

## Personality Traits Among Alcoholics and Non-Alcoholics of Jaipur, Rajasthan



### Psychology

**KEYWORDS:** Alcoholic, Personality dimension, DPI

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### ABSTRACT

*The present investigation was undertaken to make a comparative study of Personality Traits among Alcoholics and Non-Alcoholics of Jaipur city. The total sample of study was 50 out of which 25 Alcoholic were of Gautam Hospital & De-addiction center and Nashamukti Kender, Jaipur and 25 Non Alcoholic from the Jaipur society. Descriptive survey method was employed to collect data with the help of DPI. The six very important personality dimensions were selected for the study and measured by Dimensional Personality Inventory (DPI) developed by Mahesh Bhargawa, six dimensions of the personality as Activity and Passivity, Enthusiastic and Non-enthusiastic, Assertiveness and Submissive, Suspicious and Trusting, Depressive and Non-depressive & Emotional Stability and Emotional Instability. For the data analysis t-test statistical technique was used. The study revealed that there are significant difference in dimensions of personality in alcoholics and their counterparts.*

### INTRODUCTION

Today alcoholism is the devastating addiction amongst all genders, and ages in the world it has become a universal addiction. Currently, alcohol is seen as a burning issue in our society. As people begin this hobby or occasionally later it becomes an addiction. Where heavy drinking is considered scientifically illness while drinking, is a symbol of social status of some social group. In the present time the addiction of alcohol is placed in the category of mental disorders. It is universal truth of alcohol that it has a negative impact on health and negative social consequences in the individuals' life. Like other drug addiction, alcohol abuse also reflects a behavioral problem. In the addiction of alcohol a person urges to drink, unable to stop drinking. Alcohol can lead psychological changes in personality. Alcoholic person faces physical, mental and social problems. Several factors work for heavy drinking Such as social environment, stress, emotional instability, age, group, etc. genetic factors. Personality factors play a key role to determine our daily to daily behavior. Personality components play a significant role in alcoholism and sometimes alcoholism determines our personality structure.

But first let's clear the terms alcoholic and alcoholism. Alcoholism is an acute progressive disease. In the alcoholism person faces the problems controlling his drinking. In the alcoholism, person suffers from sleeping disorder, changes in mood and personality, some signs of depression, anxiety and other conditions (psychiatric), some cognitive changes such as shortened attention span and coordination problems.

World Health Organization (1920) no longer recommend the terms alcoholism but prefers the terms alcohol dependence syndrome – "a state, psychic and usually also physical, resulting from taking alcohol characterized by behavior & other responses that always include a compulsion to take alcohol on a continuous or periodic basis in order to experience its psychic effects to experience its psychic effects & sometimes to avoid the discomfort of its absence, tolerance may or may not be present." Cook & Moore, (2000) reported that excess drinking is also associated with reduced productivity, crime, violence or personality deterioration. An individual can experience depression or some of the symptoms of depression who depend on alcohol.

DSM IV (TR) 2002 reported that Alcohol is a most frequently used brain depressant and a cause of considerable morbidity and mortality. Sometimes alcoholism leads compulsive pattern in behavior. ICD-10 F1x.2 (2002) explains some pattern of alcoholism as 1- a strong desire or sense of compulsion to take the substance; 2- difficulties in controlling substance taking behavior in

terms of its onset, termination, or level of use. After psychoactive substance use it leads vivid hallucinations, psychomotor disturbance and an abnormal affect. The increasing problem of substance abuse and dependence in our society has drawn both public and scientific attention.

Carson, Butcher & Mineka (2005) the term alcoholic is often used to refer to a person with a serious drinking problem, whose drinking impairs his or her life adjustment in terms of health, personal relationships and occupational functioning; Likewise, the term alcoholism refers to a dependence on alcohol that seriously interferes with life adjustment. It leads to a wide range of personality deficits and malfunctioning, emotional instability, feelings of insecurity, inferiority, adjustment problems, anxiety, fear and depression.

Hurlock B. Elizabeth (1976) mentioned that personality is the complete package of Behaviour Patterns, cognition, Capacities, Attitudes and Interests which leads a relationship of an individual with environment. Allport, (1937) states that, "Personality is the dynamic organization within the individual of those psychophysical systems that determine his unique adjustment to his environment."

Campbell, Lindzey, Hall (2002) have mentioned Personality is one of the vital forces that constitute the very existence of man. It is the backbone of everything – starting from our cognition, conation to affect. Many factors tend to shape human personality viz. genetic makeup, upbringing, perceptual patterns, situational variants, learning, experiences, etc. All these factors either make or mark the personality of a person. These factors determine the person behavior, thoughts, attitudes etc.

Campbell, Lindzey, Hall (2002) reported about Cattell theory that 16 major dimensions of personality as : Reserved–Outgoing; Less Intelligent–More Intelligent; Emotionally Unstable–Emotionally Stable; Submissive–Assertive; Sober– Enthusiastic; Expedient–Conscientious; Shy– Venturesome; Haughty–Premia; Trusting– Suspicious; Practical–Imaginative; Sentimental–Penetrating; Confident–Depressive; Conservative–Experiment; Dependent–Self-sufficient; Undisciplined–Controlled; Relaxed–Tensed.

