



Personality Traits and Adjustment of Adolescents with and without Disability: A Comparative Study

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ABSTRACT

Adolescence is a time of enormous flux and development, with changes occurring in almost every domain of a young person's life; from the physical, to the psychological, the interpersonal and the socio cultural (Davey, Yucel & Allen, 2008). Personality development and Adjustment are part of psychological development. Personality is the sum total of everything that constitutes a person's mental make-up. Adjustment on the other hand involves health, home, and school, social and personal life. However adolescents with and without disabilities are repeatedly studied to understand the many facts of one's behavior which synthesize equilibrium among themselves thus making adjustment a reality. Personality and adjustment are related to each other, and any marked specific disabilities are likely to have an effect on personality. The main of the study is to compare the personality traits and adjustment of adolescents with and without disability. A total of 60 adolescents were taken for the study. Bells adjustment inventory and Neo five factor inventories were used in this study. Result and discussion are discussed in this paper.

KEYWORDS : Personality traits, Adjustment, Adolescents, Disability

Background of the paper

The physique of a person often determines how he is expected to behave in the society and what he will be permitted to do. Normal variations in physique and physical disabilities could be the source of psychological disturbances of children and adults. In the development of personality, body image plays an important role. When unexpected illness or accident occurs, the body image has to undergo a change or modification. The disabled person invariably faces anxiety and frustration. Many research has proved that disabled person are likely to face a maladaptive personality pattern and adjustment problems. Adjustment is the psychological process of adapting to coping with and managing the problems, challenges and demands of life. The process by which a living organism acquires a particular way or behaving or changes an existing form of behavior or action is called adjustments. The basic adjustment problems of the handicapped are not necessarily different from the non-handicapped of comparable chronological or mental age. However the disability imposes an extra burden upon the person which consistently renders him more vulnerable to adjustments problem. Thus this study is compare the personality traits and adjustment of adolescents with and without disability.

Methodology

The main aim of this study is to compare the personality traits and adjustments of physically disabled and non-disabled adolescents.

The hypotheses of the study are

- (1) There is no significant difference in the personality traits of physically disabled and non-disabled adolescents.
- (2) There is no significant difference in the level of adjustments of physically disabled and non-disabled adolescents.
- (3) There is no significant relationship between personality trait and adjustments of the physically disabled and non-disabled adolescent.

Sample

A total of 60 adolescents between the age group of 15 – 18 years were taken for the study. 30 adolescents (15 boys and 15 girls) with physical disability (locomotors) and 30 (15 boys and 15 girls) non-disabled adolescents were included in the study.

Tools of Data collection

Bells adjustment inventory

The present adjustment inventory was prepared by RK Ojha in 1968

which is based on Bells Adjustment Inventory (student form). It is successful in administering with the students of high school, colleges and also suitable for use with both sexes. This inventory includes four parts: - Home, Health, Social, and Emotional. Each part has 35 Statements which are in Yes or No questions

Neo Five Factor Inventory

The test was constructed by Costa and McCrae. It was first published in 1985. The questionnaire is of a self-rating type and can be administered in a group with five points to rate namely Strongly Agree, Agree, Neutral, Disagree and Strongly Disagree. The NEO-FFI is a sixty item version of From-S of NEO-PIR that provides a brief comprehensive measure of the five domains of personality i.e. Conscientiousness, Agreeableness, Neuroticism, Extroversion and Openness.

Result and Discussion

Adjustment and physical condition

Physical Condition	N	Mean	Sd	Df	T-Value
Disabled	30	43.96	14.7	58	7.2***
Non - Disabled	30	30.8	7.21		

*** Significant at .001 level

The above table displays of the mean score, sd and t-value of adjustment of the disabled and non disabled. Disabled has got greater mean score (43.96) which indicates low level of adjustment compared to non disabled (30.8). The sd score shows the dispersion of scores from the mean. There is a greater dispersion of the scores from the mean among disabled (14.7) than among non disabled (7.21). t-test was done to find the significance of the mean difference between disabled and non disabled. The t-value (7.2) shows that mean difference is significant at .001 level. As the mean score of the non disabled is significantly greater than that of disabled so the null hypothesis is rejected.

Neuroticism and Physical Condition

Physical Condition	N	Mean	SD	Df	T-Value
Disabled	30	22.9	4.07	58	0.09ns
Non-Disabled	30	25.26	6.39		

The above table represents the neuroticism scores of the disabled and the non disabled. the mean score of the nondisabled for neuroticism (25.26) is greater than of the disabled (22.9). non disabled has a greater SD score (6.39) than the disabled (4.07). the t-value (0.09) indicates that the difference in the mean of neuroticism between disabled and non disabled is insignificant. so the null hypothesis that there is no difference

Extroversion and Physical Condition

Physical Condition	N	Mean	Standard Deviation	Df	T-Value
Disabled	30	22.9	4.07	58	0.09 Ns
Non-Disabled	30	25.26	6.39		

The above table highlights the extroversion score of the disabled and non disabled. the mean score of extroversion for the non disabled (25.26) is greater than the disabled (22.9). this indicates that non disabled are more extrovert than the disabled. the sd score of the disabled (4.07) is lower than the nondisabled (6.39). the t-value (0.09) shows that the mean difference of the extroversion scores between disabled and non disabled is insignificant. so the null hypothesis that there is no significant differences between extroversion and physical condition is accepted

