

Effect of Personality Traits on old Age Adjustment

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The present study aims to know the effect of personality traits on old age adjustment. An incidental- cum-purposive sampling technique was employed on 80 old age respondents taken from Patna. For this purpose differential personality scale prepared by Singh and Singh was used for measuring ego strength and self concept of the respondent and old aged adjustment inventory by Shamshad jashbir was used to measure old age adjustment of the respondents. The obtained data were analysed using t-test. The results confirmed the hypothesis. It was found that high level of ego strength and self concept of old age respondents are more adjusted than comparison to low level of ego strength and low self concept of old age respondent.

Personality refers to the pattern of thoughts, feeling, social adjustment and behavior consistently exhibited over time that strongly influences one's expectation, self-perceptions, values, and attitudes. It also predicts human reactions to other people, problem and stress. According to Allport (1937), personality is the dynamic organization with in the individual of those psychological systems that determine his unique adjustment to his environment.

The term 'personality trait' refers to enduring personal characteristics that are revealed in a particular pattern of behavior in a variety of situations. The personality traits under reference are ego strength and self-concept which significantly influence the adjustment of old aged people. The term of ego strength to the strength of the ego in terms of its share of available psychic energy. Ego strength is a much used and useful term, though the concept is not easy to define. According to Wolberg (1977, p.4) "..... it connotes the positive personality assets that will enable the individual to overcome his anxieties, to yield secondary gains of his illness, and to acquire new, more adequate defenses." Ego-strength is also the patient's capacity to hold on to his own identity despite psychic pain, distress, turmoil and conflict between opposing internal forces as well as the demands of reality. (Brown,

et. al. 1979, p. 184). Conversely, each successful challenge or confrontation of a transference reaction increases the ego strength.

The term self concept is a general term used to refer to how someone thinks about, evaluates or perceives themselves to be aware of oneself is to have concept of oneself. Old age consists of ages nearing or surpassing the life expectancy of human beings and thus the end of the human life cycle. Old age also called senescence in human being the final stage of the normal life span. The term old age was defined as the aging process which is characterized by some degree of degeneration and deterioration of the brain tissue, which of course varies from person to person in terms of degree. Characteristics of their patterns of thought and behavior that show the deterioration, although not universally are observed in the aged (Reber, Allen and Reber, 2009).

Chaudhary, D. (2008) attempted to examine the effect of ego strength and self-concept as antecedents of depression. He concluded that weak ego and poor self-conception are conducive to depression

Purpose :

The purpose of the present study was to investigate the effect of ego-strength and self-concept on old age adjustment.

Hypothesis :

- Two hypotheses were formulated for empirical verification
- 1.) The adjustment of group of old aged people having high ego-strength would be significantly better than group of old people having low ego-strength .
 - 2.) There would be significant difference between high and low self-concept group of old aged people in terms of adjustment.

Method :

1.) Sample :

An incidental-cum purposive sampling was employed on 80 old age of respondents taken from Patna. The age of subjects ranged between 60 to 70 years.

2) Tools:

- (1) Differential personality scale prepared by Singh and Singh was used for measuring ego strength and self concept of old age respondents.
- (2) Old aged adjustment inventory by Shamshad and Jashbir was used for measuring old age adjustment of the respondents

Group	N	Mean	SD	t-value	Df	P Value
High ego strength	45	91.06	5.84	6.98	78	<.01
Low ego-strength	35	82.41	5.24			

3) Procedure:

After establishing rapport with the old age respondents, all two tests were administered and data were obtained according to the manual the treatment of the data was using t-test.

Results and Discussion :

It is obvious from the results presented in table -1 that mean of respondents of high ego- strength is 91.06 and the mean of respondents of low ego strength is 82.41 on the measure of old aged adjustment. The mean difference is significant as the t-ratio is (t-6.98) significant beyond .01 level of significance. Thus, the first hypothesis is confirmed through the results by showing high and low ego- strength group of old aged people differed significantly in terms of adjustment. The results of this study show that old aged respondent having higher ego strength have better adjustment capability than those having lower ego strength.

Table -2

T-ratio showing the effect of self-concept on adjustment of old aged respondents.

Group	N	Mean	SD	T-value	df	p-value
High self-concept	45	89.62	5.62	5.53	78	<.01
Low self -concept	35	82.76	5.38			

It is obvious from the results presented in table-2 that mean of respondents of high self-concept is 89.62 and the mean of respondents of low self -concept is 82.76 on the measure of old aged adjustment. The mean difference is significant as the t-ratio is (t-5.53) significant beyond .01 level of significance. Thus, the second hypothesis is confirmed through the results by showing high and low self- -concept

group of old aged people differed significantly in terms of adjustment. The results of this study show that old aged respondent having higher self- concept have better adjustment capability than those having lower self- concept.

Conclusion :

It is concluded that the adjustment of those people having high level of ego- strength is higher than their counterparts. It is also found that self concept plays an important role in adjustment of old aged people it refers that self concept and ego strength are positive correlated with adjustment.

References :

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