



# Personality Profile And Personal Happiness- A Comparative Analysis of Mental health of Middle Aged Person Belonging to Urban and Rural Community of West Bengal

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**Abstract:** Middle age is a crucial time in one's life span and the psychological stress play an important role in adjustment. In this period challenges is develop as genuine concern for the welfare of future generations and contribute to the world through family and work. Thus midlife psychological crisis occur and it hampers the subjective well being of a person. But radical adjustment to change roles and pattern of life depends on his/her personality profile. So this study made a comparative attempt to evaluate the personality profile and sense of subjective well being of a particular territory of life span. In order to carry out the present investigation one district town area and one district village area were selected and data were collected from hundred willing middle aged male and female on purposive sampling basis. For this purpose of measuring interactive variable two tools were used Oxford Happiness Questionnaire (Hills and argyle, 2002) and Eysenck Personality Questionnaire (1975). Research finding shows a positive correlation between personality patter and happiness for maintaining a good healthy life, irrespective of gender and territory but women are more concern about their subjective well being for good mental health. Territory wise quantitative analysis (by applying 't' statistics) shows that, town or city dwellers are more aware about their happiness domain which in turn affect their quality of life more positively.

## I. INTRODUCTION

In today's world, society is facing extremely tough challenges in the form of global warming, natural disasters, economic recession, unprecedented homelessness, terrorism and the draining continuation of war with all this sadness and horror, where in the world does a science based on testing happiness, wellbeing, personal growth and "the good life" fit into the modern day agenda?

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Positive psychology focuses on wellbeing, happiness, personal strengths, wisdom, creativity, imagination and characteristics of positive groups and institutions, positive thinking and positive emotions. Furthermore, the focus is not just on home to make individuals happy, thereby perpetuating a self centered, narcissistic approach, but on happiness and flourishing at a group level as well. We will look at how individuals and group thrive and how increasing the well being of one will have a positive effect on the other leading to a win – win situation.

Positive psychology is one of the result branches of psychology to energy. This particular area of psychology focuses on how to help human beings prosper and lead healthy, happy lives. While many other branches of psychology tend to focus on dysfunction and abnormal behavior positive psychology is centered on helping people become happier.

**Martin Seligman and Mithaly Csikszentmihalyi** describe positive psychology in the following way: "We believe that a psychology of positive human functioning will arise that achieves a scientific understanding and effective interventions to build thing in individuals' families and communities". Happiness is as important to us, both as individual and as a world, primarily because happiness is really all there is. As human beings, although we possess cognitive abilities and are highly "thought" oriented the quality of our lives is ultimately entirely determined by our emotions.

Considering happiness within the framework of good and evil, or right and wrong, we find that what is evil or wrong is only undesirable because it diminishes the happiness of an individual or



groups, and that what is good and right is only so because it increases the happiness of an individual or group. Happiness, which includes the pleasant emotions and modes that comprise it, is really the only aspect of our lives with any ultimate value.

**Seligman (2002)** <sup>[25]</sup> describes happiness as consisting of 'positive emotions' and 'positive activities'. Positive emotions include satisfaction, pride, optimism, hope, trust, pleasure, gratifications. Literature survey about **happiness and unhappiness** in old age revealed that aged persons are carry-overs of attitudes formed earlier as a result of success and failure of their past achievements and adjustments. As a result, unsuccessful past adjustments make present adjustments as difficult as in old age. This means that unless elderly have made reasonably good adjustments in the past, they have far less chances for happiness (**Barrett, 1972**) <sup>[31]</sup>. The pursuit of happiness is an important goal for many people. However, surprisingly little scientific research has focused on the question of how happiness can be increased and then sustained, probably because of pessimism engendered by the concepts of genetic determinism and hedonic adaptation. Nevertheless, emerging sources of optimism exist regarding the possibility of permanent increases in happiness. Drawing on the past well-being literature, the authors propose that a person's chronic happiness level is governed by three major factors: a genetically determined set point for happiness, happiness-relevant circumstantial factors, and happiness-relevant activities and practices. They consider adaptation and dynamic processes to show why the activity category offers the best opportunities for sustainable increasing happiness (**Lyubomirsky, Sheldon and Schkade, 2005**) <sup>[20]</sup>.

