Relationship between personality traits and anxiety with loneliness in students

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ABSTRACT

The aim of study is the relationship between Personality characteristics and anxiety with loneliness in students of Islamic Azad University of Ramhormoz. The statistical population included all male and female students of Islamic Azad University of Ramhormoz in 2015-2016. The study sample included 300 students who also by simple random sampling based on Morgan table of random numbers were selected from the statistical population. Results showed that there was a significant relationship among neuroticism, extraversion, openness and agreeableness with loneliness. And there was a significant relationship between anxiety and loneliness.

INTRODUCTION

Loneliness and experiences, usually in the lives of all people, from childhood to middle age it happens and attention to past experience is important. Past experiences often feel an ongoing basis we are alone. Loneliness in adolescence may be because one of the factors such as the parents' dispute, sexual abuse and feelings of failure at anything happen (Homferi, 2007). Family studies have important insights to the understanding alone in children and adolescents that can know the roots of interpersonal relationships and Experience alone. Alone, a complex set of subjective experiences and painful feelings and the gap between the existing social relations and social needs and not realized expectations reflects (Makgero, 2008). Investigation of Factors Affecting on loneliness in various social groups has always been the focus of many studies.

Salarvandian (2014) studied on personality traits as one of the factors influencing the feelings of loneliness in students. One of the factors influencing the feelings of loneliness is Personality characteristics. Personality

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characteristics as an organized collection unit consists of relatively stable components, the people on both, distinguishes one person from another person, can affect the feelings of loneliness (Shamloo, 2003). In other words, the features of the character set of psychological characteristics, cognitive, emotional and volitional, which determines the behavior and thinking of each person's life is centered. (Rogers et al., 2006). However, one of the most common views on the theory of personality characteristics is including neuroticism, extraversion, openness, agreeableness and conscientiousness.

Research results of Jafari Siavoshani et al (2014) Prediction the role of Personality characteristics of loneliness in high school adolescent girls showed that extraversion, consistent and conscientious is reduced level of loneliness.Another variable is associated with loneliness in students is anxiety and as pervasive and problematic phenomenon among students can have negative effect on academic achievement and performance optimization (Mahmoud Elmi, 1999). Reduce or create of anxiety, several factors such as personality characteristics can be effective. (Sedrpoushan, 2005).The results research of Maria and Niva, (2009), showed that anxiety has a significant impact on feelings of loneliness. In fact, anxiety especially social anxiety and anxiety related to interpersonal relationships particularly meaningful relationship with loneliness in adolescents girls. Lack of anxiety, especially social anxiety, increase group acceptance and by shaping interpersonal relationships is to reduce loneliness in students.

Considering the importance of loneliness in students and the impact of individual and social variables, this research aims to examine the relationship between Personality characteristics and anxiety with loneliness in students. The main research question is to answer the question whether is there relationship between Personality characteristics and anxiety with loneliness among students?

METHODS

The present study, survey and research are descriptive. The statistical population included all male and female students of Islamic Azad University of Ramhormoz in 2015-2016. The study sample included 300 students who were also by simple random sampling based on Morgan table of random numbers were selected from the statistical population.

RESEARCH INSTRUMENTS

1. Personality characteristics Questionnaire: In this study to evaluate the personality characteristics of the Big Five Personality Inventory short form McCrae and Costa (1985) was used. The test measures five Personality

characteristics that puts people, these features include: neuroticism, extraversion, openness to experience, agreeableness and conscientiousness. McCrae and Costa (2004) conducted a study on 208 students that reliability for five personality characteristics include neuroticism, extraversion, openness to experience, agreeableness and conscientiousness, respectively, 0.83, 0.75, 0.80, 0.79 and 0.79 were reported. Also McCrae and Costa (2004) convergent validity of the test by linking with NEO Test 240 questions for the five personality characteristics (factors) by 0.83, 0.83, 0.91, 0.76 and 0.86 reported. In this study, Cronbach's alpha reliability is this questionnaire to extraversion, 0.76, openness 0.65, agreeableness 0.67, neuroticism 0.72 and conscientiousness 0.76, respectively.

2. Anxiety Inventory: to evaluate anxiety in this study used the inventory of Najarian et al. (2005) that Cronbach's alpha coefficient for the total subject (male and female) reported 0.90. Research of Dabiri Nejad (2008), the validity of questionnaires through correlation test score of anxiety and aggression reported 0.64. The significance level was in 0.001 which the validity is acceptable. In this study, Cronbach's alpha reliability was 0.87.

