



Personality Type A/B, Personality Effectiveness And Happiness Among Aging Adults (60-70 Years)

Dr. Kavita Koradia

Associate Professor in Human Development, P.G. Department of Home Science,
University of Rajasthan ,Jaipur, India

Ms. Medha Sharma

Research Scholar, P.G. Department of Home Science, University of Rajasthan ,
Jaipur,India

Dr. Darshan Narang

Associate Professor in Human Development, P.G. Department of Home Science , University
of Rajasthan ,Jaipur, India

Abstract:

The world is going through a demographic transition. During the last few decades, there has been a tremendous increase in the population of elderly persons. The reasons are multi factors: socio-economic progress, healthier life style, better environmental conditions, increased availability of high quality medical care, wide range of life saving drugs, new-surgical techniques and immunization programs have drastically reduced mortality rate and thus , increased life expectancy (Bhandari , 1999). In such a scenario ,corporate hubs are started looking for these people as the future workforce. The ultimate goal of promoting longevity should be to improve quality of life, personal effectiveness and happiness Thus, the present study was planned with the aim to asses the level of happiness and personal effectiveness of personality typeA/B aging adults. The purposive sample comprised of 120 aging adults (60-70 years) who retired from government jobs. Equal number of male and female aging adults, having personality type A and B, belonging to middle SES were included in the sample. SES scale developed by Bhardwaj (2001) ,ABBPS developed by Dhar and Jain (1983) to measure personality type A and B, Personal effectiveness inventory developed by Pareek (2001) and Happiness scale by Sinha and Sharma (1980) were administered to gather the

responses of the subjects. Percentages, mean scores, S.D. and 't' test were computed to analyze the data. Findings of the study revealed that personality type A males (joint and nuclear families) and personality type B males (Joint families) were found to be high on self disclosure. Majority of females had low self disclosure irrespective of their personality type and family setup. Type A / B females (Joint and Nuclear families) and type B males were found to be more open to feedback. Majority of personality type A / B aging adults had low perceptiveness. Majority of females were found to be task obsessed irrespective of their personality type and family set up. Significant differences were found in openness to feed back among type B females and males living in nuclear and joint families. A significant gender difference was found in level of happiness of male and female aging adults living in nuclear and joint families. Both personality type A and B males were found happier in joint families whereas the reverse was true in case of females with personality A and B.

1.Introduction

The world is going through a demographic transition. During the last few decades, there has been a tremendous increase in the population of elderly in the world in proportion to total population. The reason are multifarious: Socio-economic progress, healthier life style, better environmental conditions, increasing availability of high quality medical care, large scale introduction of wide range of life saving drugs, new surgical techniques and immunization programs have drastically reduced mortality rate in all countries and increased life expectancy (Bhandari, 1999).

People today are living longer, especially in developmental countries due to economic growth, better nutrition, healthier lifestyle, improved control of infectious diseases and better access to safe water, sanitation facilities and medical care (Kinsella & Velkuueyy, 2001).

Old age is the greatest challenge that an individual is facing in the rapidly changing scenario. (Davidson & Passmore, 1997).

In the past 50 years, global life expectancy has increased by 20 years to its present level of 66 years. Current global geriatric population is 580 million, of whom 355 million (60%) live in developing countries. Although the problem of increasing population of aged has not been as serious, yet it is going to be a major issue in countries like India which is said to be growing fast with older people constituting 9% of the total population in new millennium and will have maximum number of senior citizens in the world. To look forward by 2055AD, among all the elderly the world over, one out of every 10 will be an Indian (The Tribune, 1999).

According to Prabhakaran (2004), aging is a worldwide phenomenon but it is occurring more rapidly in developmental countries. The statistic figures point out that 10 percent of the world population is above the age of sixty. By the year 2020, it will be 100 crores and by 2030 one third of the total population will be above sixty.

