above that adjustment can be considered as approaches. The process of adjustment if analysed consists of the following components:

- **A Motivating Condition:** A need or motive in the form of strong persistent stimulus. For example: a bodily need, a wish, an anticipatory goal.
- **An environment or mental condition that thwarts or conflicts with the motive resulting into a state of tension.** For example:

absence of food, fear physical defect. 3. Trial and error behavior.

- **For Example:** the individual reacts positively or negatively to a number of stimuli; reaches, withdraws, slows overaggressive behavior.
- The discovery of stimuli which bring out a response that satisfies the motivating condition
- For Example: eating, removal of feared object, success.
- Emotional maladjustment due to; failure to find stimuli, to satisfy motivating situations
- **For Example:** continued hunger, continued fear, persistent worry over physical condition Satisfaction of motivating condition by responses that conflict with other motivating conditions. For example: eating too rapidly and becoming ill, removing object which is feared but also cherished, overaggressive behavior which results in unpopularity.
- **For Example:** Ile adjustment to emotional disequilibrium through understanding of the problem (as analyzed In this outline) in order to learn new responses or to find a new environment.
- **For Example:** to learn how or where to obtain food, to become accustomed to the feared object or to move away from it to find success in a field that does not require physical perfection, or to have the defect remedied. Statement of the problem:

To study of personality trait and adjustment among joint family women and nuclear family women.

Purpose of the Study

To examine the significance difference between joint family women and nuclear family women on personality traits and adjustment.

Objectives

- To study the personality and adjustment traits of joint family women and nuclear family women.
- To study the personality and adjustment traits nuclear family women.
- To compare personality traits of joint family women and nuclear family women.

Review of Literature

Krantz and Ostergreuv conducted among Swedish women ascertains that heavy domestic responsibility and or a job strain situation are factors that seem to contribute a high level common physical and mental symptoms among salaried women of 30-50 years of age. Double exposure is rated as a high-risk factor because of synergy.

Noor in a longitudinal survey of two groups of women differing in occupational status examined the cumulative continuation of the work and family role experiences to wellbeing. It is reported that work overload significantly predict distress at times. But none of the family role variables relate to well-being. It is also noted that high occupational status tempers the negative effects of work overload.

Misra and Bajpai report on the spillover effects of inter role conflict experienced by women on their marital relations and interpersonal communication. Result suggests that conflict between multiple roles has spillover effect penetrating into their marital life. But the extent varied with the area of marital relatives. Though not conclusive the findings of a few studies reveal that along with hardships and troubles, involvement in multiple roles offers certain beneficial effects also.

Wurf reports that multiple role performance provides cognitive cushioning in the face of stress and expands potential sources of self-esteem, control and social support. These benefits enhance both mental and physical health. Some women with multiple role

identities have reported superior health. whereas a few appear to have a more autonomous sense of self as result of working.

Hypothesis

- There would be difference in personality traits among nuclear family women and joint family women.
- There would be difference in psychotics for traits of personality among joint family women and nuclear family women
- There would be different in neuroticism for traits of personality among joint family women and nuclear family women
- There would be difference in extraversion for traits of personality among joint family women and nuclear family women
- There would be difference in adjustment among joint family women and nuclear family women

Research Methodology

This part of research giving us the idea about the hypothesis and types of variables the sample that were used and the way in which the data has been analyzed and of the used in the study.

Sample

The present study was conducted on Joint family women and Joint family women between the ages 25 to 30 year of Nashik Region. For this study total sample consist 60 women among them 30 from Joint family and 30 from Joint family women

Tools

Eysenck Personality Inventory (EPQ)

The Eysenck personality inventory (EPQ) was administered on the sample. The present personality inventory has been prepared by Hans. J Eysenck. Eysenck personality inventory aim was to measure the personality inventory in 1985. This personality inventory includes 4 dimensions.

The Bells Adaptation Bells Adjustment Inventory

The Indian adaptation bells adjustment inventory was administered on the sample. The present study adjustment inventory has been prepared by bell. Bells adjustment inventory was developed in 1985. Its aim to measure person's adjustment in different areas. This adjustment inventory includes 4 dimensions.

Reliability

Reliability of the present inventory was calculated by both test-retest method and odd even method average – 150 with on interval of one month's equal no.

Procedure of Data Collection

The data was collected from 60 women (30 joint family women and 30nuclear family women.) in Lasallian. For data collection used purposive data collection method.

Statistical Analysis

SPSS 20.0 software was used in order to carry out a set mean, standard deviation, t test used to test the hypothesis.

Result and Discussion

The study was to measure the Adjustment and personality among Joint family women's and nuclear family women. The „t“ test

statistic was applied to check the difference in adjustment and personality traits of psychoticism, neuroticism and extraversion among Joint family women’s and nuclear family women.

Following table show the Joint family women and nuclear family women different values the trait of psychoticism.