Many of us are very concerned with ethics, knowledge beauty love, health, productivity, peace, justice and prosperity, often forgetting that their blessings are simple and ultimately means of facilities happiness. Nevertheless, over the last several millenniums we have been culturally conditioned to prize these blessing and work very hard to maintain and enhance them. The fact that as a world our happiness level is under 65 percent, however, suggests that our conventional strategies for achieving happiness are hardly effective.

Recent studies are revealing an important reason why happiness is so important to us all. A growing body of research is demonstrating that as we become happier, we become better people. As me

become happier we become more compassionate, more creative, more energetic, more financially successful, more emotionally and physically healthy, etc. Thus for those of us who are more concerned with creating a "better" world than a happier world becoming much happier and helping others become much happier may prove a very effective means to this end. Imagine for a moment the reduction in incidents of crime in the United states if we as a country were to raise of national average happiness level from its present marginal 69 percent to 85 percent or higher.

We share our lives with loved ones like our spouse, parents, children, and friends. It is important to understand this essential point so that we and our loved ones do not become separated or distracted from our happiness.

Happiness is not only important to our personal and societal lives, it is important to our global community. Unhappiness breeds wars and terrorism. Countries that unjustly attack other countries are doing so because they are not happy with certain international realities. Terrorists who attack individuals and populations are deeply dissatisfied with various social, political, religious, and economic realities very happy countries would not wage unjust wars. Very happy individuals would not commit acts of terror.

As individuals and as societies, happiness is both our highest goal and an extremely effective means of achieving many of our other cherished goals. Both as individuals as a planet, happiness is our ultimate reasons for living. Happiness is really all there is and all there ever will be, all else is only a means to happiness.

Happiness does not just make you enjoy life more, it actually affects how successful you are in both your personal and professional lives. Happiness makes people more sociable and altruistic, it increases how much they like themselves and others, and it strengthens their immune system. The cumulative effects means that people have satisfying and successful relationship find especially fulfilling careers and live longer, healthier, lives.

The word **narcissism** is derived from a great myth which is about Narcissus, a handsome Greek Youth, who rejected the desperate advance of the nymph echo. As punishment, he was deemed to fall



in love with his own reflection in a pool of water. Unable to consummate his love, Narcissus pined away and changed into the flower that bears his name, the Narcissus (Sanyal, 2005)<sup>[23]</sup>. In other words, it relates to an exaggerated self love. However the term may consist of a variety of meaning depending on the orientation.

### Concept of Middle Age:

Middle age is the period of age beyond young adulthood but before the onset of old age, which is around the third quarter of the average life span of human beings. In middle age, the relation potencies of past, present, and future are altered as the individual increasingly directs effort to the process of reminiscence and recollection of the past, rather than anticipation of the future. If approached constructively, middle age can prepare an individual for a satisfying and productive old age. According to Collins Dictionary (2002)<sup>[7]</sup>, this is "usually considered to occur approximately between the ages of 40 and 60". Because middle age is a long period in the life span, it is customarily subdivided into early middle age, which extends from age forty to age fifty, and advanced middle age, which extends from age fifty to age sixty (Hurlock, 1981)<sup>[16]</sup>.

### Characteristics of Middle Age:

Middle age is a dreaded period in the life span. It is time of transition and the time when male and female leave behind the physical and behavioural characteristics will prevail. This is the time when male undergo a change in virility and female a change in fertility. It is a time of stress also. Radical adjustments to change roles and patterns of life and lead to a period of stress.

Middle age is a "dangerous age" in the life span. Because it is a time when individuals break down physically as a result of overwork, over worry, or careless living. The incidence of mental illness both male and female and it is also a peak age for suicides, especially among the male.

