

✓ Non UGC Subjects

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## 7. Relationship of Personality Type & Self-Actualization

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### Abstract

The present study examines the relationship between Personality Type and Self actualization of XIIth class male and female students of Minimum Competency Vocational College. Two scales were used, one each for Personality Type and Self actualization. The results indicated that the personality type A and personality type B has negative relations with self actualization. Personality Type A was most found in males. Female students had both Type A and Type B characteristics in their personality. It was also revealed that most of the students, both male and female, had high and medium level of self actualization.

### KeyWords

Personality, Self- Actualization

### Introduction

The environment in which we live and grow is always a result of change. Change also takes place in education. In the present scenario change in Indian education system is in process. If we consider the number of students opting for higher education is less, then it becomes necessary for us to think about factors responsible for the disinterest towards higher education and research. The investigator in the present study proposes to investigate relationship of personality & self-actualization of students. Whether they are inter-correlated or they are independent entities? If the students come to know about their personality type and level of self-actualization this would surely help them in their academic performance. It will help the student to understand not only themselves but also the direction of his career considering the personality and self actualization. The present study aims to find out the inter-correlations between the personality type A & personality type B & self actualization.

In an early stage of students, while they are getting educated, if we acknowledge them about their self actualization and personality this would prove to be advantageous for them in their future. Evaluation of selves' personality elaborates which characteristics he possesses and which to be added and which to be developed. Psychologists who specialize in personality seek to understand the characteristic ways in which people behave. Personality encompasses the relative enduring characteristics that differentiate people - those behaviours that make each of us unique. It is personality that leads us to act in a consistent and predictable manner both in different situations. Personality is defined as the distinctive patterns of behavior (including thoughts and emotions) that characterize each individual's adaptation to the situation of his or her life (Mischel, 1976).

Knowing ones personality in the beginning of their life is one of the hidden motives of the present research. The Type A construct was first propounded by Friedman and Rosenman (1974) to describe certain kinds of individuals. Type a while placing people at high risk of heart-related illness, it gives them the drive to do well in certain kinds of task (Boyd, 1984; Taylor et al, 1984).

The study has also investigated the level self actualization in students. Through knowing about self actualization they will come to know about their potentials. They will also come to know the characteristics of a self actualized person. In the present study the researcher has not only found the personality type a student belongs to (Type A or Type B) but also the level of self actualization. The students of MCVC in their routine education will never come to know about their personality and self actualization until and unless they personally get to know through a professional course.

The term self actualization was originally introduced by the organismic theorist Kurt Goldstein (1934) for the motive to realize all of one's potentials- the actualizing tendency, according to Carl Rogers (1951). According to Goldstein, actualization is "a driving life force that will ultimately lead to maximizing one's abilities and determine the path of one's life. Maslow explicitly defines self-actualization to be "desire for self-fulfilment, namely the tendency for him to become actualized in what he is potentially.