



Personality Variation of Vegetarian and Non-Vegetarian Adolescents

Priyanka

Assistant Professor, Amity University, Haryana, 23, Jawahar Apartment, Plot No. 54, Sec-56. Gurgaon

Dr. Kamini c. Tanwar

Assistant Professor, Amity University, Haryana, C.B.-23 A, Naraina (Near Delhi Cantt.), Ring Road, New Delhi

Shivani Kapoor

Student, Amity University, Haryana.

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.

KEYWORDS

vegetarians, non vegetarians, personality

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.

Mötus, René; McNeill, Geraldine; Jia, Xueli; Craig, Leone C. A.; Starr, John M.; Deary, Ian, J (2013), present study investigated the associations of between Five-Factor Model personality traits, dietary patterns, and body mass index (BMI). En-

dorsing the Mediterranean style diet dimension was associated with high Openness and Extraversion, and low Neuroticism. High scores on the health aware diet dimension were associated with high Agreeableness and Conscientiousness. Endorsing the convenience diet dimension was associated with low Openness and high Neuroticism. Preference for sweet foods was associated with low Openness.

The 48 dietary items from three popular eating surveys (the Kristal food habits questionnaires, blocks fibre screener and block fat screener) were administered concurrently to the large community sample. They found an intriguing pattern of association with measures of health related factors, vocational interests and personality attributes as openness to experience and conscientiousness.

PURPOSE OF THE STUDY

Food undoubtedly has undeniable great impact on individuals mind and body. Most of vegetarian diets which consists raw vegetable and fruit, have strong healing property that is necessary for human health (Ne'mati, 2010) where as non vegetarians are considered to be the hard working but less empathetic as per the Indian perspective of personality psychology. In this paper, we have discussed the significant impact on the students of their vegetarian or non vegetarian diets. Our personality somehow depends on the lifestyle we carry, the nutrition we take and in the environment we live.

METHODOLOGY

SAMPLING

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.

- To check whether there is any difference in the personality of vegetarians and non-vegetarians adolescent females.

Hypothesis:

- There shall be a significant difference in personality of vegetarians and non-vegetarians.
- There shall be a significant difference in the personality of vegetarians and non-vegetarians adolescents male.
- There shall be a significant difference in the personality of vegetarians and non-vegetarians adolescents female.

Tool used:

NEO-FFI Questionnaire

Personality traits were assessed by the short form of NEO-FFI Q, one of the most used questionnaires developed by MacCrae and Costa in 1987. NEO-FFI Q has five scales: Neurot-

icism, Extraversion, Openness, Agreeableness and Conscientiousness, covered by 60 items. Each scale is measured by 12 statements. The subjects rated each statement on a five-point scale (0 = strongly disagree, 4 = strongly agree). Reliability of the questionnaire and internal consistency of each scale was previously validated by Mac Crae and Costa (1992). Short form of this questionnaire has not been validated in Iran but the results of studies by MacCrea and Costa (1992) showed the correlation of five scales in short form and long form are from 0.77 to 0.92. Also, internal consistency of sub-scales has been estimated from 0.68 to 0.86.

Statistical Tool Used:

The statistical tool used in the paper is independent sample t-test.

Statistical Procedures:

The data were analyzed using SPSS/PC version 3.0.

RESULTS AND DISCUSSION:

The table below shows the comparison of mean scores of personality with respect to vegetarians and non-vegetarians.

VARIABLES		N	Mean	Std. Deviation	T	df	Sig. (2-tailed)	Mean Difference
neuroticism	vegetarian	80	24.8625	5.57059	-0.742	158	0.459	-0.7
	Non vegetarian	80	25.5625	6.33824	-0.742	155.438	0.459	-0.7
extraversion	vegetarian	80	26.35	4.34901	-1.024	158	0.307	-0.8125
	Non vegetarian	80	27.1625	5.6039	-1.024	148.83	0.307	-0.8125
Openness to	vegetarian	80	28.075	5.96355	-1.158	158	0.249	-1.0375
experience	Non vegetarian	80	29.1125	5.35332	-1.158	156.194	0.249	-1.0375
Agreeable-	vegetarian	80	25.7	4.07648	-1.569	158	0.119	-1.25
ness	Non vegetarian	80	26.95	5.84591	-1.569	141.137	0.119	-1.25
conscientiousness	vegetarian	80	27.425	7.22999	-2.191	158	0.03	-2.275
	Non vegetarian	80	29.7	5.82748	-2.191	151.181	0.03	-2.275

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 over time, Conscientiousness is associated with a number of pro social and health-promoting behaviours that include avoiding alcohol-related harm, binge-drinking, and smoking, and adherence to medication regimens. With emerging evidence of an association between higher Conscientiousness and lower

obesity risk, it hypothesis that higher Conscientiousness may predict adoption of healthy dietary and other lifestyle recommendations appears to be supported.

Conclusion:

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.

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