In middle age is male and female normally reach their peaks of achievement. Middle age should be a time not only for financial and social success but also for authority and prestige.

It is the time of the empty nest. Empty nest stage begins with late marriage and parenthood or with large numbers of children.

Middle age is a time of boredom. They are bored with the daily routine of work and with a family life that offers little excitement.

Middle age needs to satisfy his need for generativity, a concern to establish and guide the next generation. This age is realized through nurturing his own children, guiding and directing other young people and by engaging in some kind of creative, productive or fruitful activity that may prove beneficial to society.

Middle age is caring only himself or for those in his family or friends who are close to him, he participates in the welfare of the future generation as represented by his own children, pupils, subordinates and young people in general.

Middle age is a tendency on the part of the individual to become egoistic and selfish. This leads to stagnation and personal impoverishment. This age balanced adjustment between the extremes of the need for generativity and the need for inactivity.

### Psychological Characteristics of Middle Age:

There is a traditional belief that as physical abilities decline, so do mental abilities. Terman and Oden's (1959)<sup>[27]</sup> study of a group of men and women followed from preschool years to middle life has shown that mental decline does not set in during middle age among those with high intellectual abilities. In specific mental abilities, such as problem solving and verbal ability, little or no decline was reported in middle age among those whose initial abilities were high. Many men and women are anxious to remain mentally alert is evidenced by the growing interest in cultural pursuits as a form of recreation and by the increasing numbers who are completing their education or supplementing the education they received during their school and college years.

### Happiness and Middle Age:

'Happiness is a term that conveys several different meanings including momentary joy, satisfaction with life and long term enjoyment.



The term is also used as a popular and short-hand way of speaking about subjective well-being' (Friedman,1998) <sup>[13]</sup>. Zika and Chamberlain (1992)<sup>[29]</sup> investigated the relationship between meaning in life and psychological well-being using several measures and both positive and negative well-being dimensions. A strong association is found between meaning in life and well-being, which is replicated in two different samples. Meaning in life is found to have a stronger association with positive and negative well-being dimensions, suggesting the value of taking a salutogenic approach to mental health research. Lyubomirsky (2006), <sup>[21]</sup> on in other study investigated theoretically and empirically derived similarities and differences between the constructs of enduring happiness and self-esteem in middle age and older age. Participants were retired employees of a large utility company serving much of southern California. A systematic, computer-driven procedure was used by the company to select a random sub-sample of the names and addresses of individuals from the company's population of retirees.

Self-report questionnaires were applied, 621 participants were recruited. Results indicated that happiness and self-esteem, while highly correlated, presented unique patterns of relations with the other measured variables. The best predictors of happiness were the following : mood and temperamental traits, social relationships, purpose in life, and global life satisfaction. By contrast, self-esteem was best predicted by dispositions related to agency and motivation.

#### **Personality Dimensions and its relation with Middle Age:**

“Personality is the dynamic organization within the individual of those psychophysical systems that determine the individual's unique adjustment to the environment” (Allport, 1961) <sup>[1]</sup>. Costa (1976), <sup>[8]</sup> in another study tried to find out the relations of age and personality dimensions to cognitive ability factors in middle age. Participants were classified into three cognitive abilities factors – Information Processing Ability (IPA), Manual Dexterity (MD), and Pattern Analysis Capability (PAC) and three personality dimension –anxiety, extraversion and openness to experience was

applied, 969 male participants were recruited. Results indicated subjects high in anxiety scored lower on all three cognitive factors ; subjects open to experience scored higher on IPA and PAC ; and introverted subjects scored higher on PAC. Most of these effects remained when the education and socio economic status were held constant in covariance analysis. While personality has some influence on cognitive performance the declines with age in performance on some cognitive tasks are not mediated by personality.

With the recent rise of happiness studies, the causes and correlates of happiness are attracting increasing amount of attention. To date, researchers have studied the relationship variety of personality, socio-demographic, health related and other factors. Still there is little research on association between happiness and literacy which sometimes as a indicator of quality of life or human development.

