



Impact Of Personality Pattern On Life- Satisfaction Of Adults

Dr. Ganesh Vishnu Lokhande^{1*}

^{1*}Associate Professor &, Head, Department of Psychology Chhatrapati Shivaji College, Satara, Dist.-Satara (Maharashtra) A Constituent College of Karmaveer Bhaurao Patil University, Satara

***Corresponding Author:** Dr. Ganesh Vishnu Lokhande

*Associate Professor &, Head, Department of Psychology Chhatrapati Shivaji College, Satara, Dist.-Satara (Maharashtra) A Constituent College of Karmaveer Bhaurao Patil University, Satara

ABSTRACT

Research Background: Personality usually refers to the distinctive patterns of behaviour that characterize each individual's adaptations to the situations of his or her life. Thus, the enduring pattern expressed by the person in various situations is the hallmark of personality. Life satisfaction is in fact satisfaction of all spheres of life which was described by Sousa & Lyubomirsky, (2001). Life dissatisfaction and disregarding its causes have many negative consequences. That why in this study, investigator finds out impact of personality pattern on life satisfaction of adults.

Objectives: The study objective was, to find out the impact of personality pattern on life satisfaction of adults as well as impact of gender difference on life satisfaction of individuals.

Procedure: For the study, four hundred adults had been selected from the different districts in state of Maharashtra. Out of this sample, two hundred adults (100 Male adults and 100 Female adults) were chooses from introvert personalities and same way two hundred adults (100 Male adults and 100 Female adults) were chooses from extrovert personalities. The purposive sampling technique had been used for the selection of the samples. The sample age range was between 35 and 60 years of age. This study introversion and extraversion inventory developed by Dr. P. F. Aziz and Dr. Rekha Gupta and life satisfaction scale developed by Dr. Pramod Kumar and Dr. Jayshree Dhyani have been used.

Conclusions: It is concluded that, the extrovert adults have found high-level life satisfaction than adults of introvert personality. The male and female adults have found equal on their life satisfaction. Other hand side, there is no significant difference found in the level of life satisfaction among the introvert male and female adults as well as not significant difference found in the level of life satisfaction among the extrovert male and female adults.

Application: The present study findings can be beneficial and helpful for counselors, society member, psychologists to understanding impact of personality pattern and type of gender on life satisfaction. Also, these study findings can be beneficial for national and international research scholars

Keywords: Personality Pattern, Life- Satisfaction.

INTRODUCTION

The term personality can be explained in a broad sense only by including the mental or internal attributes of a person. The word 'Personality' is derived from the Latin Persona. 'Persona' means a mask. Personality is the integration of many characteristics. Personality is the organized system of the behaviours, attitudes and values that characterize a given individual and account for his particular manner of functioning in the environment. Personality includes the motivational aspect as well as other outstanding characteristics. In everyday practice, the word 'personality' is used in a limited sense. Physical characteristics are considered to be the most important in personality. But mental qualities seem to be neglected. Making predictions about the personality of a person based on his physical characteristics alone without taking into account his emotions, attitudes, abilities, and interest is not correct.

According to, Allport (1961) "personality is the dynamic organization within the individual of those psycho-physical systems that determine his unique adjustment to his environment. It means that personality resides within the individual and these systems are woven into an organization." According to, Watson (1924) "Personality includes not only these (character-conventional) reactions, but also the more individual personal adjustments and capacities as well as their life history."

Life satisfaction is considered to be the cognitive component of subjective well-being. The other component of subjective well-being is the measure of emotions consisting of positive and negative affect. It is represents how satisfied people feel with their life generally, as contrasted with positive affect, which represents how they feel at a single point in time. Life satisfaction is a state of feelings of pleasure in an organism when it has achieved the goal of dominant motivating tendencies. A man should be satisfied in all these aspects. The life satisfaction includes many aspects as health, job, personal, economic, mental as well as social. Life satisfaction is defined as one's introspection of life as a whole, not the

day-to-day feeling of emotions that we experience at the moment. A satisfied and meaningful life involves both subjective thinking and objective thinking components.

