

Studies on Personality Profile

With Special Reference to Nursing

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Personality is the pattern of behaviour of an individual. It is the product of interaction between individual potentialities and environmental forces. Personality profile includes the outline of the total picture of all qualities and abilities of a person.

Cattell and Eber extracted 16 personality factors which are as follows: (1) Reserved/Out-going; (2) Less Intelligent/More Intelligent; (3) Affected By Feelings/Emotionally Stable; (4) Humble/Assertive; (5) Sober/Happy-go-lucky; (6) Expedient/Conscientious; (7) Shy/Venturesome; (8) Tough-minded/Tender-minded; (9) Trusting/Suspicious; (10) Practical/Imaginative; (11) Forthright/Shrewd; (12) Placid/Apprehensive; (13) Conservative/Experimenting; (14) Group-dependent/Self-sufficient; (15) Undisciplined Self-Conflict/Controlled; (16) Relaxed/Tense.

According to them introversion is a favourable predictor of precision workmanship. Extroversion is good at making and maintaining interpersonal contacts.

Almost every patient has an emotional element in the illness. A well-adjusted, properly balanced and emotionally stable nurse can avoid much of the unpleasantness and emotional excitement. People with emotional stability, not less than average intelligence and integrated personality may be suitable for achieving success in Nursing training and profession.

It is expected that admission authority of Nursing School and College will consider integrated personality as one of the important criteria for the selection of prospective candidates who will be efficient and competent nurse in future.

PERSONALITY is the pattern of behaviour of an individual in a particular situation. It is the totality of dynamic organisation of an individual. It is the product of interaction between individual potentialities and environmental forces. A personality is the individuality that emerges from interaction between a psychological organism and the world in which he has developed and lives (Freeman, 1962).

Studies on Personality

Personality profile includes an outline of the total picture of all qualities and abilities of a person. It involves an interplay of personality factors. Cattell

and Eber (1962) extracted 16 personality factors which are as follows:—(1) Reserved/Out-going; (2) Less Intelligent/More Intelligent; (3) Affected by Feelings/Emotionally stable; (4) Humble/Assertive; (5) Sober/Happy-go-lucky; (6) Expedient/Conscientious; (7) Shy/Venturesome; (8) Tough-minded/Tender-minded; (9) Trusting/Suspicious; (10) Practical/Imaginative; (11) Forthright/Shrewd; (12) Placid/Apprehensive; (13) Conservative/Experimenting; (14) Group dependent/Self-sufficient; (15) Undisciplined Self-conflict/Controlled; (16) Relaxed/Tense.

These factors are not isolated from each other. There is an interrelationship among these factors. Every factor of personality has its bipolarity which can be illustrated by citing an example. Blood pressure has its normal range. When the blood pressure goes below the normal range, it is called low blood pressure. When it goes above the normal range, it is called high blood pressure. In the same way every factor of personality has its normal range. When personality scores below the normal range, they are called low scores. When the personality scores go above the normal range, they are called high scores. Low score of each factor is identified with a term and the high score of each factor is also identified with another corresponding term.

Some of the factors of personality are elaborated so far nursing is concerned. The low score of the first factor of personality indicates reserved and high score of it signifies out-going. This first factor of personality was identified by Bleuler and Kretschmer as schizothymia-cyclothymia. This very first factor of personality was identified by Jung also as introversion extroversion. According to Cattell and Eber (1962) introversion is a favourable predictor of precision workmanship. Extroversion is good at making and maintaining interpersonal contacts. The nurses have to make contacts with patients, relatives of patients, physicians and other members of the health care system. It is expected that an extroverted nurse will be more successful in maintaining interpersonal relationship than an introverted nurse. The second factor of personality is related with intelligence which is the main contributor in the achievement of success in academic career as well as professional life. It is a well established fact that higher is the intellectual level better is the achievement (Das, 1977). The third factor of personality is linked with emotion which is very closely related with achievement. It is probable that more is the emotional stability, higher is the achievement and the reverse (Agarwal and Srivastava, 1984). The high score of the sixth factor of personality is connected with moral sense and religious senti-

*The author, Professor of Psychology, presented this paper at a symposium held in Regional College of Nursing, Guwahati, on May 13, 1985, at Nurses' Day celebrations.

ment. The success in nursing depends upon the religious sentiment which had been well emphasised by Miss Florence Nightingale, "the Lady with the Lamp". She mentioned in her notes on nursing that a nurse must be a religious and devoted woman (McClaim and Gragg).

Personality testing prior to admission for nursing training may be useful to facilitate selection of a more emotionally stable group. Das (1984) demonstrated that 90 percent of the high achievers of first year B.Sc. (Nursing) Examination are relaxed and 10 percent of them are tense. According to Das (1985) the students of the passed group of the B.Sc. (Nursing) Examination are comparatively less expedient than those of the failed group in 99 percent of the cases. The students of the passed group are comparatively less sober, tough-minded and undisciplined self-conflict than those of the failed group in 95 percent of cases. The importance of personality factors in the achievement of success has been reported by Malik, 1977; George, 1982; Tripathi, 1982; Srivastava and Dubey, 1982; Ameerjan, 1981 and Chandra, 1981.

Concluding Remarks

Nursing students undergo an intensive training in nursing for taking care of patients. Almost every patient has an emotional element in the illness (Cavanagh and Goldrick, 1958). Much unpleasantness and emotional outburst can be eliminated by proper adjustment of personality. Maladjusted, unbalanced and unstable persons suffer much and cause others to suffer also. On the other hand well-adjusted, properly balanced and emotionally stable persons are reasonably happy and make others happy also. Nursing care emphasises the meaningful interaction between nurse and patient and patient's relatives, physicians, other experts and the public at large in the community nursing. Much of her knowledge and efforts will be in vain unless she is able to reach into the minds of the people through her process of interaction. This process is considered as one of the most important criteria to maintain the standard of nursing care.

In the conclusion it may be stated that persons with emotional stability and less than average intelligence may be suitable for nursing training. It is expected that admission authority of the nursing schools and colleges will consider integrated personality as one of the important criteria for the selection of prospective candidates who will be effective and competent nurse in future.

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A Correction

The photograph published on the Cover Page of NJI, November, 1986 was taken at the Valedictory Session of the SNA Conference and not at the Inaugural Session as mentioned. The error is regretted.

The Editor