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Poster Presentation Research

Relationship between Anxiety and Personality Types of Female Students

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Abstract

Anxiety is an unpleasant state of inner turmoil. Anxiety is a feeling of fear, worry and uneasiness, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. The trait of extroversion–introversion is a central dimension of human personality theories. Extraversion and introversion are typically viewed as a single continuum. Thus, to be high on one it is necessary to be low on the other. The aim of this study was to investigate the relationship between anxiety and personality types (introverted and extroverted) in female students. The study population comprised all undergraduate girl students in Payame Noor University. The sample group includes 100 students who were randomly selected and completed anxiety questionnaire and extraversion-introversion questionnaire. To analyze the data, correlation and analysis of variance were used. The results of the study showed that there is a significant relationship between anxiety and personality types. The anxiety level among introverted characters is more than extroverted personalities. People who are introverted personality experience more anxiety than extroverted personalities. According to the obtained results it can be stated that having a mild and extroverted personality reduces internal anxiety and leading to mental health.

Keywords: Anxiety, Personality Types, Extrovert, Introvert, Female Students.

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