According to Diener et al. (1999), life-satisfaction is a desire to change one’s life, satisfaction with the past, satisfaction with the future, and significant views on one’s life. A person having high life satisfaction is expected to have higher adjustment with life. According to Campbell, Converse, & Rodgers, 1976, life satisfaction and psychological well-being have a close association with each other but happiness doesn’t fall in its criteria. According to Gilman and Huebner (2006) high life satisfaction was associated with mental health benefits that were not found among youth reporting comparatively lower life satisfaction levels. Sarkisian et al. (2002) found that individuals with lower life satisfaction experience higher levels of depression have less energy and have a poor health-related quality of life. The lower level of satisfaction among the aged affects not only their psychological adjustment but also their physical, emotional, and social well-being. In this study, investigator has focused on finding out the impact of personality patterns on level of life satisfaction. So, the present study objective was, to find out level of life satisfaction among the adults of introvert and extrovert as well as male and female adults.

OBJECTIVES OF THE STUDY

1. To find out the impact of personality pattern on life satisfaction among the adults of introvert and extrovert.
2. To study the life satisfaction among the male and female adults.
3. To compare the life satisfaction among the male and female adults of introvert.
4. To compare the life satisfaction among the male and female adults of extrovert.

HYPOTHESIS OF THE STUDY

1. Extroverted adult will have a high level of life satisfaction than adults of introverted.
2. Male adults will have a high level of life satisfaction than female adults.
3. Introverted male adults will have a high level of life satisfaction than introverted female adults
4. Extroverted male adults will have a high level of life satisfaction than extroverted female adults.

RESEARCH PROCEDURE

➤ **Variables Of The Study:**

Independent Variables		Dependent Variable
Personality Pattern	Type of Gender	Life Satisfaction
Introvert Personality Adults	Male Adults	
Extrovert Personality Adults	Female Adults	

➤ **Sample Selection Procedure:**

The present study's objective was to find out the level of life satisfaction among adults who are introverts and extroverts. The random sampling method had been used for the selection of the sample. In it, the purposive sampling technique had been used for the selection of the samples. In the present study, four hundred adults had been selected from the different districts in state of Maharashtra. For the study four hundred sample were selected. Out of this sample, two hundred adults (100 Male adults and 100 Female adults) were chooses from introvert and same way two hundred adults (100 Male adults and 100 Female adults) were chooses from extrovert. The sample age range was between 35 and 60 years of age. For the collection of the data, the investigator first determined a research sample of male and female adults between thirty-five and sixty years old. After that, the introversion and extraversion inventory developed by Dr. P. F. Aziz and Dr. Rekha Gupta has been given to male and female adults. In the second stage, the scores of the introversion and extraversion inventory solved by male and female adults have been determined on the basis of the manual booklet. In the third stage of data collection, the life satisfaction scale developed by Dr. Pramod Kumar and Dr. Jayshree Dhyani has been administered to the study groups. After the data collection, in the fourth stage, the data were scored according to the guidelines of the manual booklet of inventories. The collected information obtained in the fifth stage had been statistically processed through SPSS. In it, normal curves, descriptive statistics, and analysis of variance techniques have been used and explained.

• **Operational Definitions**

a) **Personality Pattern:**

In this study, the pattern of personality of the adults was measured by the introversion and extraversion inventory developed by Dr. P. F. Aziz and Dr. Rekha Gupta. In this study, those adults who have achieved scores below fifteen from the introversion and extraversion inventory developed by Dr. P. F. Aziz and Dr. Rekha Gupta have been called adults of introverted personality. On the other hand, those adults who have achieved scores of fifteen and above from the introversion and extraversion inventory developed by Dr. P. F. Aziz and Dr. Rekha Gupta have been called adults of extrovert personality.

b) Life satisfaction:

In this study, those adults who have achieved scores of 123 and above on the life satisfaction scale developed by Dr. Pramod Kumar and Dr. Jayshree Dhyani have been called to have a high level of life satisfaction. On the other hand, those adults who have achieved scores of 92 and below on the life satisfaction scale developed by Dr. Pramod Kumar and Dr. Jayshree Dhyani have been called dissatisfied with life. As well, those adults who have achieved scores from have average satisfaction with life.