India is currently becoming a grey country with the second highest aged population in the world after china. The population of India was 1090 million in 2004-2005 with an average life expectancy of 64 years for males and 67 years for females. The annual growth rate of the population is 1.93 per cent (Economic Survey 2005-2006). The total population is expected to rise by 49 per cent between 1991 and 2016 and the number of elderly persons (65 and above) is expected to increase to 78 million. The share of aged (above 65) in the total population will rise to 116 million (8 per cent) by 2026. Males and females at age 60 today are expected to live beyond 75 years of age. Thus, on an average

Indian workers need to have adequate resources to support themselves for nearly 15 years after retirement. Though one can't heal old age, but can promote it and extend it (Prakash, 2002). Positive self image, happy and optimistic outlook; health, social, emotional and financial adjustment, alertness, motivation, muscular co-ordination and mental efficiency. Due to aging, certain characteristics, circumstances and problems are observed which are loss of status; difficulty in adjustment from a work routine to one of retirement, loss of spouse, difficulty in handling stress created by social change, limited social participation and functioning, loss in memory and mental efficiency (Green, 1990; Bansal & Banerjee, 1992). Successful aging includes a feeling of happiness, satisfaction with one's life, present status, daily activities and good adjustment (Paintal, 1992).

With increased dependence on others, the quality of life of aged is affected. Various factors such as change in living arrangements, family structure and mode of sudden retirement adversely affect the aged people. Breaking down of family organizations, changing socio-economic status has put the aged in a state of helplessness, isolation, loneliness and stress (Sandhu & Bakshi, 2004). Studies of vision, hearing, muscular strength, reaction time, complex psychomotor performance, family adjustment, performance and accidents have shown great individual differences at every age among those who are aged, the reason is that they have different hereditary endowments, different marital status and different pattern of living (Chandha, 1991; Mallya, 2005).

Investigations revealed that there are number of factors that contribute to the quality of life of the aging adults i.e., happiness, satisfaction, personal effectiveness, active life, cognitive functioning, health, muscular activity and social support (Verma, 1992; Girmley, 2000). Few aged people have adequate wealth and income to meet their needs but a large section of aged population is neither supported by family and friends nor by any social security programme (Raju, 2002). Keeping this in view the present investigation was plan with the following objectives:

To assess the level of personal effectiveness and happiness among male and female aging adults (60-70 years) living in joint and nuclear families.

To find out the gender difference if any in the level of personal effectiveness and happiness among aging adults living in joint families.

2.Methodology

2.1.Statement Of The Problem

The present investigation has been designed to study the Personality Type A/B, personal effectiveness and Happiness among ageing adults (60-70 years) living in joint and nuclear families.

2.2.Operational Definition

- Aging adults:- In the present study, aging adults refers to those male and female adults who are within the age range of 60-70 years at the time of research.
- Personality type A/B :- Personality is defines as the totality of attributes, character and behavior traits of a person. Type A personality can operationally be define as scores obtained on 17 item scale (form A) and Type B personality can operationally be define as scores obtained on 16 item scale (form B) developed by Dhar & Jain(1983) for the present study.
- Personal effectiveness:- Personal Effectiveness is the degree of understanding oneself and establishing communication with others. It can operationally be define as scores obtained on 15 item PE inventory developed by Pareek (2001) for the present study.
- Happiness:- Happiness is “a mental state comprising of pleasant positive mood or emotions, negative mood or emotions and satisfaction with life in general or with at least some specific aspects of life”. It can operationally be defined as scores obtained on 21 item Happiness scale development by Sinha and Sharma (1980).

2.3.Locale Of The Study

The present study was conducted within the premises of Jaipur city to ensure optimum personal contact with the subjects.

2.4.Sample And Their Selection

The purposive sample technique was used to select sample for present study. Initially 200-250 aging adults were approached from parks, clubs, hospital, temple and other public places and asked to fill up baseline profile and personality type A/B measure. After getting the responses on baseline profile and personality measure, 120 aging adults

with personality type A (60) and B (60) with age range of 60 to 70 years belonging to nuclear and joint families were finally taken as sample for the present study.

2.5. Tools And Their Description

The following tools were used :-

- **Baseline profile:-** A self made baseline profile which contains all the background information i.e. age, sex, income, family type etc. was used.
- **Personality type A/B:-** “Can you type your behavior”, the personality type questionnaire consist of Form A (17 items) and Form B (16 items) was used to assess personality type A/B of the subjects.
- **Personal Effectiveness:-** It was measured by PE inventory developed by Pareek(2001).

The tool has 15 statements with three dimensions (1) self disclosure (2) openness to feedback (3) perceptiveness having 5 statements with 5 alternatives. The scoring was done strictly according to manual.