Openness and Physical Condition

Physical Condition	N	Mean	SD	Df	T Value
Disabled	30	23.83	4.63	58	0.004ns
Non-Disabled	30	27.9	6.00		

The table displays the mean score, SD score and the t-value of the openness trait of the disabled and non disabled. mean score of the nondisabled (27.9) is higher than that of disabled (23.83) showing that the formal group has got more openness trait than the later. The dispersion of the scores from the mean of the disabled (SD=4.63) is lesser than that of non disabled (SD=6.00) t test was done to see the main difference is statistically significant or not. t value (0.004) shows that the mean differences insignificant and the null hypothesis that there is no significant difference between the openness trait and the physical condition is accepted.

Agreeableness and Physical Condition

Physical Condition	N	Mean	Sd	Df	T Value
Disabled	30	25.2	5.30	58	.002 Ns
Non-Disabled	30	30.2	7.41		

The above table displays the agreeableness and physical condition of disabled and non disabled. Mean score of the non disabled (30.2) is higher than that of the disabled (25.2). so the agreeableness is more for the non disabled than the disabled. The SD score of the disabled is 5.30 and the non disabled is 7.41. The t-value of the agreeableness score of two groups is .002 which is insignificant. so the null hypothesis that there is no differences between the agreeableness and physical condition is accepted.

Conscientiousness and Psychical Condition

Physical Condition	N	Mean	SD	Df	T-Value
Disabled	30	23.86	6.38	58	.005ns
Non-Disabled	30	28.86	7.07		

The above table shows the conscientiousness score of disabled and non disabled adolescents. non disabled has got higher mean score (28.86). the SD score which indicates the dispersion of scores from the mean is higher for non disabled (7.07). in order to see if the mean difference is significant or not t-value was found out. t-value shows that mean difference is not significant, so the null hypothesis that there is no differences between conscientiousness trait and physical condition is accepted.

Correlation between Adjustment and Personality Traits of Disabled

Variable	Neuroticism	Extroversion	Openness	Agreeableness	Conscientiousness
Adjustment	0.27ns	-0.19ns	0.08ns	0.03ns	-0.26ns

The above table shows that the correlation that the correlation coefficient between adjustment and neuroticism, extroversion, openness, agreeableness and conscientiousness scores of the disabled are 0.27, -0.19, 0.08, 0.03 and -0.26 respectively. All the correlation coefficients are found to be statistically not significant. so the hypothesis that there is no significant differences between adjustment and personality trait of physically disabled is accepted.

Correlation between Adjustment and Personality Trait of Non-Disabled

Variable	Neuroticism	Extroversion	Openness	Agreeableness	Conscientiousness
Adjustment	0.18ns	-0.04ns	0.06ns	0.017ns	-0.12ns

The table 4.22 shows the correlation between adjustment and personality traits such as neuroticism, extroversion, openness, agreeableness and conscientiousness score. the correlation coefficient between neuroticism and adjustment is 0.18, extroversion and adjustment is -0.04, openness and adjustment is 0.06, agreeableness and adjustment is 0.017, conscientiousness and adjustment is -0.12. the correlation between the adjustment and the personality trait score of the nondisabled are found to be insignificant. so the null hypothesis is accepted as there is no significant relationship between the adjustment and personality traits

CORRELATION BETWEEN ADJUSTMENT AND PERSONALITY TRAIT OF THE WHOLE SAMPLE

Variable	Neuroticism	Extroversion	Openness	Agreeableness	Conscientiousness
Adjustment	0.06ns	-0.24ns	-0.12ns	-0.17ns	-0.33ns

The table 4.23 shows the correlation of adjustment scores with neuroticism, extroversion, openness, agreeableness, and conscientiousness of the whole sample. correlation of neuroticism and adjustment of the whole sample is 0.06 which is insignificant. extroversion and adjustment (-0.24) is also insignificant. the agreeableness and adjustment score is (-0.17) which is also insignificant. The correlation score of conscientiousness trait and adjustment of the whole sample is -0.33 which is found to be significant at .01 level. There is a negative correlation exists between the variables which indicates that if one variable score increases another variable decreases and visa versa. as one correlation was found to be significant that there is no significant relationship between adjustment and personality trait is partially rejected.

Major Findings

Major findings of the study are given below

- There is no significant difference in the level of adjustment be-

- tween disabled and non-disabled is rejected
- There is no significant difference between disabled and non-disabled in neuroticism traits is accepted
- There is no significant difference between disabled and non-disabled in extroversion is accepted
- There is no significant difference between disabled and non-disabled in openness trait .hence the null hypothesis is accepted
- There is no significant difference between the disabled and non-disabled traits in the agreeableness trait is accepted.

Conclusion

Personality is a dynamic organization with in the individual of those psychophysical systems that determines his unique adjustment to his environment. Certain personality characteristics lead to poor adjustment .This research was aimed to study the adjustment and its relationship with personality traits of disabled and non-disabled adolescents.

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