Recent research shows that people living in rural area are more optimistic about the future and happier about their quality of life than people in cities and town. People in both rural and urban area said that many felt more optimistic about health, education and the environment, but the positive changes was much more pronounced among country dwellers than city inhabitants.

#### **II. REVIEW OF LITERATURE:**

A literature review is a critical and in depth evaluation of previous research. A good literature review expands upon the reasons behind selection a particular research question review of literature is theoretical articles. Within the domain of any scientific research plan, a review of literature in the research field seems to be one of the most essential steps.

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**Keyes (2002)**<sup>[18]</sup> conducted a study on optimizing well-being. Data were collected from a national sample of 3,032 Americans aged 25-74 years. Factor analyses confirmed the related-but-distinct status of SWB and PWB. The probability of optimal well-being (high SWB and PWB) increased as age, education, extraversion, and conscientiousness increased and as neuroticism decreased. Results indicated Compared with adults with higher SWB than PWB, adults with higher PWB than SWB were younger, had more education, and showed more openness to experience.

**Srivastava (2003)**<sup>[26]</sup> , made a study on development of personality in early and middle adulthood : set like plaster or persistent change ? participants , were classified into this study compared these perspectives in a large (N =132, 515 ) sample of adults aged 21-60 years who completed a Big Five personality measure on the internet. Results indicated that the Conscientiousness and Agreeableness increased throughout early and middle adulthood at varying rates ; Neuroticism declined among women but did not change suggests that the big five traits are complex phenomena subject to a variety of developmental influences.

**Kamp, Dush and Amato (2005)**<sup>[17]</sup> examined the links among relationship status, relationship happiness, and a latent measure of subjective well-being. Results revealed that married individuals reported the highest level of subjective well-being, followed by individuals in cohabiting relationships, steady dating relationships, casual dating relationships, and individuals who dated infrequently or not at all. Individuals in happy relationships reported a higher level of subjective well-being than did individuals in unhappy relationships, irrespective of relationship status. Even with relationship happiness controlled,

however relationship status was associated with subjective-well-being.

**Lewis (2011)**<sup>[19]</sup> , in a study investigated life satisfaction of single middle – aged professional women. Participants, were classified into the proposed regression model, which included job satisfaction, gender identity, locus of control, social support, health, financial resources, leisure – time activities, sexual satisfaction, and regrets regarding life circumstances, and explored through a questionnaire. Questionnaires, were administered to single professional women in higher education institutions. Responses were received from 152 women. Results indicated that the performance on life satisfaction was significantly explained by recourse to the variables of job satisfaction, internal locus of control, regrets regarding life circumstances, sexual satisfaction, and leisure – time activities.

#### **Objectives :**

Middle age is a crucial time in one's life span and the psychological stress play an important role in adjustment. In this period challenger is develop as genuine concern for the welfare of future generations and contribute to the world through family and work. Thus midlife psychological crisis occur and it hampers the subjective well being of a person. But radical adjustment to change roles and pattern of life depends on his/her personality profile.

Considering the above concept the main objective of the present investigation :

- i) to study/evaluate the relation between personality profile and personal happiness in terms of subjective well being.
- ii) to study if there is any different between persons belongings to or living in a particular place.
- iii) to study, if there is any difference between male and female with respect to happiness.
- iv) to study, if there is any difference between male and female with respect to personality dimension.

#### **III. METHODOLOGY :**

**Problem :** Personality profile and personal happiness – a comparative analysis of mental



health of middle aged person belonging to urban and rural community of West Bengal.

Operational definitions of the selected variables are :

**Mental Health** – Mental health is the ability to adjust satisfactorily to the various strains of the environment we meet in life and mental hygiene as the means we take to assure this adjustment.