- **Happiness:-** Level of happiness was measured by Sinha and Sharma (1980). It is a 21 item, 7 point scale. Scoring was done strictly according to the norms given in manual. High scores reveal a high level of happiness and vice-versa.

3. Results & Conclusion

Dimensions	Type A		Type B	
	Male (n=15)	Female (n=15)	Male (n=15)	Female (n=15)
Self Disclosure	11.6	10.2	9.8	12
Openness to feedback	11.6	12.53	12.6	13.8
Perceptiveness	10.6	10	9.87	10.06

Table 1: Mean scores of type A & B ageing adults living in nuclear family on three dimensions of personal effectiveness (n=60)

Table 1 reveals that type A males and B females scored high on self disclosure as compared to type B males and type A females. On openness to feedback both males and

females having type A & B personality scored high. In case of perceptiveness, all the subjects scored low on this dimension.

Dimensions	Type A		Type B	
	Male (n=15)	Female (n=15)	Male (n=15)	Female (n=15)
Self Disclosure	11	10.8	12.4	11.13
Openness to feedback	11.26	12.33	12.2	11.33
Perceptiveness	9.9	10.4	10.6	11

Table 2: Mean scores of type A & B ageing adults living in joint family on three dimensions of personal effectiveness.

Table 2 shows that type B males are high on self disclosure dimension as compared to type A males. On openness to feedback both type A & B males and females found to be high. As far as perceptiveness dimension is concerned both males and females found to be low.

Finding revealed that type A males of joint families were task obsessed whereas subjects from nuclear families were insensitive. Exactly a reverse trend was observed in case of type B males.

When type A & B female ageing adults were compared on the basis of joint and nuclear families, it was found that type A subjects from nuclear and joint families are task obsessed where as type B subjects found to be insensitive .

Table 3 depicts that majority of the male subjects (53.55 %) having personality type A and B from nuclear and joint families scored high on self disclosure as compared to type B males (nuclear-20% & joint-60%). Further , Personality type B Females (40%) from nuclear families scored high on self disclosure dimension as compared to type A females(13.33%) while type A females (46.67%) from joint families scored high than type B females.

S No.	Personality type A/B	Total No. of Subjects	Type of family	No. of subjects having high Self Disclosure	Percentage scores	No. of subjects having Low Self Disclosure	Percentage scores
1.	Type A Male	15	Nuclear	8	53.33	7	46.67
2.	Type B Male	15	Joint	3	20	12	80
3.	Type A Male	15	Nuclear	8	53.33	7	46.67
4.	Type B Male	15	Joint	9	60	6	40
5.	Type A Female	15	Nuclear	2	13.33	13	86.67
6.	Type B Female	15	Joint	6	40	9	60
7.	Type A Female	15	Nuclear	7	46.67	8	53.33
8.	Type B Female	15	Joint	4	26.67	11	73.33

Table 3: Percentage scores of aging adults having personality type A and B on self disclosure.

Table 4 shows that majority of the personality type males i.e. 80 % from nuclear families and 60% from joint families scored high on openness to feedback as compared to type A males (nuclear families- 40% & joint families- 46.67%).

Personality type B females (86.67%) from nuclear families scored high as compared to type A females (66.67%) whereas type A females (66.67%) from joint family scored high than type B females (60%).

S No.	Personality type A/B	Total No. of Subject	Type of family	No. of subjects having high openness to feedback	Percentage scores	No. of subjects having Low openness to feedback	Percentage scores
1.	Type A Male	15	Nuclear	6	40%	9	60%
2.	Type B Male	15	Nuclear	12	80%	3	20%
3.	Type A Male	15	Joint	7	46.67%	8	53.33%
4.	Type B Male	15	Joint	9	60%	6	40%
5.	Type A Female	15	Nuclear	10	66.67%	5	33.33%
6.	Type B Female	15	Nuclear	13	86.67%	2	13.33%
7.	Type A Female	15	Joint	10	66.67%	5	33.33%
8.	Type B Female	15	Joint	9	60%	6	40%

Table 4 : Percentage scores of aging adults having personality type A and B on openness to feedback

Table 5 reveals that male ageing adults having type A personality from nuclear families and B from joint families scored equally high (40%) on perceptiveness whereas type Bs from nuclear family scored high (33.33%) compared to type A (20%) from joint families on perceptiveness.

