A Comparative Study of Personality traits, Internalizing, Externalizing Variables between the Meitei and Muslim adolescents in Manipur

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The aim of the present study is to do a comparative study of the personality traits i.e., Neuroticism, extraversion, openness, conscientiousness, agreeableness and internalizing and externalizing variables i.e., generalized anxiety disorder, post traumatic stress, depression, eating disturbance, suicide, interpersonal problems, conduct disorder, oppositional defiant disorder, substance abuse, anger violence proneness, academic problem between the Meitei, Muslim adolescents in Manipur. Sample include sixty for Meitei adolescents and sixty for Muslim adolescents are randomly selected from Manipur population i.e., sora,kakching,keirak, pallel. Personality traits are measured by NEO-FFI, and internalizing and externalizing variables are measured by APS-SF. The inclusion criteria used for sample selection was that age of students ranged from 12-19 years. Results of the present study are analyzed by mean, standard deviation and t-test. Results of the present study indicates that there is significance difference in conduct disorder, posttraumatic disorder and self-concept between the two groups. However, it also indicates that there is no significance difference on oppositional defiant disorder, substance abuse, anger violence proneness, academic problem, generalized anxiety disorder, depression, eating disturbance, suicide and interpersonal problems between the two groups. Results from the personality traits indicate that there is no significance difference on neuroticism, extraversion and conscientiousness but have significance difference on openness and agreeableness between the two groups.

Keywords: Internalizing, Externalizing, Personality, Traits, Neuroticism, extraversion, Openness, conscientiousness, agreeableness.

Introduction:

Adolescence is the most important period of life. It is a developmental period which there is a transition from childhood to adulthood mentally, physically, emotionally and socially. Thus adolescence experiences changes in all facets of his life.

The beginning of adolescence is fundamentally a period of physical change. Growth furnishes the physical basis for emotional, social, intellectual and economic maturity. Adolescence is marked by ‘growth spurt’ which involves various physical changes including the growth in height, changes in body proportions, changes of voice etc. a number of psychological changes are associated with puberty. Many problems interwoven with customs and conventions in different societies emerges during this period. There are also mood swings, making them irritable, aggressive, depressive and non-talking. Adolescents may also resort to extremes in eating either eating a lot or depriving the body of adequate intake leading to bulimia and anorexia nervosa.

The adolescence is an in-between period. During this transition from childhood to adulthood, the individual displays many childlike characteristic, even though he is striving to be grown up in nature. During this time he cannot be treated as a child, and actually resists such treatment. The adolescent is thus torn, often violently, between acting as a child and acting as a man which G.Stanley Hall has rightly described as a period of “stress and storm.”

In this process the adolescent develops fears and anxieties. The fear may be related to the self failure in school, personal inadequacy, decrease in self esteem; or related to social relations embarrassment at
social events, meeting with people, at parties etc. Lerner et.al 91996) have found that decrease in self esteem and social support during early adolescence are linked to disruptive effects of puberty, school transitions and other changes specific to the stage. Adolescence is also accompanied by anxieties connected with appearance, popularity, future and boy-girl relationships. Females consider appearance as most important to their self-esteem (usmiani & Daniluk,1997).

Singhal and Rao (2004) in their study which assessed the psychological concerns (focusing on the personality, affective and behavioral dispositions) of the adolescents found that in general, overall problematic psychological concerns of adolescents are high. The biggest question in every adolescent is : “who am I?” the dual expectations by the society creates confusion in the adolescent’s mind. They yearn for more independence (Larson,1997) in different matters of their life including heterosexual interactions. Their here-and-now attitude leads them to have the ‘me-first’ mind set, and getting pleasure where and when they want. This need for instant gratification and the need to fulfill desires whenever they want land them up in problems. Adolescence is the time during which relationship with the parents is delicate. Unless handled carefully by both the parents as well as adolescents, conflicts and stress appear on a host of issues such as wearing dress, chatting with friends, mixing with boys, coming late to home, partying etc.

Although physical changes determine adolescence, social forces also act to shape this phase of life. Educational plan, work opportunities, age of marriage are some factors that mark the beginning of adulthood. Various social rituals and ceremonies are observed in certain cultures to initiate the child into adulthood. Adolescence marks the beginning of greater independence, gradually moving away from parents and family and finding a place for oneself, establishing oneself, and creating an identity of oneself in the society. Peers form an important part of adolescent’s life. Peers influence academic achievement and prosocial behavior (Wentzel & Caldwell,1997), as well as problem behaviors such as drug and alcohol use, smoking cigarettes and delinquency (Urberg,Degirmencio& Pilgrim,1997).