➤ **STUDY MATERIALS:**

1. Introversion and Extraversion Inventory:

The introversion and extraversion inventory was developed by Dr. P. F. Aziz and Dr. Rekha Gupta in 2013. The inventory has sixty items for the purpose of measuring personality patterns. This introversion and extraversion inventory is suitable for adult males and females. This inventory is very simple to use and score.

2. Life Satisfaction Scale:

This scale was developed by Pramod Kumar and Jayshree Dhyani in 2019. The scale consists of 54 items. The scale of 54 sentences is divided into five dimensions. These are mental, job, social, marital, and family. This scaleThis scale was developed for adults over the age of eighteen, both male and female. It was standardized on educated, married, and urban-based, both male and female age ranges of 35 to 60 years.

STATISTICAL ANALYSIS AND RESULTS

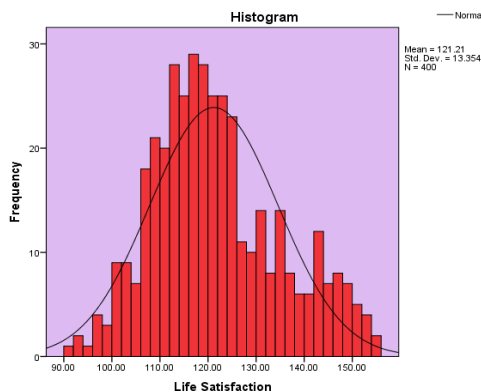
In this section, the investigator has explained the difference between the adults of introverted and extroverted in terms of their level of life satisfaction. In the present study, the investigator has analyzed the data in the following manner.

Table: 1: Shows the assessing normality of the variable life satisfaction

Variable	Descriptive Statistics	Statistic	Std. Error	
Life Satisfaction	Mean	121.207	0.66771	
	95% Confidence Interval for Mean	Lower Bound	119.894	
		Upper Bound	122.520	
	5% Trimmed Mean	120.897		
	Median	119.000		
	Variance	178.335		
	Std. Deviation	13.354		
	Minimum	91.00		
	Maximum	154.00		
	Range	63.00		
	Inter quartile Range	18.00		
	Skewness	0.465	0.122	
Kurtosis	-0.322	0.243		

Table 1 indicates that the trimmed mean value (120.897) is very close simple mean (121.207). In table Skewness value is positive and indicate that distribution is somewhat positively skewed, and kurtosis value is negative and indicate that distribution is flatter (Platykurtic) but the shape of the distribution is considered normal.

Graph: 1: Shows the normality of the data of variable life satisfaction in the form of histogram



Above is a histogram 1 indicates of variable life satisfaction. The mean value is 121.21 and standard deviation is 13.354. The values on the vertical axis indicate the frequency of cases. The values on the horizontal axis are midpoints of value ranges. The shape of the distribution is considered normal.

