



## Evaluation of Levels of Neuroticism Among The Students of Saveetha Dental College - A Questionnaire Based Study

### KEYWORDS

Neurosis, feeling, depression.

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### ABSTRACT

**Aim :** To measure the level of neuroticism among the students of Saveetha dental college.

**Objective :** Although several neurological problems in our society, measuring neuroticism level of students is necessary.

**Background :** Neurosis is the central problem in the society. Some degree of neurosis exist throughout the entire population affecting real life adjustments and effectiveness. Measurement is now recognized as preconditioned dealing with neurosis socially or individually. It is commonly necessary to evaluate the extent of neurotic problems in the group of students before effective action can be taken.

**Reason :** Neuroticism is common among students like us, so this study may be helpful to overcome this problem.

### 1.Introduction :

According to Carl Gustav, neurosis is the result of a conflict between two psychic contents a conscious and a unconscious content. Neuroticism is the state of being neurotic. It is a long term tendency in a negative emotional state. People with neuroticism tends to have more depressed moods - they suffer from feeling of guilt, envy, anger and anxiety, more frequently and more severely than other individuals. Neurotic individual is typically self conscious and shy. There is a tendency to internalize phobias and other neuroses such as pain disorder, aggression, negativity, and depression[12]. But the problem is even more severe when we realize that neurosis can not be regarded as confined to the therapist's couch. Some degree of neurosis exist throughout the population affecting daily life activities. Therefore it is not the exclusive province of the clinician but has to be considered by any practitioners concerned with selection and success in school, occupation, marriage etc.. It may be dramatically relevant for only about five percent of the population but it has some real relevance to the degree of adjustment for the other ninety five percent as well[11].

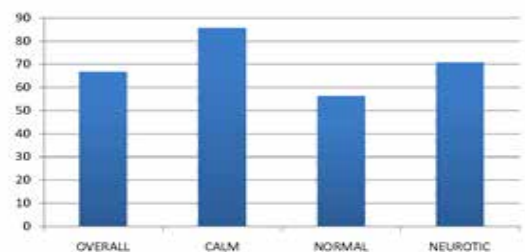
### 2.Materials and methods :

A questionnaire consisting of 36 questions which measures neurotic scale of the individuals were prepared. It was distributed to randomly chosen 51 girls who were studying in Saveetha dental college as female are more tend to be neurotic than males. The participants were asked to seated comfortably and the questionnaire was given to them. Then the following instructions were given. Answering these questions accurately requires honest reflection on how you really think, feel, and act in general and maybe taking the test on more than one occasion. Some of the questions on this test measure personality traits differently than you might guess so trying to answer the test in a way you think would be ideal is just going to screw up your results, so just focus on being honest if you want the most accurate results. The responses were scored and the results were tabulated.

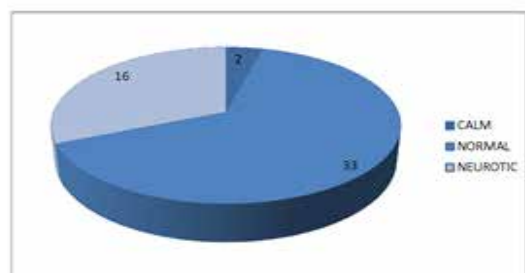
### 3.Results :

	Overall	Calm (85 - 108)	Normal (61 - 84)	Neurotic (36 - 60)
Average score	66.8	85.5	70.7	56.2
No. of subjects	51	2	33	16
High score	86	86	84	60
Low score	43	85	61	43

AVERAGE VALUES OF EACH CATEGORY



NUMBER OF SUBJECTS IN EACH CATEGORY



**4. Discussion :**

In the results, individual's characters are divided into three categories based upon their neurotic score as calm, normal and neurotic. In overall dimension the average value is found to be 66.7 which falls under normal category. The average value of the persons who falls under the normal category is 70.7. Whereas the average value of persons who falls under calm category is 85.5 and the value of the persons who falls under the neurotic category is 56.25. From the chart it is clear that the number of neurotic persons is 16 which is more than the number of calm persons. While the number of normal persons is quite high which is 33. From the results it is clear that the high and low score of the persons in calm category are 86 and 85 respectively. They are the scores of calm person which are little bit higher than the scores of normal category. Similarly, the high and low limits of the persons in normal category ranges from 61 - 84. There is high chance of either becoming calm or neurotic person depending upon their nature and surroundings. In the same way the high and low score of neurotic persons are 60 and 43 respectively. The person with high score has a chance of becoming normal by controlling their emotions.

**5. Conclusion :**

The subjects falls under calm category tend to be outgoing, enjoy social gatherings rather than being lonely, energetic, talkative, enjoy meeting new people, being ease around others, having no trouble in approaching people and make friends easily. While the subjects falls under neurotic category are opposite to calm persons having tendencies like feeling nervous, lonely, tense, extremely sad for no reason, frequently worry and feel frustrated, fear for the worst, being quiet, suffers from anxiety, hypersensitive, hesitancy in approaching people. From the results, about 31% of girls are neurotic in nature and only 4% are calm. Neurotic individuals can undergo counseling for improvement. Hence from this research it is clear that individuals differs in levels of neuroticism.

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