**Objectives of the study:**
1. To study the personality traits differences of Muslim and Meitei Adolescents in Manipur.
2. To study the internalizing and externalizing differences of Muslim and Meitei adolescents in Manipur.

**Hypothesis of the study:**
The hypothesis of the present research are as follows:
1. It is expected that there will be significant difference between Muslim and Meitei adolescent on personality Traits.
2. It is expected that there will be significant difference between Muslim and Meitei adolescent on internalizing and externalizing variables.

**Method**

**Participants:**
For this study, a sample of 120 participants ranging age level 12-19 years old including male and female are randomly selected from Sora school, Keirak School, Pallel and Kakching.

**Instrument:**
Following tests were used in the study:
1. NEO-five factor inventory;
2. APS-SF
   Brief description of the test is as follows:
   NEO-five factor inventory: Paul T.Costa, Jr. and Robert R. McCrae,. developed this inventory. It measures five personality domain. Here the investigator used Form-s for the present study. This questionnaire(form-s) contains 60 statements. For each statement response, there is five answer
keys, such as SD, strongly disagree, D, disagree, N, neutral, A, agree, and SA, strongly agree. The subjects have to choose one answer out of these five keys. The revised Neo-personality inventory is a concise measure of five major dimensions or domains. The Neo PI-R embodies a conceptual model is a measure of normal personality trait that has demonstrated its utility in both clinical and research settings. The five dimensions or domains are: 1. Neuroticism; 2. Extroversion; 3. Openness; 4. Agreeableness; and 5. Conscientiousness

APS-SF:
The Adolescent Psychopathology Scale-Short Form (APS-SF) stems from the development of the Adolescent Psychopathology Scale (APS; Reynolds, 1998a). The Adolescent Psychopathology Scale-Short Form (APS-SF) is a multidimensional measure of psychopathology measure of psychopathology and personality characteristics designed for use with adolescents' age 12 to 19 years. The 115 items on the APS-SF are derived from the Adolescent Psychopathology scale (APS; Reynolds, 1998a), a 346-item measure of adolescent psychopathology and psychosocial problems. The items on the APS-SF directly evaluate specific symptoms of the Diagnostic and Statistical Manual of Mental disorders, fourth Edition (DSM-IV; American Psychiatric Association, 1994) clinical and personality disorders, as well as other psychological problems and behaviours that interfere with successful psychosocial adaptation and personal competence. The APS-SF is composed of 12 clinical and 2 validity scales.
The 12 clinical scales are:
- Conduct disorder (CND, 15 items);
- Oppositional Defiant disorder (OPD, 9 items);
- Substance abuse (SUB, 9 items);
- Anger/Violence Proneness (AVP, 14 items);
- Academic Problems (ADP, 9 items);
- Generalized Anxiety disorder (GAD, 11 items);
- Posttraumatic Stress disorder (PTS, 11 items);
- Major depression (DEP, 14 items);
- Eating disturbance (EAT, 8 items);
- Suicide (SUI, 6 items);
- Self-Concept (SCP, 9 items);
- Interpersonal problems (IPP, 11 items).
The 2 validity scales are:
- Defensiveness (DEF, 6 items) and Consistency Response (CNR, 14 items).

**Procedure:**
The selected participants were administered tests of NEO-five factor inventory and APS-SF that measures internalizing and externalizing variables.

**Scoring of Test:**
Hand scoring was done by using prescribed scoring keys for NEO-FFI. For APS-SF, computer scoring was done.

**Statistical Analysis:**
Data can be analyzed quantitatively through the use of SPSS package.

**Result:**

Table-I
Personality traits of NEO-FFI variables of Meitei and Muslim on Mean, S.D., t-test and p-significance level.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Meitei M, S.D.</th>
<th>Muslim M, S.D.</th>
<th>t</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>23.75, 5.13</td>
<td>22.71, 4.79</td>
<td>1.13</td>
<td>.257</td>
</tr>
<tr>
<td>E</td>
<td>25.86, 4.24</td>
<td>24.60, 6.33</td>
<td>1.28</td>
<td>.201</td>
</tr>
<tr>
<td>O</td>
<td>23.61, 3.37</td>
<td>20.81, 4.63</td>
<td>3.78</td>
<td>.000</td>
</tr>
<tr>
<td>C</td>
<td>28.06, 4.99</td>
<td>27.28, 5.38</td>
<td>0.82</td>
<td>.410</td>
</tr>
<tr>
<td>A</td>
<td>25.48, 4.43</td>
<td>23.08, 4.80</td>
<td>2.84</td>
<td>.005</td>
</tr>
</tbody>
</table>