S No.	Personality type A/B	Total No. of Subjects	Type of family	No. of subjects having high Perceptiveness	Percentage scores	No. of subjects having Low Perceptiveness	Percentage scores
1.	Type A Male	15	Nuclear	6	40%	9	60%
2.	Type B Male	15	Nuclear	5	33.33%	10	66.67%
3.	Type A Male	15	Joint	3	20%	12	80%
4.	Type B Male	15	Joint	6	40%	9	60%
5.	Type A Female	15	Nuclear	5	33.33%	10	66.67%
6.	Type B Female	15	Nuclear	3	20%	12	80%
7.	Type A Female	15	Joint	5	33.33%	10	66.67%
8.	Type B Female	15	Joint	5	33.33%	10	66.67%

Table 5: Percentage scores of aging adults having personality type A and B on perceptiveness.

Further, Personality type A and B females from joint families scored equally high (33.33%) on perceptiveness dimension as compared to type B females (20%) of nuclear family.

S No.	Personality type A/B	Total No. of Subjects	Type of family	Self-disclosure	Openness to feedback	Perceptiveness	categories
1.	Type A Male	15	Nuclear	High	Low	Low	Egocentric
2.	Type B Male	15	Nuclear	Low	High	Low	Task Obsessed
3.	Type A Male	15	Joint	High	Low	Low	Egocentric
4.	Type B Male	15	Joint	High	High	Low	Insensitive
5.	Type A Female	15	Nuclear	Low	High	Low	Task Obsessed
6.	Type B Female	15	Nuclear	Low	High	Low	Task Obsessed
7.	Type A Female	15	Joint	Low	High	Low	Task Obsessed
8.	Type B Female	15	Joint	Low	High	Low	Task Obsessed

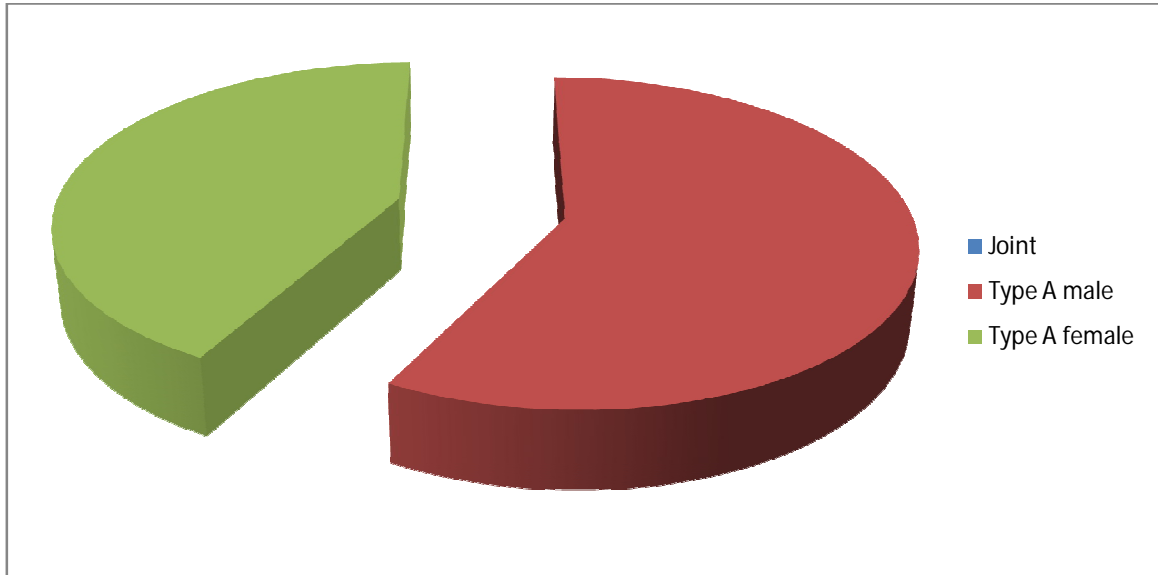
Table 6: Categories of personal effectiveness of Subjects on the basis of scores obtained on three dimensions of personal effectiveness.