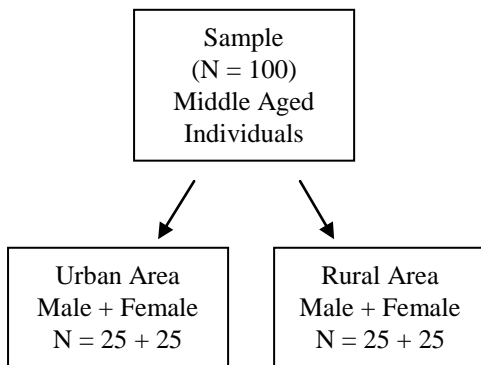
**Happiness** – Happiness is a term that conveys several different meaning including momentary joy, satisfaction with life, long term enjoyment. He term is also used as a popular and short hand way of speaking about subjective well being (Friedman, 1998) [13]

**Personality Dimension** – “Personality is the dynamic organization within the individual of those psychophysical systems that determine the individual unique adjustment to the environment” (Allport, 1961) [1]

**Hypotheses :**

- i) There is no relation between happiness and personality dimension among middle aged person.
- ii) There is no relation between middle aged male and female in terms of personality dimension regarding subjective well being.
- iii) There is no relation between middle aged male and female in terms of happiness regarding subjective well being.
- iv) There is no relation between urban and rural inhabitants in terms of personality profile and happiness.

**Research Design :**



Interacting Variables	Measured by
1) Happiness	Oxford Happiness Questionnaire (OHQ) (Hills and Argyle 2002)
2) Personality Dimension	Eysenck Personality Questionnaire (EPCQ) (Eysenck and Eysenck, 1975)

**Sample :**

In order to carry out the following investigation a total number of 100 middle aged male and female from urban and rural area were selected on the basis of following inclusion criteria :

**Inclusion Criteria :**

- Age : 35 – 45 years
- Sex : Male and Female
- Education : higher Secondary to Graduate
- Socio Economic Status : Upper Middle Class
- Mother Tongue : Bengali
- Study Area : Urban community under municipality and Rural community under block development project.

**Sampling Techniques :**

The present research endeavor has employed purposive sampling as the technique of selection of subjects. After outlining the methodological plan adopted during the present study, it is necessary to describe the procedural steps in some details. At this juncture, it is also needed to shed light to some preparatory work that was done prior to the final administration of the tests.

**Tools used :**

- i) Information Blank – Consisting information like name, age, sex, religion, mother tongue, marital status, education, family history, working status, personal hobby, future economic plan, major illness.
- ii) The Oxford Happiness Questionnaire (OHQ) by hills and Argyle (2002) [2]
- iii) Eysenck Personality Questionnaire (EPCS) by Eysenck and Eysenck (1975) [11] [12].



#### IV. PROCEDURE:

**Step 1:** The middle-aged individuals were selected according to the inclusion criteria mentioned above.

**Step 2:** Rapport was established with the candidates.

**Step 3:** Information blank and the above mentioned questionnaires were given to them.

#### PRECAUTIONS:

a) During the administration of each questionnaire, it was checked by the investigator whether the respondents were relaxed and willing to participate. If there was any tension on the part of any respondent, he/she was not forced to participate for that day, but a second appointment was fixed with her.

b) The respondents were made to sit in a well-lit and airy room and made to feel comfortable. One respondent at a time was given the questionnaire.

c) No time limit was given to the respondents while answering the questionnaires. However, it was found that most of the respondents covered the questionnaires within scheduled time.

d) It was noted that each individual being tested should interpret the questions for themselves. The investigator answered questions about any particular item.

e) It was assured to the respondents that the results of tests would be treated in strict confidence.

f) Lastly, the respondents were asked to answer the question freely, frankly and honestly.

g) After the collection of data, scoring was done for each test and the scores were subjected to statistical analysis.

#### STATISTIC USED:

After collecting the adequate data suitable statistical techniques were applied according to the nature of data.

Descriptive Statistics: Mean and Standard deviations were used

Inferential Statistics: t-test and co-efficient of correlation were used.

The "Results" of the study will be detailed in the following chapter.