Graph: 2: Shows the Normal Q-Q and Box plot of variable life satisfaction

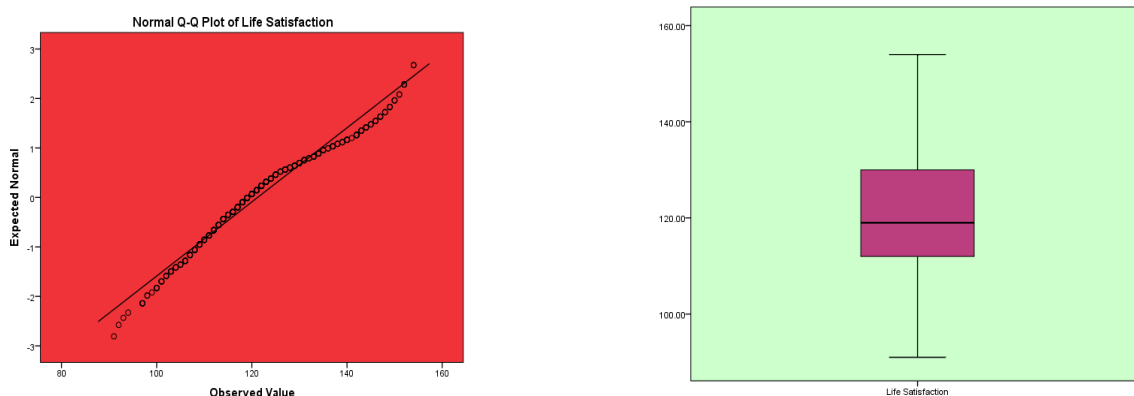


Table 2: Shows descriptive statistics of the life satisfaction on the basis of each cell.

Type of Personality Pattern	Gender	Mean	SD	N
Introvert Adults	Male Adults	116.740	11.638	100
	Female Adults	119.500	11.476	100
	Total	118.120	11.611	200
Extrovert Adults	Male Adults	125.250	14.283	100
	Female Adults	123.340	14.260	100
	Total	124.295	14.268	200
Total	Male Adults	120.995	13.677	200
	Female Adults	121.420	13.053	200
	Total	121.207	13.354	400

Table no.2 is very useful as it provides the mean and standard deviation for the groups that have been split by both independent variables. In addition, the table also provides "Total rows, which allows means and standard deviations for groups only split by one independent variable or none at all to be known.

Table:3: Shows the difference in Life Satisfaction among the personality pattern

Variable	Personality Pattern	N	Mean	SD	t	p
Life Satisfaction	Introvert Adults	200	118.120	11.611	4.747	Sig. 0.01
	Extrovert Adults	200	124.295	14.268		

Significant Level at 0.05=1.966, 0.01=2.588

Table no.3 it is observed that the mean value of introverted adults is 118.120, and the SD value is 11.611 and the other hand side, the mean value of extroverted adults is 124.295, and SD value is 14.268 on life satisfaction. The obtained 't' value is 4.747. Which is significant at 0.01 level. Hence it is concluded that there is a significant difference found in the level of life satisfaction among adults of introverted and extroverted personalities. Because, extroverted adults found have high level life satisfaction than adults of introverted personalities. As per the manual, adults of introverted and extroverted personalities have found moderate life satisfaction but adults of extroverted have found high-level life satisfaction compared with adults of an introverted. Hence, the type of personality has found a contributing factor to develop life satisfaction.

Table : 4: Shows the difference in life satisfaction among the male and female adults

Variable	Type of Gender	N	Mean	SD	t	p
Life Satisfaction	Male Adults	200	120.995	13.677	-0.318	NS 0.05
	Female Adults	200	121.420	13.053		

Significant Level at 0.05=1.966, 0.01=2.588

Table no.4 it is observed that the mean value of the male adults is 120.995, and the SD value is 13.677 and the other hand side, the mean value of the female adults is 121.420, and SD value is 13.053 on life satisfaction. It shows that the mean value of female adults has been found higher than male adults. But, obtained 't' value is -0.318. Which is not significant at 0.05 level. Hence it is concluded that there is no significant difference found in the level of life satisfaction among male and female adults. As per the manual, male and female adults have found moderate life satisfaction. The male and female adults have found equal on their life satisfaction.

Hypothesis No. 1: Extroverted adult will have a high level of life satisfaction than adults of introverted.

Hypothesis No. 2: Male adults will have a high level of life satisfaction than female adults.