The study throws light on 6 dimensions of personality based upon the Dimensional Personality Inventory by Mahesh Bhargava (2006). They are: Activity–Passivity; Enthusiastic–Non-enthusiastic; Assertive–Submissive; Suspicious–Trusting; Depressive–Non-Depressive; Emotional Instability and Emotional Stability as

reported in DPI manual.

### PERSONALITY AND ALCOHOLISM

Many components of our personality give a shape to our daily life. Some external factors influence our personality. These factors are strongly governed and guide our life and personality also. In our society to relieve depression, very easily available and commonly use method is Alcohol and other substances. Most people accept that their friend or relative has an alcoholic problem. These people always want to know that why their friend or relative chose alcohol; why their spouse or friend gave a space to alcoholic in his or her life. But there is no specific answer. People become alcoholics from different reasons as many people has his or her genetic disposition, some people has social pressure, some has upbringing stage, effect of socio-economic status, presence or absence of support systems, effect of institutionalization. These factors give a shape of personality of alcoholic person. Emotional immaturity, feeling isolated, low self-esteem, and dependency, anxiety, poor interpersonal relationships, co-dependency, low tolerance for frustration, perfectionism, guilt, and grandiosity are some of the most common personality traits of an alcoholic person.

Alan C. Ogborne (2004) personality characteristics associated with the onset of heavy drinking and other drug use in adolescence. These problems are attention-deficit disorders, childhood hyperactivity, left-handedness, low academic achievement, impulsiveness, lack of inhibition, emotional instability, aggressiveness, antisocial and psychopathic tendencies.

Present study is based on personality dimensions and alcoholic and non-alcoholic. It is very difficult to explain that personality factors affect alcoholism or alcoholism affects our personality factors. Studies reported that alcoholism plays significant role in the deviation of personality.

### RESEARCH METHODS:

#### SOURCE OF DATA

The study is based on both primary as well as secondary sources of data. The primary source of data was collected from 50 alcoholics and non-alcoholics from De-addiction centers and common peoples of Jaipur city. The secondary data was collected from available literature in books, journals and research reports related to the health status and alcoholic consumption.

### RESEARCH DESIGN

Descriptive survey method was used to collect data with the help of questionnaires. The study was a one-time assessment. The assessment was carried out once.

### ASSESSMENT

Dimensional Personality Inventory developed by Mahesh Bhargava, it has six dimensions and 60 items based on 3 point rating scale (from 0 to 2) to assess the personality of alcoholic & non alcoholics.

### SCORING

According to the test, each "yes" response is to be scored as 2,

"undecided" is to be scored as 1 whereas "no" is to be scored as 0. Thus on each area of personality the score may range from 0 to 20. It may be calculated part wise or on the whole with the help of manual.

### DATA ANALYSIS

The t-test method was used for statistical analysis.

### RESULTS

In order to study the personality profile of Alcoholic & Non-alcoholic. Null hypotheses were constructed for further analyses, quantitative and qualitative research. The t-values of all the personality dimensions were obtained consolidated table.

Table -1

Personality Dimensions	Group	N	Mean	t
Activity – Passivity	Non Alcoholic	25	16.16	14.36
	Alcoholic	25	8.32	
Enthusiastic–Non-enthusiastic	Non Alcoholic	25	17.36	16.25
	Alcoholic	25	8.08	
Depressive–Non-depressive	Non Alcoholic	25	4.64	-14.95
	Alcoholic	25	17.32	
Assertive–Submissive	Non Alcoholic	25	16.32	12.95
	Alcoholic	25	8.48	
Suspicious–Trusting	Non Alcoholic	25	5.60	-10.88
	Alcoholic	25	15.52	
Emotional Instability–Emotional Stability	Non Alcoholic	25	17.12	15.80
	Alcoholic	25	4.80	

As presented in above table that first dimensions of personality result shows that t score is significant at 0.05 level and indicates that Alcoholics are more passive in compare to non alcoholics. Second dimension result's t score is significant at 0.05 level and shows that alcoholics are Non-Enthusiastic. Third dimension indicates that Non-Alcoholics are non depressive in compare to their counterpart. Fourth dimension's result shows that Non-Alcoholics are more assertive and alcoholics have submissive personality trait. Fifth dimension of this scale, result indicates that Alcoholics are suspicious and less trusting people. And last dimension of this scale that Alcoholics are emotionally instable. They have problem to control their emotions, problems in decision making etc.

### CONCLUSIONS

After an overlook of result table we can say that Alcoholics have many deviations in their personality. They have emotionally instable, some suspiciousness, submissive personality, high level of passivity, non-enthusiastic etc. these traits create a lot of problems in their life and almost they try to maintain relations with society but they become failing.

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