PERSONALITY TRAITS AND SELF CONCEPT AMONG HIGH AND LOW DEPRESSIVE PERSONS

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ABSTRACT

The present study attempts to investigate the effect of high and low depression on different personality traits, which are psychoticism, neuroticism, extroversion and lie, and on different levels of self concept. The sample consisted of 130 employees from North Control Railway Zone. Tests of personality traits, self concept and depression were administered to each employee. The results show that there is significant difference between high and low depressive persons in terms of personality traits, as we as, self concept.

Key Words: Personality Traits, Self Concept, Depressive Person

Depression is the foremost mental health problem round the globe and the commonest condition observed both in private family and hospital practice. India is no exception, where more than half the nation lives below the poverty line. "Depression of living" or "Vital Depression" seems unpreventable. Though the nation has learnt to take many hardships in its stride, we continue to be riddled with stressors galore, making the average Indian more prone to Depression. However, review of researches in the area of depression indicate the role of personality traits and self concept on depression.

That is why, the present study was under taken to investigate how high and low depressive railway employees differ in way of personality traits and self concept in Indian society where loss is often considered a punishment for misbehavior in the previous life, according to the theory of Reincarnation. The study whether an individual's impulsiveness, spontaneity, or original tendencies of our nature, viewed in contrast with the check, guidance or influence of impressions which, are different aspects of self, are affected by depression. Also to examine, the effect of different degrees of depression on different personality traits.

METHOD

Sample

The sample consists of 130 employees selected from not North Central Railway Zone. The sample was selected with the help of accidental sampling technique from different cities, which are Prayagraj, Jhansi, Agra etc. All were administered Depression scale, Personality Inventory and Self-concept Scale.

Tools

1. The Hindi adaptation of Eysenck Personality Questionnaire (Singh 1990
2. Self-concept Scale Rastogi (1971)

3. Depression Scale " Karim and Tiwari (1986)

Results and Discussion

The major objective of the present study was to examine the effect of different degrees of depression on different personality traits, which are psychoticism, neuroticism, extroversion and lie. Also to investigate how different levels of self concept are affected by different degrees of depression.

Table-1

Comparison Between High and Low Depressive persons on Personality Traits.

Different Degrees of Depression	Scores of Different Personality Traits							
	Extroversion		Neuroticism		Psychoticism		Lie	
	M	S.D.	M	S.D.	M	S.D.	M	S.D.
High (N=17)	8.89	3.9	11.2	5.8	10.0	3.9	9.0	3.9
Low (N=24)	10.99	3.7	6.9	4.9	6.1	5.1	9.9	3.8
't' values (high depression vs. low depression	0.71 NS		2.31*		2.59**		1.28 NS	

NS = Not Significant * Significant at 0.05 level. ** Significant at 0.01 level

The 't' value of high depressives and low depressives for extroversion is not significant. But mean difference indicates that low depression group is slightly more extrovert than high depression group. The obtained mean difference between high depressives and low depressives for neuroticism and psychoticism were also found significant at respectable level of significance indicating that depression is a significant determiner of psychoticism and neuroticism. Table-1 show that high depressives are more inclined towards psychoticism and neuroticism than low depressives. The high depressive individual who is more inclined towards neuroticism feel more than the usual amount of sadness and dejection and have a high level of anxiety and apprehensiveness. Where as a high depressive who is more inclined towards psychoticism, suffers from the delusions of mistaken, unverifiable beliefs, unjustified feelings of unworthiness and apprehensions.

These results are similar to those findings of Hill and Wheeler (1986) and Hewitt, Mittelstaedt and Fleet (1990), Clinton et.al. (1997), R.S. Robles et.al. (2011), J.R. Long (2012), L. Van et.al. (2017), Gordon Parker (2019).

Table-2

Comparison Between High and Low Depressive persons on Self concept

Different Degrees of Depression	Scores of Self Concept		't' value	Level
	Mean	S.D.		
High (N=17)	148.4	25.0	4.99	.01
Low (N=20)	182.9	12.0		

Table-2 indicates that obtained mean difference between high and low depression group is also found statistically significant meaning thereby that low depression group possesses high self concept than that of high depression group. In other words, low depression group is more aware of what they really are (self-identity), of their worth as a person (self-evaluation), and their aspirations for growth and accomplishment (self-ideal).

Its suggest a strong relationship between general, physical and global self-efficacy and depression. Physical and general self efficacy were identified as the strongest predictors of depression. Wood, Saltzberg, Negale and Stone (1990) in a study found that self focus is linked with global negative mood as well as specific negative affects other than sadness. In addition, highly self focused men reported using passive and ruminative coping styles, which in turn were associated with depressed affect.

Table-3
Showing Association between Depression and Self Concept

Different Degrees of Depression	Level of Self Concept			Total
	High	Average	Low	
High	2 (2.88)	5 (12.03)	10 (2.1)	17
Average	14 (15.74)	73 (65.82)	6 (11.45)	93
Low	6 (3.4)	14 (14.2)	0 (2.5)	20
Total	22	92	16	20

Chi-Square (X^2 = 1.61)   Degree of freedom = 4

P lies between 0.90 and 0.80 level of confidence.

The results shown in table-3, chi-square 1.61 reveals that P lies between 0.90 and 0.80 level of

confidence. From the contingency table it is clear that lower the depression higher the self concept

because out of 20 employees under low depression group 6 are of high self concept. On the other hand higher the depression lower the self concept as out of 17 employees under high depression group only 2 are of high self concept as compared to 10 with low self concept. While for the majority of average depression group, that is, 73 out of 93 level of self concept, is also average meaning, neither high self concept, nor low self concept. This shows that degree of depression does affects the level of self concept. Low depressives are more aware about their 'self', they have realistic attitudes, assumptions and evaluations towards self. They are aware of their capabilities, worth, accomplishments and have a sense of achievement and adequacy.

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