Table:5: Shows summary of ANOVA of the dependent variable life satisfaction

Source	Sum of Squares	df	Mean Square	F	Sig	Partial Eta Squared
Personality Pattern	615.040	1	615.040	18.870	0.01	0.045
Type of Gender	0.010	1	0.010	0.000	NS	0.000
Personality Pattern X Type of Gender	98.010	1	98.010	3.007	NS	0.008
Error	12906.700	396	32.593			
Total	2437246.000	400				
Corrected Total	13619.760	399				

*Significant Level, df (1,396) ---- 0.05 = 3.86 0.01= 6.70
Eta Squared effect size, 0.01= small 0.06= moderate 0.14= large effect (Cohen, 1988)*

From table 5 a two-way ANOVA was conducted that examined the effect of type of Personality Pattern (Introvert and Extrovert Personality Adults) and gender (Male and Female Adults) on individual's life satisfaction. Our dependent variable, life satisfaction, was normally distributed for the groups formed by the combination of the type of personality pattern, such as introverted adults and extroverted adults as well as gender as assessed by the histogram, skewness and kurtosis.

The main effects analysis showed that for type of personality pattern (Introvert and Extrovert Personality Adults) is significant, $F(1,396)=18.870, P<0.01$. Therefore, type of personality pattern (Introvert and Extrovert Personality Adults) significantly influences on life satisfaction of individuals. Extroverted adults have found high life satisfaction than adults with introverted personalities. On the basis of the description in hypothesis No.1 is accepted. Because, there is a significant difference found in life satisfaction among adults of introverted and extroverted personalities. Extroverted adults have found high-level life satisfaction than adults of introverted personalities.

The main effects analysis showed that for type of gender (Male and Female Adults) is not significant, $F(1,396)=0.000, P>0.05$. Therefore, type of gender does not significantly influence on life satisfaction of individuals. The male and female adults have found equal on their life satisfaction. On the basis of the description in hypothesis No. 2 is rejected. Because, male and female adults do not found significantly differ on their life satisfaction. It means gender difference is not a contributory factor to decide the life satisfaction of adults. The male and female adults have found equal on their life satisfaction.

There is no significant interaction between the effects of type of adults and gender on individuals life satisfaction, $F(1,396)=3.007, P>0.05$.

Hypothesis No. 3. Introverted male adults will have a high level of life satisfaction than introverted female adults.

Table:6: Shows the difference in life satisfaction among the male and female introverted

Variable	Type of Gender	N	Mean	SD	t	p
Life Satisfaction	Introvert Male	100	116.740	11.638	-1.689	NS 0.05
	Introvert Female	100	119.500	11.476		

Significant Level at 0.05=1.972, 0.01=2.601

Table no.6. it is observed that the mean value of introverted male adults is 116.740, and the SD value is 11.638 and the other hand side, the mean value of introverted female adults is 119.500, and SD value is 11.476 on life satisfaction. It shows that the mean value of introverted female adults has been found higher than introverted male adults. But, obtained 't' value is -1.689. Which is not significant at 0.05 level. Hence it is concluded that there is no significant difference found in the level of life satisfaction among introverted male and female adults. As per the manual, introverted male and female adults have found a moderate level of life satisfaction. The introverted male and female adults have found equal on their life satisfaction. On the basis of the description in, hypothesis No. 3 is rejected. Because, there is no significant difference found in life satisfaction among introverted male and female adults. It means, the gender difference of the adults is not found contributory factor to deciding their level of life satisfaction.

Hypothesis No.4. Extroverted male adults will have a high level of life satisfaction than extroverted female adults.

Table:7: Shows the difference in life satisfaction among the male and female extroverted adults

Variable	Type of Gender	N	Mean	SD	t	p
Life Satisfaction	Extrovert Male	100	125.250	14.283	0.946	NS 0.05
	Extrovert Female	100	123.340	14.260		

Significant Level at 0.05=1.972, 0.01=2.601

Table no.7 it is observed that the mean value of extroverted male adults is 125.250, and the SD value is 14.283 and the other hand, the mean value of extroverted female adults is 123.340, and SD value is 14.260 on life satisfaction. It shows that the mean value of extroverted male adults has been found higher than extroverted female adults. But, obtained 't' value is 0.946. Which is not significant at 0.05 level. Hence it is concluded that there is no significant difference found in the level of life satisfaction among extroverted male and female adults. As per the manual, extroverted male and female adults have found moderate life satisfaction. Extroverted male and female adults have found equal on their life satisfaction. On the basis of the description in, fourth hypothesis is rejected. Because, there is no significant difference found in life satisfaction among introverted male and female adults.