#### V. RESULT

The data obtained from the subjects were systematically arranged and properly tabulated with respect to each of the variables considered in the present study. The presentation of the data has reflected the measures of the obtained selected study variables and their statistical distributions on the basis of which suitable statistical techniques were applied to analyze and to find out necessary information to serve the objectives of the study.

Table 4 : Means (M), standard deviations (S.D) and t values of males and females corresponding to happiness

Variable	Male (N=50)		Female (N=50)		t-values (df=98)
	Mean	S.D	Mean	S.D	
Happiness	140.92	15.14	140.60	12.82	.114

\*p<0.05 level of significance

\*\*p<0.01 level of significance

Table 4 : Indicate mean, standard deviations and significant mean differences for middle aged male and female individuals with respect to happiness. Here no significant mean difference was found between the two groups namely male and female of middle age groups.

Table 5 : Means (M), standard deviations (S.D) and t values of males and females corresponding to their personality dimensions

Variable and its dimensions	Male (N=50)		Female (N=50)		t-values df=98
	Mean	S.D	Mean	S.D	
Psychoticism	3.46	2.45	3.12	1.94	.767
Neuroticism	3.18	2.57	7.76	2.02	9.88**
Extraversion	14.18	3.19	12.68	2.44	2.63**
Lie Score	16.02	1.92	16.42	2.31	.941

\*p<0.05 level of significance

\*\*p<0.01 level of significance

Table 5 : Indicate mean, standard deviations and significant mean differences for middle aged male and female individuals with respect to personality



dimensions. Here significant mean differences were found in case of neuroticism and extraversion between the two groups. Mean scores indicates that female possesses higher neuroticism scores than males and male counterparts have higher extraversion than female subsample. But in case of Psychoticism and lie score both groups were positioned at the same point.

Table 6 : Mean (M), Standard Deviation and t values of Urban and Rural inhabitants corresponding to happiness and personality.

Variable	Urban (Male + Female)		Rural (Male + Female)		t-value s df = 98
	Mean	SD	Mean	SD	
Happiness	120.99	13.84	100.03	12.84	4.49* *
Psychoticism	6.88	2.54	6.32	1.98	1.24
Neuroticism	5.09	3.01	6.92	2.90	3.10*
Extraversion	13.46	2.02	7.21	2.08	15.62 **
Lie Score	12.63	2.32	8.24	1.34	11.86 **

\*\*p < 0.01 level of significance

\*p < 0.05 level of significance

Table 6 : Indicate mean SD and significant mean difference of urban and rural male, female dwellers with respect to happiness, psychoticism, neuroticism, extraversion and lie score. Here significance mean difference was found between two groups of urban and rural inhabitants in terms of happiness, neuroticism, extraversion and lie score and no significance difference was found in case of psychoticism.

## VI. DISCUSSION

The total set of data was analyzed in terms of the descriptive statistics of mean and standard deviations of all the selected groups of samples. The significant differences between the variables were obtained from t-test.

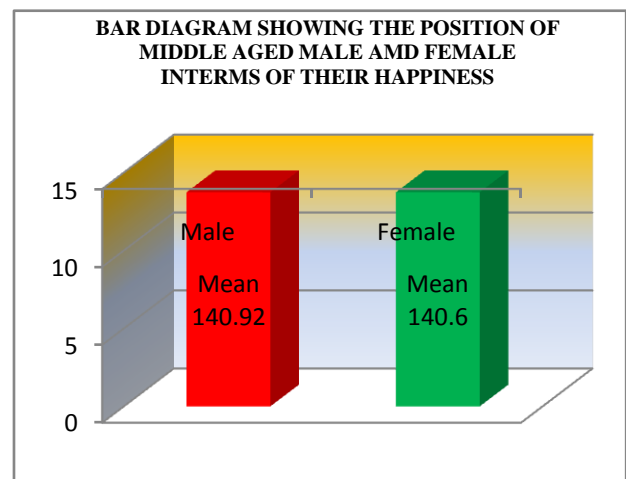
In the present study, significant differences were found to exist between the selected groups (i.e. middle aged male and female) of diff community

(Urban and Rural) in terms of variable like happiness personal by dimension.