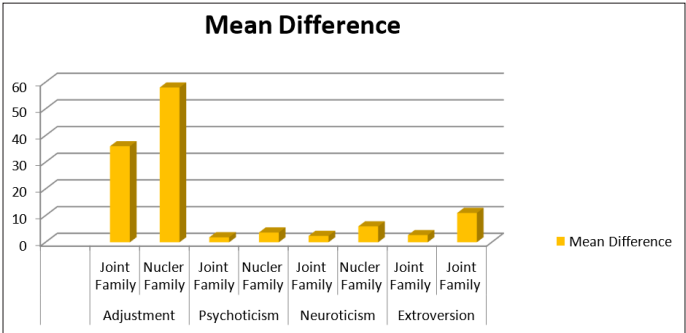


Table No 1

Variable	Group	M	SD	T-test for equality of means		Significance
				t	df	
Adjustment	Group I	36	11.31	3.17	58	0.01**
	Group II	58	17.67	3.17		

The table IV-2 shows adjustment between Joint family women’s and nuclear family women. The mean of adjustment in Joint family women’s was 36 with standard deviation 11.31 and the mean of nuclear family women was 58 and standard deviation were 17.67 and the table showed that the mean of adjustment in Joint family women’s is higher than non-Joint family women. The t- test value is 3.17 with a df of 58 is significant at 0.01 level of significance. It shows the significant difference between the Joint family women’s and nuclear family women.

Table No.2

Variable	Group	M	SD	T-test for equality of means		Significance
				t	df	
Psychoticism	Group I	1.88	2.75	2.75	58	0.01**
	Group II	3.68	2.29			

The table IV- 2 shows psychoticism between Joint family women’s and nuclear family women. The mean of personality in Joint family women’s was 1.88 with standard deviation 2.75 and the mean of nuclear family women was 3.68 and standard deviation 2.29 and the table showed that the mean of personality in Joint family women is higher than non-Joint family women. The t-test value is 2.75 with a df of 58 is significant at 0.01 level of significance. It shows the significant difference in psychoticism between the Joint family women’s and nuclear family women.

Table No 3

Variable	Group	M	SD	T-test for equality of means		Significance
				t	df	
Psychoticism	Group I	2.41	3.51	05.58	58	0.01**
	Group II	05.96	2.84			

The table VI-2 shows neuroticism between Joint family women’s and nuclear family women. The mean of personality in Joint family women was 2.41 with standard deviation 3.51 and the mean of non-Joint family women was 11.96 and standard deviation 2.84 and the table showed that the mean of personality in Joint family women’s is higher than non-Joint family women. He t-test value is 11.58 with a df of 58 is significant at 0.01 level if significance. It shows the significant difference neuroticism between the Joint family women’s and nuclear family women.

Table No 4

Variable	Group	M	SD	T-test for equality of means		Significance
				t	df	
Psychoticism	Group I	2.69	5.52	6.74	58	0.01**
	Group II	11	3.88			

The table IV-2 shows extroversion between Joint family women’s and nuclear family women. The mean of personality in Joint family women’s was 2.69 with standard deviation 5.52 and the mean of nuclear family women was 11 and standard deviation 3.88 and the table showed that the mean of extroversion in Joint family women’s is higher than non-Joint family women. The t- test value is 6.74 with a df of 58 significant at 0.01 level of significance. It shows the significant difference in extroversion between the Joint family women’s and nuclear family women.

Discussion

The present study was to study the mental health and personality traits of joint family women’s and nuclear family women’s. In measure of personality triads Eysenck personality questionnaire (revised EPQ) was used. This test includes 90 items from different as a psychoticism, neuroticism, extraversion and lie scale.

With reference to this title the first chapter entitle introduction. This parts includes many psychologist definitions, perspectives, theories And nature of personality approaches and many other. Introduction consisted the main concept, rational, significance. The second chapter regarding the review of literature in this chapter researcher included various study on personality of joint family women’s and nuclear family women’s some study are not completely but partly related.

A longitudinal study by cherry and Kiernan (1976) in young adults (aged 18 to 22 year) reported similar findings; i.e. joint family women’s tended to be more neurotic and more extraverted than nuclear family women’s.

The directional hypothesis was used in this study state that there is a different in psychoticism of personality traits among joint family women’s and nuclear family women’s, it’s proved or accepted. This hypothesis significance at 0.01 levels. And non-joint family women’s score low than joint family women’s.

The second hypothesis was there is a different in neuroticism of personality traits among joint family women’s and nuclear family women’s. These were proved at 0.01 levels. That mean nuclear family women’s neuroticism score is high than joint family women’s.

Third hypothesis was there is a difference in extraversion of personality traits among joint family women’s and nuclear family

women's. It was proved at 0.01 levels. That mean joint family women's was high score in extraversion than the nuclear family women's but more researcher said in extraversion than the nuclear family women's but more (Extraversion, and Neuroticism) because joint family women's inhibits monoamine oxidase which breaks down the neurotransmitters involved in mood regulation (Fowler et al. 1996). The research concluded that there is a significant different in joint family women's and nuclear family women's for personality traits and psychoticism, neuroticism and extraversion.

Conclusions

- There is a significant difference in personality traits among nuclear family women and joint family women.
- There is a significant difference in psychotics for traits of personality among joint family women and nuclear family women
- There is significance different in neuroticism for traits of personality among joint family women and nuclear family women
- There is a significant difference in extraversion for traits of personality among joint family women and nuclear family women
- There is a significant difference in adjustment among joint family women and nuclear family women

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