

# PREVALENCE OF TYPE D PERSONALITY AMONG UNDERGRADUATE DEGREE COLLEGE STUDENTS OF RAJOURI DISTRICT OF JAMMU PROVINCE

Akriti Sharma\* & Dr. Navdeep Singh Raji\*\*

## ABSTRACT

*“Type D personality is characterized by high levels of Social Inhibition (SI) and Negative Affectivity (NA) (Denollet, 2005)”. Individuals with high levels of social inhibition tend to avoid social interactions, the plausible cause for this shyness is fear of rejection or being judged. Individuals with negative affectivity experience negative emotions such as irritation, sadness, stress and anxiety. Individuals with Type D personality hide their negative emotions. It’s not mandatory that these individuals feel or act depressed or anxious. Sometimes it is a surprise for their known people that they are struggling (Clarke, 2021). Type D personality predicts harmful health related issues (De Fruyt and Denollet, 2002; Svansdottir, Van den Broek, Karlsson, Gudnason and Denollet, 2012; Jellesma, 2008; Stevenson and Williams, 2014; Kupper and Denollet, 2014) and is related to increased psychiatric disorders like stress, anxiety and depression (Denollet 2000, Allen, Wetherell and Smith, 2019; Polman, Borkoles and Nicholls, 2010; Smith, Riccalton, Kelly-Hughes, Craw, Allen, O’Connor and Wetherell, 2018; Williams and Wingate, 2012). Type D personality has also been found to be related to poor mental health among school and college students (Khan and Khokher 2017, Gupta and Basak 2013, Jellesma 2008). The current study was conducted to find out the prevalence of Type D personality among undergraduate degree college students of Rajouri District of Jammu Province. Data Collection was done using DS14 Questionnaire (Denollet, 2005) via google form from undergraduate students and a total of 247 responses were obtained. Data analysis revealed a prevalence of 57.08% Type D personality among the undergraduate students.*

**Keywords:** Type D personality, Social Inhibition, Negative Affectivity, undergraduate degree college students

Personality of individuals is reflected in their emotions, their thoughts and their behaviour (Denollet 2000, Kumar, Kaur, Bansal, Tuteja, Kumar and Farswal, 2019). The positive or negative attitudes and behaviours of individuals’ are determined by personality traits in social life. Different students handle the same situation in different ways which largely depends on their personality (Gupta and Basak 2013). Therefore, it is imperative to ascertain the personality types which incite desired attitudes and behaviours in students and detect which personality characteristics steer

more serious mental health problems (Kanten and Kanten, 2017).

A new type of personality had been established recently as Type D personality which can be regarded as psychopathological condition as individuals with these personality characteristics have greater risk for development of various psychiatric disorders like anxiety, depression and post-traumatic stress disorder, suicidal ideation and poor health status (Mols and Denollet 2010) and medical disorders like cardiovascular disease and stroke (Denollet 2000, Gupta & Basak 2013), anger, pessimism,<sup>2</sup>chronic

\* Research Scholar, Department of Education, Lovely Professional University, Phagwara, Punjab, India;

\*\* Assistant Professor, Department of Education, Lovely Professional University, Phagwara, Punjab, India;

tension, lower subjective well-being and dissatisfaction with life (Kanten and Kanten, 2017; Polman, Borkoles and Nicholls, 2010).

Many studies have identified that individuals with Type D personality have an increased perception of stress (Williams and Wingate, 2012; Polman, Borkoles and Nicholls, 2010) and anxiety disorders (Versteeg, Roest and Dennolet, 2015). Svansdottir, Van den Broek, Karlsson, Gudnason and Denollet (2012) indicated that individuals with Type D personality were associated with an increased risk of stress, depression and anxiety. Pedersen, Yagensky, Smith, Yagenska, Shpak and Denollet (2009) found that Type D personality individuals experience more symptoms of negative affectivity, anxiety and depression and less symptoms of positive affectivity as compared to non-Type D personality individuals. Kumar (2016) found that 25.8% undergraduate students studying in degree colleges of Jammu division are facing high levels of anxiety and stress.

“Type D or Distressed Personality is defined as a joint tendency towards negative affectivity and social inhibition (Denollet, 2005)”. Negative affectivity is the tendency of an individual to undergo negative emotions like depressed or low mood, anger, anxiety and hopelessness etc. Individuals having high negative affectivity are dysphoric and have negative views about themselves, their future and the world, and exhibit many somatic symptoms (Denollet, 2005). On the other hand, social inhibition involves avoiding potential dangers involved in social interaction situations. Such individuals find it difficult to express themselves in social situations (Gupta and Basak, 2013) and experiencing difficulty in expressing their emotions leads them to feel insecure, tense, and socially uncomfortable (Denollet, 2005).

Type D individuals develop very few friendly relationships, they have fewer friends and they feel very uncomfortable with strangers in their work life and social life. Since they undergo high levels of chronic stress, emotional difficulties and social difficulties, individuals with Type D personality are

more susceptible towards development of both physical and psychological disorders.

### Aim of the study

To find out the prevalence of Type D personality among undergraduate degree college students of District Rajouri of Jammu Province.