### Happiness:

Statistical analysis indicates no significant mean difference between middle aged male and female with respect to happiness (Table: 1 and 4).

Data indicate similar position in subjective well-being for both groups namely, male and female middle aged individuals (Mean=140.92 and S.D=15.14 for males and Mean=140.60 S.D=12.82 for females). Actually, their involvement in life circumstances such as friendships and work status help them to carry on stability in conjugal relationships and erase the negative effects from their core lives (Easterlin, 2003)<sup>[10]</sup>. Positive perspective in the emotionally involved life context helps them to have a feeling of bliss in the emotional context of conjugal life (Wilcox, Evenson, Agagaki, Waassertheil, 2003; Prakash, 1998)<sup>[28]</sup>.



Basically, marriage for both samples is found to be a source of love, affection, securing romantic fulfillment and companionship (Cox, 1960)<sup>[9]</sup>, as a result of which they appear to have higher loading of happiness (Bowman, 1974)<sup>[5]</sup>.

### Personality Dimensions:

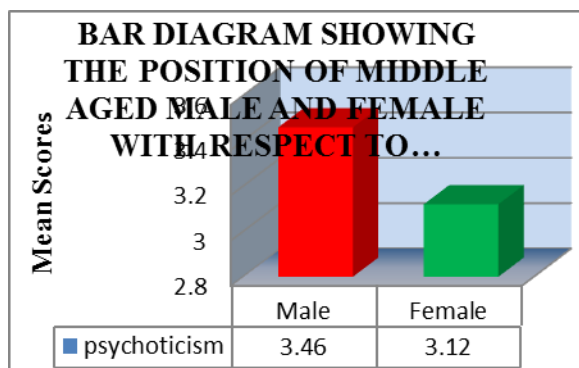
#### Psychoticism:





Statistical analysis indicates that both the subsample was positioned at the same point with reference to Psychoticism of personality dimension (Table: 1 and 5).

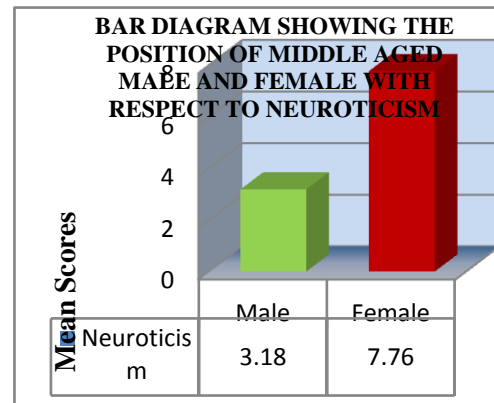
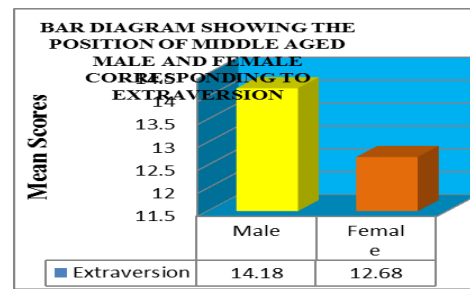
In case of middle aged male (Mean=3.46 S.D=2.45) and female (Mean=3.12 S.D=1.94) as the magnitude of psychoticism shows lower trend it can be said that their psychoticism can be considered as specific individual pathology. Being in a relationship and having general empathetic, cooperative attitude characterizes them generally more than against their psychotic character pattern (Griffith, 1975) [14].



**Neuroticism:**

Result indicates that significant mean difference was found corresponding to neuroticism between both the sample of middle aged individuals (Table:1 and 5).

Here female sample (Mean=7.76 S.D=2.02) possess higher mean magnitude than male ones (Mean=3.18 S.D=2.57). Situationally, their strong emotional reactions interfere with proper adjustment in social set-ups; they stand as irrational and sometimes very rigid in temporal pattern (Schaie and Willis, 1991) [24]. They are more likely to report negative emotions and a decline in flexibility was more prominent among them as age increases (Charles et.al. 2001) [6].