3. Loneliness questionnaire: Russell and Katrona (1980) questionnaires to assess loneliness was used. In research of Shokrkon Mirdrikvand (2008), with Cronbach's alpha and split-half reliability was calculated 0.77 and 0.72 respectively. The correlation scale new and original scale was reported that 91% showed high validity of the new scale in this study, the reliability of the questionnaire was obtained by Cronbach's 0.79.

RESULTS AND DISCUSSION

Descriptive findings included the number, minimum, maximum, average, and standard deviation of the variables are presented in Table 1.

Table 1. Descriptive findings of anxiety, Personality characteristics and feelings of loneliness in students			
Index variable		Mean	SD
Anxiety		65.05	5.45
Personality characteristics	Neurosis	23.58	5.22
	Extraversion	18.87	6.86
	Openness	26.81	8.80
	Agreeableness	25.47	7.97
	Conscientiousness	23.53	7.63
	feelings loneliness	50.46	5.1

Table 2. Results of Kolmogorov-Smirnov test on normal distribution of scores of research				
Index Variable	Statistics	DF	P	Distribution normal/ abnormal
Anxiety	1.30	299	0.065	normal
Personality characteristics — Neurosis	1.17	299	0.127	normal
Extraversion	1.68	299	0.07	normal
Openness	1.07	299	0.198	normal
Agreeableness	1.11	299	0.168	normal
Conscientiousness	1.31	299	0.064	normal
Loneliness	0.90	299	0.38	normal

Before examining the research hypotheses normal distribution of variables using the Kolmogorov-Smirnov test at a confidence level of 95% ($\alpha = 0.05$) were examined and the results are listed in Table 2.

Results Table 2 shows the distribution of scores for all variables, including Personality characteristics, anxiety and loneliness are normal (p< 0.05). Due to the fact that Personality characteristics, anxiety and loneliness are normally distributed, so Pearson correlation coefficient was used to examine the relationship between them is that its results are as follows.

This study examined the relationship between Personality characteristics and anxiety with loneliness in stu-

dents of Islamic Azad University of Ramhormoz. Results showed that there was a significant relationship among neuroticism, extraversion, openness and agreeableness with loneliness. In other words, the results showed that the people extraversion, openness and agreeableness higher and neuroticism lower, feel less alone. People who have features are good neurosis due to negative motions do not have the convenient ability to adapt to the environment and the expression, their emotions have refused so they tend to loneliness and isolation (Ferraro et al., 2007).

While extroverts in the community and guests, decisive, active, and are talking. And discussion and social-

Table 3. Correlation coefficients between Personality characteristics and anxiety with loneliness						
dependent variable / independent variable	Neurosis	Extraversion	Openness	Agreeableness	Conscientiousness	Anxiety
loneliness	r = 0.17 sig= 0.002	r =- 0.27 sig = 0.001	r =-0.56 sig = 0.001	r = - 0.60 sig = 0.031	r = - 0.09 sig = 0.099	r = 0.20 sig =0.001

Table 4. Regression analysis to predict the simultaneous arrival of loneliness										
Index				Predictor variables						a
Criterion variable	MR	R^2	F P	Personality characteristics					Anxiety	
				Neurosis	Extraversion	Openness	Agreeableness	Conscientiousness		51.89
loneliness	0.79	0.63	F=85.83 P=0.001	β=0.21 b=0.24 t=4.49 P=0.001	β=-0.16 b=-0.12 t=2.95 P=0.003	β=-0.47 b=-0.27 t=-9.77 P=0.0001	β=-0.54 b = -0.35 t= -10.84 P=0.0001	β=-0.24 b=-0.16 t= - 4.28 P=0.0001	β=-0.05 b= -0.05 t =1.63 P=0.103	

izing and prefer to be alone (Nenimz, 2005) so obviously they feel less lonely. The results also showed that there was a significant relationship between anxiety and loneliness. The results showed that students who have higher anxiety, they feel more alone. To explain these findings, it can be stated that debilitating anxiety, apprehension and encourage intense that the individual or family, or enhance it in person. Anxieties through the involvement of some of the physiological, cognitive and emotional cause reduce the ability and willingness of individuals to start or continue the interpersonal relationships. So does the person feel alone? Given that this research has been conducted on the students so in generalizing the results to other people is limited. Based on the results, it is suggested their families special attention to parenting style according to their impact on Personality characteristics and is followed by feelings of loneliness.

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