Male ageing adults having personality type A from both nuclear and joint family found to be egocentric whereas personality type Bs from nuclear family found to be task obsessed and personality type B from joint family found to be insensitive.

Type A personalities are very ambitious and achievement oriented. They overlook others in their way of success. They are self centered and think about themselves. For them achievement is the most essential key to success. If they fail to achieve they blame to others.

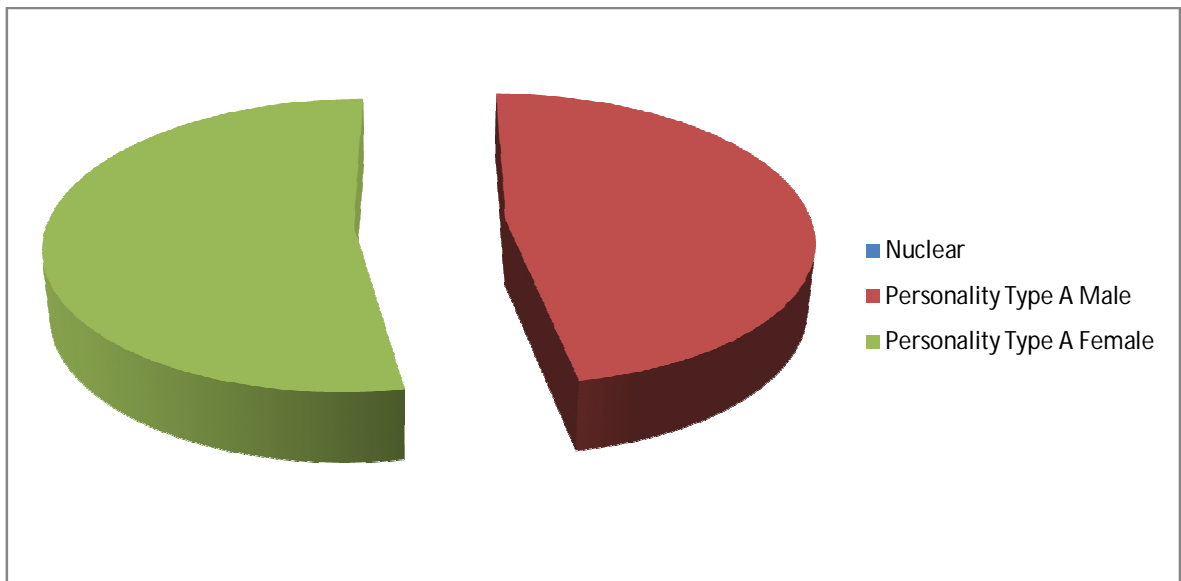
On the other hand, type B are easy going and if not able to meet out the targets in time, they are least bothered. They are very calm and patient. They don't mind what others say about them.

All the female aging adults having type A & B personality from nuclear and joint families found to be task obsessed. By virtue of nature, women in india believes work/household chores as their prime responsibility. For them, everything comes next to work. They spend their whole life working effectively to make others happy. This may be the reason that all females found to be task obsessed.



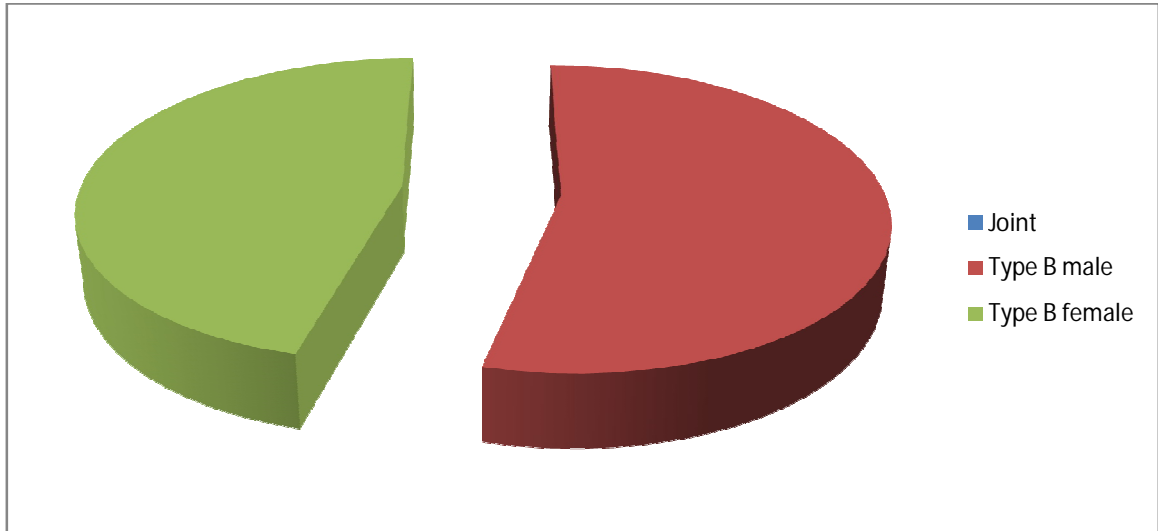
Graph 1: Level of happiness among type A males and females of Joint families