Males are initially more likely to report positive emotions and try to retain their positivity throughout the life (Reynolds and Gatz, 2001) [6]. They tend to be neither too anxious, worrying individuals nor too frequently depressed and receive lower scores than female counterparts (Eysenck and Eysenck, 1975) [11][12].

**Extraversion:**

Further statistical analysis indicates that significant mean difference was found corresponding to extraversion between both the sample of middle aged individuals (Table:1 and 5).

Here male subsample (Mean=14.18 S.D=3.19) possess higher mean magnitude than female ones (Mean=12.68 S.D=2.44).

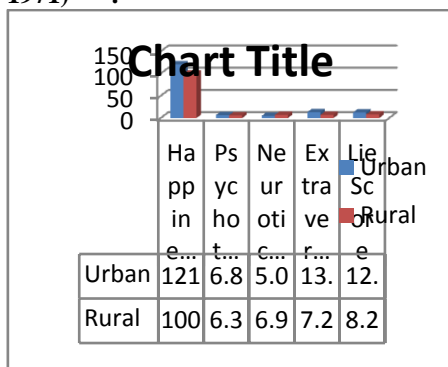
Literature posits that middle aged males are able to develop friendships more easily and have more elaborate social support networks and social resources (Bergeman, et, al. 1990) [4]. Their high self-esteem, external locus of control and optimistic behaviour pattern help them to enjoy the fragrance of marital satisfaction (Sarason, Levine, Basham and Sarason, 1983) [22] and have the highest position in extraversion.



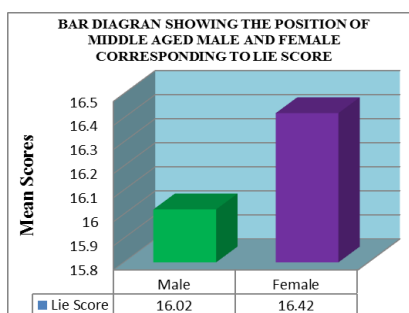
**Lie Score:**

Statistical analysis indicates that both the subsample was positioned at the same point with reference to lie score of personality dimension (Table: 1 and 5).

The criteria of achieving social desirability and attempts to present them in socially accepted version seem to bear same pattern for both males and females (Eysenck and Eysenck, 1975)<sup>[11][12]</sup>. No significant differences between middle aged male (Mean=16.02 and S.D=1.92) and female (Mean=16.42 and S.D=2.31) individuals also indicates that satisfying marital relation each couple values the basic factor of marital satisfaction differently, so sometimes they have to mask their own needs, so that social desirability can be achieved (Hicks and Platt, 1970; Laws, 1971)<sup>[15]</sup>.



Personality is the reflection of uniqueness of a person as a whole. Personality of a person belonging to rural and urban area develops according to the environment in which they grow and take a shape as a citizen. As women spend much time at home, they get more affected by a specific community.



When a person does not find positive environment around himself / herself. She adopts a negative attitude feelings of anxiety and becomes victims of

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disappointment and hopelessness and lacks happiness. Sometimes in the condition of unsatisfying desire; become aggressive which influences their personality. At the same time criteria of achieving social desirability and attempt to present them in socially approved manner bear different pattern in urban and rural inhabitant.

It is seen that women in urban community get a proper environment around themselves due to increasing effect of society's education and get opportunities to lead and prosper in life, so their personality develops accordingly but in this respect rural women are not lucky one. Thus it is necessary to study the personality pattern in the girls/women belonging to different groups of families of rural and urban community.

**CONCLUDING REMARKS :**

The present findings are immense value in understanding the mental profile of two groups of middle aged individuals belonging to two different community. This community based study seems to provide a general awareness regarding specific socio-emotional status of two groups (urban and rural inhabitants) of different personality profile that would prompt us to take certain resolution to help them in required social direction in life, so that they should aware of their subjective well being and improve their quality of life in terms of quantity in long run.

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