IMPLEMENTATIONS

The present study findings can be beneficial and helpful for counselors, society member, psychologists to understanding impact of personality pattern and gender on life satisfaction of individuals. Also, these study findings can be beneficial for national and international research scholars.

CONCLUSIONS

1. The personality pattern is found significantly influences on life satisfaction of individuals. The extrovert adults have found high-level life satisfaction than adults of introvert personality. It means, personality pattern of the adults found contributory factor to decide their makeup of life satisfaction.
2. Type of gender is not significantly influences on life satisfaction of individuals. The male and female adults have found equal on their life satisfaction. It means, gender difference is not contributory factor to decide level of life satisfaction of the adults.
3. There is insignificant difference found in the level of life satisfaction among the introvert male and female adults. The introvert males and females have found equal on their life satisfaction.
4. There is no significant difference found in the level of life satisfaction among the extrovert male and female adults. The extrovert males and female have found equal on their life satisfaction.

REFERENCES

1. Aziz, P. F., & Gupta, Rekha.(2013). *Introversion and Extraversion Inventory*. Agra, National Psychological Corporation.
2. Bhadouria, Preeti. (2014). A study of personality, emotional intelligence and its effect on academic achievement of high school students, *Thesis Submitted to the Jiwaji University, Gwalior (M.P.)* For the award of the Degree of Doctor of Philosophy In Education.
3. Cloninger, Susan, C. (2007). *Theories of Personality*. Understanding Persons. Pearson Publication; Fifth Edition.
4. Dimatto, M.R., Martin, R.M. (2012). *Health Psychology*. Fifth Impression, Pearson Education in South Asia.
5. Ewen, Robert, B. (2010). *An introduction to theories of personality*.(Seventh Edition). New Yark, Taylor and Francis Group, Psychology Press
6. Gardner, Lindzey., G, Campbell, J., & Hall, C. (2007). *Theories of Personality*. Willey Publishers; Fourth Edition.
7. https://en.wikipedia.org/wiki/Life_satisfaction
8. James E. Maddux.(2018). *Subjective well-being and life satisfaction*. New York, Routledge.
9. Jess, Feist. & Gregory, Feist.(2008). *Theories of Personality*. (Seventh Edition). USA, McGraw–Hill Primis.
10. Kumar Updesh, Archana, Vijay Parkash. (2015). *Positive Psychology*.(First Impression), Pearson Education Services Limited.
11. Kumar, Pramod. & Dhyani, Jayshree.(2019). *Life Satisfaction Scale*. Agra, National Psychological Corporation.
12. Lawrence, Pervin. (1989). *Personality: Theory and Research*; John Wiley & Sons; Fifth Edition.
13. Lenzenweger, Mark F. & Clarkin, John F.(2005). *Major Theories of Personality Disorder*,(Second Edition). New York, The Guilford Press.
14. Linley, Alex & Joseph, Stephen. (2004). *Positive psychology in practice*. New Jersey, John Wiley & Sons, Inc., Hoboken,
15. Marks, David F., Murray, Michael, & Emeo Vida Estacio.(2018). *Health Psychology: Theory, Research and Practice*. SAGE Publications Ltd.
16. Ryckman, Richard M. (2008). *Theories of Personality*.(Ninth Edition). United States of America, Thomson Wadsworth.
17. Schultz, D. P. & Schultz, S. E. (2008). *Theories of Personality*. Wadsworth Publishing Co Inc; Ninth Edition.
18. Vassar, Matt. (2012). *Psychology of life satisfaction*. Nova Science Publishers, Inc.