Table-II
Internalizing and externalizing variables of Meitei and Muslim on Mean, S.D., t-test and p-significance level.
### Variables

<table>
<thead>
<tr>
<th>Variables</th>
<th>Meitei M</th>
<th>S.D</th>
<th>Muslim M</th>
<th>S.D</th>
<th>t</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>CND</td>
<td>2.40</td>
<td>1.90</td>
<td>3.20</td>
<td>3.24</td>
<td>-1.64</td>
<td>.102</td>
</tr>
<tr>
<td>OPD</td>
<td>5.23</td>
<td>1.84</td>
<td>5.50</td>
<td>3.38</td>
<td>-.536</td>
<td>.593</td>
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<tr>
<td>SUB</td>
<td>.950</td>
<td>1.97</td>
<td>1.80</td>
<td>5.10</td>
<td>-1.20</td>
<td>.232</td>
</tr>
<tr>
<td>AVP</td>
<td>6.43</td>
<td>2.67</td>
<td>6.93</td>
<td>3.67</td>
<td>-.85</td>
<td>.396</td>
</tr>
<tr>
<td>ADP</td>
<td>6.13</td>
<td>2.71</td>
<td>6.25</td>
<td>3.36</td>
<td>-.20</td>
<td>.835</td>
</tr>
<tr>
<td>GAD</td>
<td>8.91</td>
<td>2.49</td>
<td>8.91</td>
<td>2.49</td>
<td>.00</td>
<td>1.00</td>
</tr>
<tr>
<td>PTS</td>
<td>6.85</td>
<td>2.64</td>
<td>8.51</td>
<td>2.89</td>
<td>-3.29</td>
<td>.001</td>
</tr>
<tr>
<td>DEP</td>
<td>9.36</td>
<td>3.83</td>
<td>9.73</td>
<td>4.65</td>
<td>-0.47</td>
<td>.638</td>
</tr>
<tr>
<td>EAT</td>
<td>9.36</td>
<td>3.83</td>
<td>9.71</td>
<td>4.59</td>
<td>-0.43</td>
<td>.651</td>
</tr>
<tr>
<td>SUI</td>
<td>4.63</td>
<td>2.49</td>
<td>4.81</td>
<td>2.60</td>
<td>-0.39</td>
<td>.694</td>
</tr>
<tr>
<td>SCP</td>
<td>2.71</td>
<td>2.08</td>
<td>3.56</td>
<td>2.11</td>
<td>-2.22</td>
<td>.028</td>
</tr>
<tr>
<td>IPP</td>
<td>7.81</td>
<td>3.35</td>
<td>7.68</td>
<td>2.79</td>
<td>.23</td>
<td>.814</td>
</tr>
</tbody>
</table>

Df=118, sig (2-tailed)

### Discussion:

The main objective of the present study is to compare the personality traits, internalizing and externalizing problems between the two groups i.e., Meitei adolescents and Muslim adolescent. Such comparison was done using mean, S.D. and t-test of significance difference. In the first objective, personality traits of Meitei adolescent and muslim adolescents residing in Manipur. From the result table-I, it was found that there were significance differences between the Meitei adolescents and muslim adolescents in openness and agreeableness traits. The mean value of openness in Meitei adolescents are more higher than the mean value of Muslim adolescents. Their mean values are 23.61 and 20.81 respectively. High on openness means open to new experiences, have broad interests and are very imaginative. In agreeableness, mean value of Meitei adolescents are more than the muslim adolescents counterparts. Their mean values are 25.48 and 23.08 respectively. High on agreeableness means compassionate, good-natured and eager to cooperate and avoid conflicts. Here it has reflected that Meitei adolescents have more agreeableness and openness traits than their Muslim adolescents counterparts. The remaining traits i.e., neuroticism, extraversion and conscientiousness have no significance differences between them. Neuroticism evaluates psychological distress, disruptive emotions that interfere with adaptation, less able to control their impulse and to cope more poorly than others in stress. Extraversion evaluates sociability, liking people, assertive, active and talking. Conscientiousness evaluates control of impulse, how to manage their desires. Selfcontrol can also refer to a more active process of planning, organizing, and carrying out tasks; and individual differences in this tendency are the basis of conscientiousness.

