Personality Variation of Vegetarian and Non-Vegetarian Adolescents

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ABSTRACT
The main objective of the study is to find the difference between the vegetarians and non-vegetarians adolescents on the basis of traits of personality. In general, vegetarian diets provide relatively large amounts of cereals, pulses, nuts, fruits and vegetables where as non vegetarians are the ones who consume all sorts of meat. Personality is the combination of characteristics or qualities that form an individual’s distinctive character. Adolescent is the age which shows maximum variations in behaviour, lifestyle and food habits. Thus, in order to investigate the above mentioned objective the investigator collected the sample of 160 students from Amity University, Gurgaon (female vegetarians = 40, male vegetarians = 40, female non vegetarians = 40 and male non vegetarians = 40). The measure used was NEO-FFI-3 developed by MacCrae and Costa in 1987. It is hypothesised that there will be a significant difference between personality of vegetarians and non vegetarians and the same difference would be seen across gender also.

INTRODUCTION
Human acquires special behaviours under the effect of different internal and external factors and accordingly has a unique personality. For this reason, one of the main issues in psychology is individual’s personality traits. Personality has to do with individual differences among people in behaviour patterns, cognition and emotions. The term personality trait can be defined as the characteristics that reveal ones patterns of behaviour in different situations, i.e a reaction of an individual according to a situation. According to American Psychology Association, Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving. The study of personality focuses on two broad areas: One understands individual differences in particular personality characteristics, such as sociability or irritability. The other understands how the various parts of a person come together as a whole. Regarding personality traits, one model is Five Factor Model of Personality that has been introduced by Mac Crae and Costa in 1987. This model divides individuals’ personality into five dimensions. These dimensions are: Neuroticism (tending to experience anxiety, tension, hostility, shyness, irrational thought, depression and low self-esteem), Extraversion (paying attention to external world and people and enjoy interacting to others), Openness (active quest for taking others’ experiences, being curious, love to art, vivid imagination and innovation), Agreeableness (tending to respect people and having agreement and harmony with them) and Conscientiousness (the ability in organization, stability, control and motivation in goal-oriented behaviours and tendency to merit, order, trying for development, self-control and reflection) (MacCrae& Costa, 1987). The Big Five are the ingredients that make up each individual’s personality. A person might have a dash of openness, a lot of conscientiousness, an average amount of extraversion, plenty of agreeableness and almost no neuroticism at all. Or someone could be disagreeable, neurotic, introverted, conscientious and hardly open at all.

METHODOLOGY
The statistical population was all vegetarians and non-vegetarians in Amity University, Gurgaon. Total sample taken in 160 (40 vegetarian males, 40 vegetarian females, 40 non-vegetarian males and 40 non-vegetarian females) were selected via purposive sampling.

OBJECTIVE
1. To check whether there is any difference in personality of vegetarians and non-vegetarians.
2. To check whether there is any difference in the personality of vegetarians and non-vegetarians adolescent males.
The table below shows the comparison of mean scores of personality with respect to vegetarians and non-vegetarians.

**RESULTS AND DISCUSSION:**
The table shows that there was a significant difference in the scores for conscientiousness, vegetarians (mean = 27.42, SD=7.22) and for non-vegetarians (mean =29.70 and SD=5.82) conditions; t (158) =150.26, P=0.030.

The other variables of personality other than conscientiousness i.e. neuroticism, extraversion, openness to experience and agreeableness of vegetarians and non-vegetarians comes out to be insignificant as per this study.

The individuals who are conscientious are organized and have a strong sense of duty. They’re dependable, disciplined and achievement-focused. People who are low in conscientiousness are more spontaneous and freewheeling. They may tend toward carelessness. Lunn TE, Nowson CA, Worsley A, Torres SJ (2014) has founded from the cross-sectional surveys held in different countries and cultures show a positive association between Openness and consumption of fruits and vegetables and between Conscientiousness and healthy eating. Although no evidence has been found that personality dimensions are associated with adherence to dietary recommendations, obeisnity risk, it hypothesis that higher Conscientiousness may predict adoption of healthy dietary and other lifestyle recommendations appears to be supported.

**Conclu sion:**
Therefore we conclude from the above study that though we have hypothesised that there shall be a significant difference of personality on the basis of diets of vegetarians and non-vegetarians, but only in one of the variables significant results could be seen i.e. conscientiousness and other variables of the personality comes out to be insignificant.

**References:**

**neo-footnote:**
The data were analyzed using SPSS/PC version 3.0.

**Statistical Procedures:**
The statistical tool used in the paper is independent sample t-test.

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<th>df</th>
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