The above graph shows that the Personality type A males found to be more happy (93.60%) as compared to females (68.20%) living in joint families.



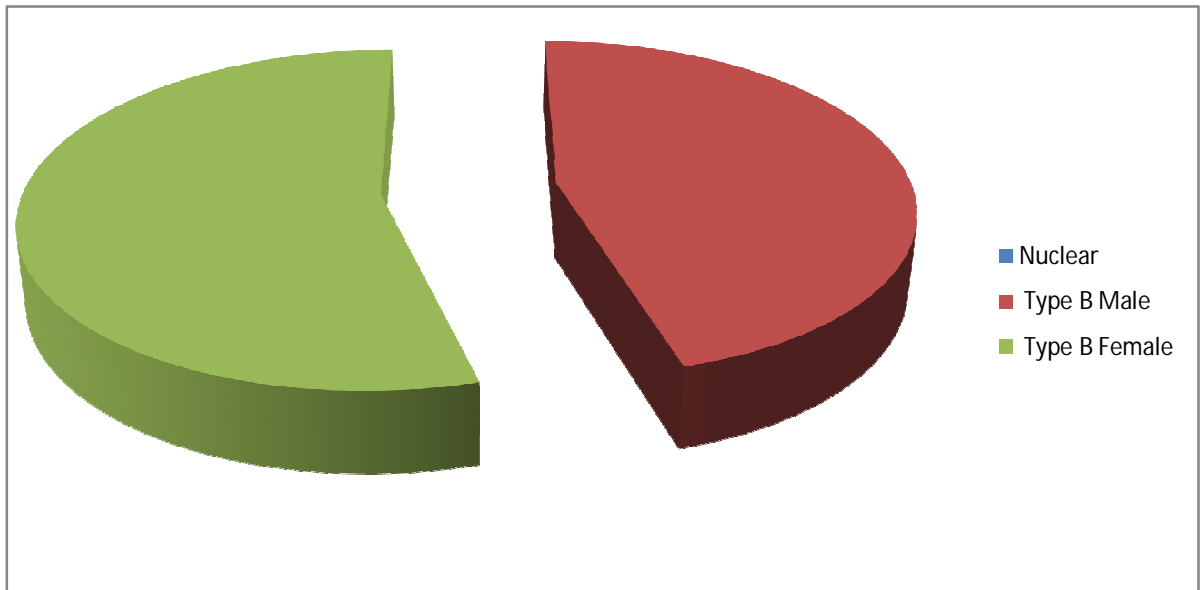
Graph 2: Level of happiness among type A males and females of Nuclear families

The above graph shows that the Personality type A females found to be more happy (93.3%) as compared to males (83.3%) living in nuclear families.



Graph 3: Level of happiness among type B males and females of joint families

The above graph revealed that the Personality type A males found to be more happy (95.60%) as compared to females (81.60%) living in Joint families.



Graph 4: Level of happiness among type B males and females of nuclear families

Graph 3 depicts that the Personality type A males found to be more happy (97%) as compared to females (81.60%) living in nuclear families.

We can conclude that males found to be more happy as compared to female aging adults. This may be due to the reason that male has very different nature. They are comparatively less interfering, take things or home matter lightly. They usually have a set routine and strictly follow that routine for eg. morning walk, sitting with friends etc. Contrary to this, female aging adults feel that they still have hold on household chores and therefore, help their daughter-in –laws, take care of grandsons or daughter etc. Thus, chances of conflicts may be more which leads to stress and make them unhappy.

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