### Materials and Methods

247 undergraduate degree college students of Arts and Science stream (Arts students had a higher level of depression as compared to their peers from science faculty; Baviskar, 2013) and different academic years i.e. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> year (As stress differ by different academic years of study; Elias, Ping and Abdullah, 2011, Melaku, Mossie and Negash, 2015, Ruiz-Robledillo, Vela-Bermejo, Clement-Carbonell, Ferrer-Cascales, Alcocer-Bruno and Albaladejo-Blazquez, 2022) were included in the study. Type D personality was assessed by using DS 14 Questionnaire via Google form. In DS-14 (Type D) scale 7 questions belong to negative affectivity and 7 questions belong to Social Inhibition component. The question numbers [2], [4], [5], [7], [9], [12], [13] measure negative affectivity component and question numbers [1], [3], [6], [8], [10], [11], [14] measure Social inhibition component (Fig: 1). The scoring was done on a five-point Likert Scale ranging from 0 to 4 (0=false, 1=Rather false, 2=neutral, 3=Rather true & 4=true). Those students who scored high on both subscales of DS-14 (taking cut off value as 10 or >10) were considered Type D personality students.

Negative affectivity questionnaire	Social inhibition questionnaire
Q2 I often make a fuss about unimportant things	Q1 I may contact easily when I meet people
Q4 I often feel unhappy	Q3 I often talk to strangers
Q5 I often get irritated	Q6 I often feel inhibited in social interactions
Q7 I have a gloomy view of things	Q8 I find it hard to start a conversation
Q9 I am often in a bad mood	Q10 I am a closed kind of person
Q12 I often found myself worrying about something	Q11 I would rather keep other people at a distance
Q13 I am often down in the dumps	Q14 When socializing I do not find the right things to talk

**Fig 1:- DS 14 questionnaire**

## Results and discussion

**Table 1: Distribution of sample as per gender and association with Type D personality**

Gender	Total no. Students	of	Type Personality	D	%	Non Type D Personality	%
Male	98		62		63.27	36	36.73
Female	149		79		53.02	70	46.98
<b>Total</b>	<b>247</b>		<b>141</b>		<b>57.09</b>	<b>106</b>	<b>42.91</b>

Table 1 shows distribution of samples according to gender (male=98 and female=149) and its association with Type D personality. Among male students 62 (63.26%) were found to be of Type D personality and 36 (36.73%) non-Type D personality while among female students 79 (53.02%) were Type D personality and 70 (46.97%) as non-Type D personality students. A total of 141(57.08%) out of 247 students were found to be Type D personality and 106 (42.91%) out of 247 were non-Type D personality. This demonstrates that in Rajouri District male undergraduate students are inclined more towards depression and anxiety as compared to female undergraduate students.

**Table 2: Distribution of sample as per streams and association with Type D personality**

Stream	Total no. Students	of	Type Personality	D	%	Non Type D Personality	%
Arts	184		104		56.52	80	43.48
Science	63		37		58.73	26	41.27

Table 2 shows distribution of sample according to stream and association with Type D personality. 104 (56.52%) students were found to be of Type D personality and 80 (43.47%) non-Type D personality belonging to Arts Stream while among Science stream students 37 (58.73%) were Type D personality and 26 (41.26%) as non-Type D personality students. This shows that Science stream students have more depression, stress and anxiety as compared to Arts students in District Rajouri.

**Table 3: Distribution of sample according to academic year and association with Type D personality**

Academic Year	Total no. Students	of	Type Personality	D	%	Non Type D Personality	%
1 <sup>st</sup> Year	132		71		53.78	61	46.21
2 <sup>nd</sup> Year	39		22		56.41	17	43.58
3 <sup>rd</sup> Year	76		48		63.15	28	36.84

Table 3 shows distribution of Type D personality in students according to academic years. Among 1<sup>st</sup> year students 71 (53.78%) students were found to be of Type D personality and 61 (46.21%) non-Type D personality while among 2<sup>nd</sup> year students 22(56.41%) were Type D personality and 17 (43.58%) as non-Type D personality students. While 48 (63.15%) among 3<sup>rd</sup> year undergraduate students were found to be Type D personality and 28 (36.84%) were found to be non-Type D personality. The Table depicts that 3<sup>rd</sup> year undergraduate students of Rajouri District are inclined more towards stress, depression and anxiety.

## Discussion

149 female and 98 male undergraduate degree college students constituted a total of 247 study subjects. B.A. The course was pursued by 184(74.49%) and B.Sc. by 63 (25.5%) of the students. Majority were 1<sup>st</sup> year students 132(53.44%) followed by 3<sup>rd</sup> year 76 (30.76%) and 2<sup>nd</sup> year 39(15.78%) students. In present study, 141(57.08%) out of 247 students scored high on both subscales i.e. NA and SI. 195(78.95%) students scored high only on social inhibition and 150(60.72%) students scored high only on negative affect

components. Since, students who score high on both NA and SI subscales were considered as Type D personality<sup>1</sup> students, therefore, the Type D personality was found to be prevalent among 57.08% undergraduate students.

### Conclusion

Overall, prevalence of type D personality among undergraduate degree college students was there in 141(57.08%) undergraduate students.

### Implications of the Study

Type D personality students are prone to a host of mental conditions such as depression, anxiety, stress and low self-esteem to name a few. The primary reason behind such a state of these students is frequent dealing with negative thoughts emerging in their mind.

Also, these students experience a high sense of seclusion and difficulty in expressing their inner turmoil which further aggregates the mental state of them and leave them away from the reach of any guidance and counselling.

Timely identification and measurement of the extent of the prevalence of this condition in the students can save them from entering into the clinical stage of this condition.

If undergraduate degree college students with Type D personality are identified in time, their personality can be managed and improved by counselling, social skill training, behavioural therapy and emotional support etc.

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