In the second objective the comparison between internalizing and externalizing problems in Meitei adolescents and muslim adolescents in internalizing and externalizing problems. Externalizing problems are conduct disorder (CND), oppositional defiant disorder (OPD), academic problem (ADP), anger violence proneness (AVP) and substance abuse (SUB). In the externalizing problems, Meitei adolescents and muslim adolescents have significant differences in conduct disorder. Muslim adolescents have more mean value in conduct disorder than the Meitei adolescents. High on conduct disorders may come up school suspension, break rules at home or school, stealing and getting into fights. Their mean values are 3.20 and 2.40 respectively. The remaining externalizing problems i.e., AVP, OPD, SUB, ADP have no significance differences between the two groups. AVP deals with general anger, hostility, lack of control over one’s anger, engagement in fights and causing physical harm to others etc. OPD evaluates disobedience, argumentativeness, anger and defiance. SUB evaluates use of substances over the past 6 months. ADP evaluates inattention-distractibility, hyperactivity-impulsive, inattentive and combined. It means that they have more or less similar problems in this factors. In the internalizing comparison between the Meitei adolescents and muslim adolescents, they
have significant differences between the two factors i.e., posttraumatic stress disorder and self-concept. The remaining factors like GAD, DEP, IPP, EAT, and SUI have no significance difference between the two groups. GAD assesses feelings of anxiety and worry are pervasive and GAD symptoms cause significant distress and impairment in daily functioning. DEP evaluates primary and secondary symptoms of major depressive disorder like emotional components of dysphoria; cognitive aspects such as suicidal ideation, low self-worth and guilt; vegetative symptoms such as sleep difficulty, fatigue, loss of energy; somatic complaints of past two weeks. IPP evaluates interpersonal problems in relationships with others loneliness, lack of friends, social introversion, and a sense that things are going wrong in one’s life. EAT evaluates on cognitive fears, worry, and perceptions of being fat, along with binge eating, food regurgitation and negative response food. Eating disorders of anorexia nervosa (fear for gaining weight) and Bulimia Nervosa (excessive eating or lack of control overeating) represent serious psychopathology disorders that are many times more prevalent in females than males and often have their onset during adolescents. SUI evaluates suicidal ideation and suicidal behaviours like wishing one had never been born, serious thoughts of killing oneself, and attempted suicide. In the significance level of the posttraumatic stress disorder, Meitei adolescents have less mean value than the Muslim adolescents; their mean values are 6.85 and 8.51 respectively. Posttraumatic stress disorder evaluates symptoms associated with experiencing a traumatic event, cognitive and affective distress and increased arousal. High score on PTS means stress related symptoms may be associated. In low score such traumatic stress related response has not escalated. In the significance level of self concept, the mean values of Meitei adolescents have less value than the Muslim adolescence. Their mean values are 2.71 and 3.56 respectively. SCP evaluates basic aspects of self concept and sense of self-worth. Here high on SCP indicates poor sense of self-worth and self concept. Low scores on the SCP represent a more positive self concept.

Conclusion:

From the above study, the investigator found that Meitei adolescents have more agreeableness and openness than the Muslim adolescents. Agreeable person is fundamentally altruistic. He or she is sympathetic to others and eager to help them, and believes that others will be equally helpful in return. In contrast, the disagreeable or antagonistic person is egocentric, skeptical of others’ intentions, and competitive rather than cooperative. But other traits like neuroticism, extraversion and conscientiousness, they have more or less similar. In the externalizing, Muslim adolescents have little bit high in conduct disorder than Meitei adolescents. But other externalizing factors like, AVP, OPD, ADP, SUP have more or less similar in nature between the two groups. In internalizing factors Muslim adolescents have more in posttraumatic stress disorder than the Meitei adolescents counterparts and in the self concept also Muslim adolescents have more than the Meitei adolescents counterparts. The remaining factors like, GAD, DEP, EAT, IPP, SUI have more or less similar in nature. From this study, irrespective different adolescents belonging to different community, they have such problems more or similar during adolescents period except some factors. In personality, it has reflected lit bit interesting between the two groups but some factors are totally more or less similar in nature like neuroticism, extraversion and conscientiousness. Further study have be suggested and need for counseling during the adolescence period are highly recommended irrespective of different communities, different cultures etc.

References:


