
PERSONALITY PATTERNS AND LIFE SATISFACTION AMONG EDUCATORS

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Abstract

Personality is related to the individual's personality is the combination of traits and patterns that influence the behavior of a person. In the present study, 12 questions were prepared with the help of google form <https://docs.google.com/forms/d/1EGEDQUvYtT-ulP-yTIysNYZjssykgysGWO51PnCZxw/edit?ts=61c492b2#responses>

146 responses were received by teachers in Karnal city. Personality embraces moods, attitudes and opinions and is most clearly expressed in interactions with other people. In the present study it was concluded that behavioral characteristics, both inherent and acquired, distinguish one person from another and that can be observed in people's relations to the environment and to the social groups. Different teachers have different personality traits according to the biological nature of their body.

Keywords: Personality, well-being and quality

INTRODUCTION

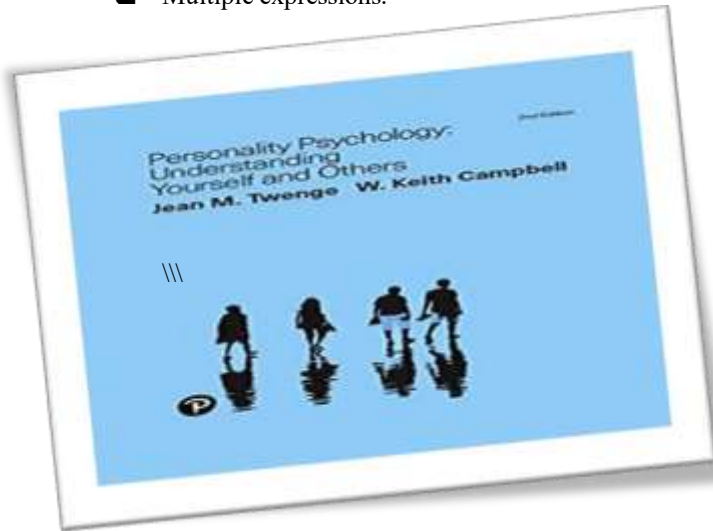
The term Personality is derived from the Latin word "Persona" which means to speak through. An individual's personality is the combination of traits and patterns that influence their behavior, thought, and motivation. Personality, a characteristics way of thinking, feeling and behaving. Personality embraces moods, attitudes and opinions and is most clearly expressed in interactions with other people. It includes behavioral characteristics, both inherent and acquired, that distinguish one person from another and that can be observed in people's relations to the environment and to the social groups. The term personality has been defined in many ways, but as a psychological concept two main meanings have evolved. The first pertains to the consistent differences that exist between people in the sense, the study of personality focuses on classifying and explaining relatively characteristics. The second meaning emphasizes those qualities that make all people alike and distinguish psychological man from other species it directs the personality theorist to search for those regularities among all people that define the nature of man as well as the factors that influence the course of lives. This duality may help explain the two directions that personality studies have taken on the one hand, the study of ever more specific qualities in people, and on the other, the search for the organized totality of psychological functions that emphasizes the interplay between organic and psychological events within people and those social and biological events that surrounded them. It should be emphasized, however, that no definition of personality has found universal acceptance within the field. The study of personality can be said to have its origins in the fundamental idea that people are distinguished by their characteristic individual patterns of behavior the distinctive ways in which they walk, talk, furnish their living quarters, or express their urges. The idea that people fall into certain personality type categories in relation to bodily characteristics intrigued numerous modern psychologists well as their counterparts among the ancients. The idea that people must fall into one another rigid personality class, has been largely dismissed.

CHARACTERISTICS OF PERSONALITY



Personality has characteristics or features in common.

- ☐ Personality is something which is unique in each individual.
- ☐ Personality refers particularly to the persistent qualities of an individual.
- ☐ Personality represents a dynamic orientation of an organism to the environment.
- ☐ Personality is greatly influenced by social interactions.
- ☐ Personality represents a unique organization of persistent dynamic and social predisposition.
- ☐ Consistency.
- ☐ Psychological and physiological.
- ☐ It impacts behaviors and actions.
- ☐ Multiple expressions.



FACTORS AFFECTING PERSONALITY

Personality is the aggregate of a person's feelings, thinking, behaviors and responses to different situations and people. Our personality differentiates us from other people, and understanding someone's personality gives us clues about how that person is likely to act and feel in a variety of situations. Having a strong personality is the key to success.

A person with a positive attitude can direct his thoughts, control his emotions and regulate his attitude. Every person has a different personality and there are a lot of factors which contribute to that personality. We call them the 'determinants of personality' or the 'factors of personality'.



- Environmental Factors.
- Physical Factors.
- Situational Factors.
- Hereditary.
- Family and Social Factors.
- Identification Process.
- Cultural Factors.
- Intelligence.
- Sex Differences.
- Psychological Factors.

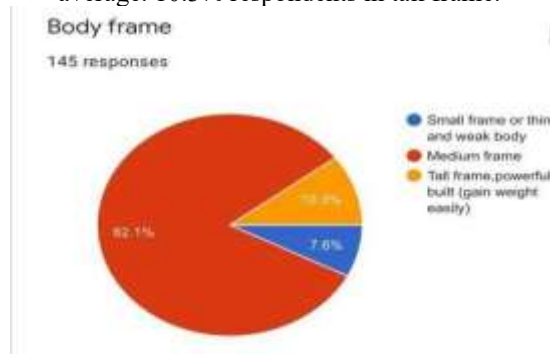
In the present study, 12 questions were prepared with the help of google form <https://docs.google.com/forms/d/1EGEDQUvYtT-ulP-yTIysNYZjssykgvSGWo51PnCXw/edit?ts=61c492b2#responses>

146 responses were received by teachers in Karnal city. Total 12 questions were framed to study the personality, well-being and quality of life of teachers. Interpretation of these personality characters are as follows:

BODYFRAME

Body frame size is determined by a person's wrist circumference in them to their height. Body frame is mainly categorized in three frames. **Small frame, medium frame and tall frame**— people who have this body type may be long and lean with little muscle mass.

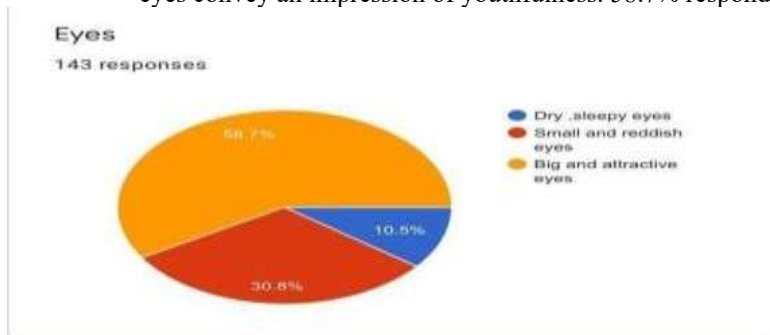
1. **Small frame** - 7.6% respondents in this frame. This type of person has small height.
2. **Medium frame** – They may develop muscles easily and have more muscle than fat on their bodies. 82.1% respondents in medium frame.
3. **Tall frame, powerful built** - A larger body frame is a skeletal structure than is bigger, wider or denser than average. 10.3% respondents in tall frame.



EYES

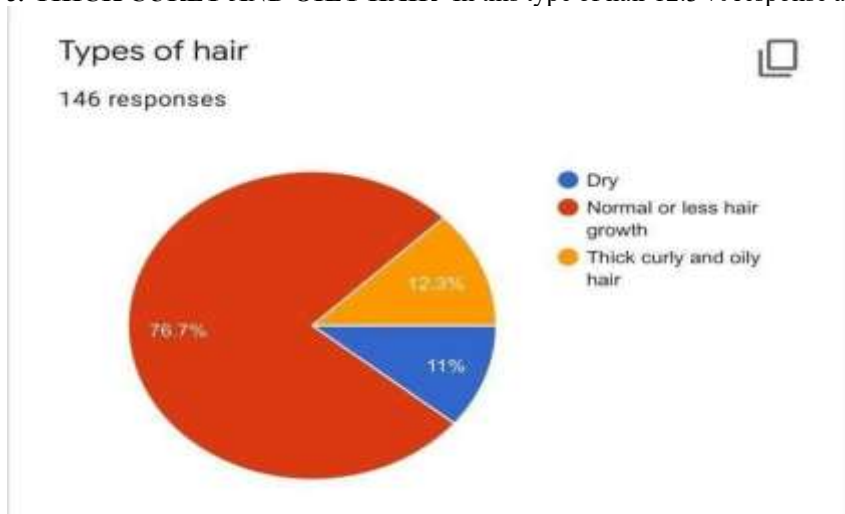
The eyes are the windows to our souls. The eyes of a person are said to be all revealing. The reflection of the eyes gives an idea of person's thoughts and feelings. The shape of eyes also contains clues to personality traits. Large and wide eye. People with such eyes are likely to have a broad mind and are willing to accept different views. 143 responses are there.

1. **Dry, sleepy eyes-** Dry eye is a condition in which a person doesn't have enough quality tears to lubricate and nourish the eye. 10.5% respondents in dry and sleepy eyes.
2. **Small and reddish eyes-** red eyes can indicate minor irritation or a more serious condition, such as an infection. 30.8% respondents in this kind of eyes.
3. **Big and attractive eyes** – If eyes are wide horizontally, they are considered to be more attractive. Big eyes convey an impression of youthfulness. 58.7% respondents in big and attractive eyes.



TYPES OF HAIR- 146 responses are given.

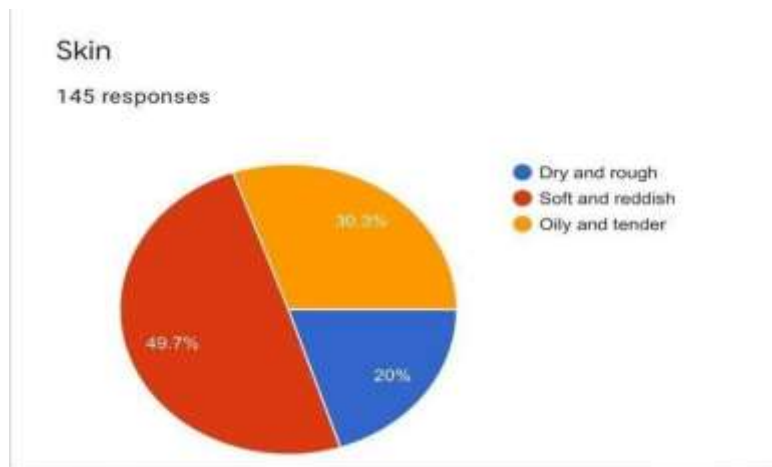
1. **DRY-** Dry hair is hair that does not have an enough moisture and oil to maintain its normal sheen and texture. 11% respondents say yes.
2. **NORMAL OR LESS HAIR GROWTH-** Hair can stop growing or grow slowly for a variety of reasons including age, genetics, hormones, or stress. 76.7% respondents say yes.
3. **THICK CURLY AND OILY HAIR-** In this type of hair 12.3 % response are given.



SKIN

The body's outer covering, which protects against heat and light, injury, and infection. Skin regulates body temperature and stores water, fat, and vitamin D. 145 responses are given.

1. **DRY AND ROUGH-** Skin that feels rough to the touch, especially on the hands and feet is often caused by dryness and a build-up of dead skin cells. 20% responses are given.
2. **SOFT AND REDDISH-** Skin redness can have many different causes, including burns, allergic reactions, infections, and some health conditions. 49.7% respondents say yes.
3. **OILY AND TENDER-** Oily skin is the result of the oil glands in the skin producing large amounts of oil. 30.3% student's respondents say yes.



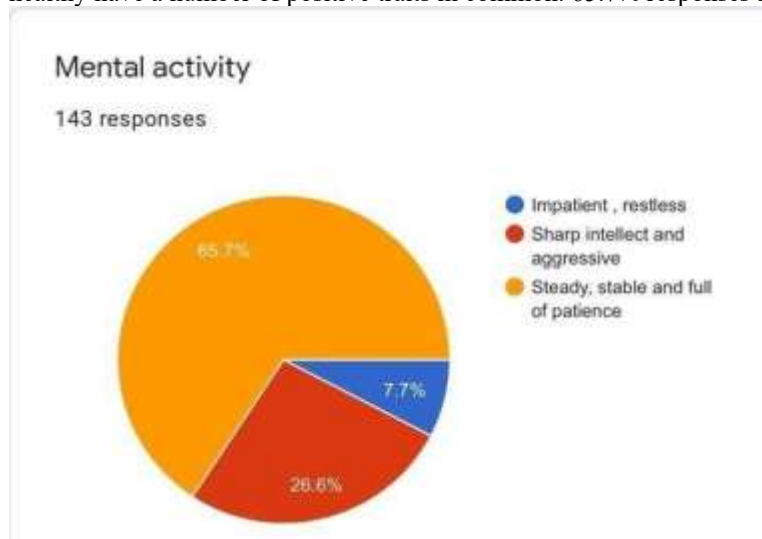
MENTAL ACTIVITY

Mental activity or neurological stimulation can be described as anything that stimulates, activates or enriches the mind.

1. IMPATIENT AND RESTLESS- Restlessness is feeling the need to constantly move, being unable to calm your mind. In this 7.7% responses are given.

2. SHARP INTELLECT AND AGGRESSIVE- The term "aggressive" refers to a range of behaviors that can result in both physical and psychological harm to yourself, others, or objects in the environment. 26.6% responses are given here.

3. STEADY STABLE AND FULL OF PATIENCE- People who are considered mentally stable and emotionally healthy have a number of positive traits in common. 65.7% responses are given here.



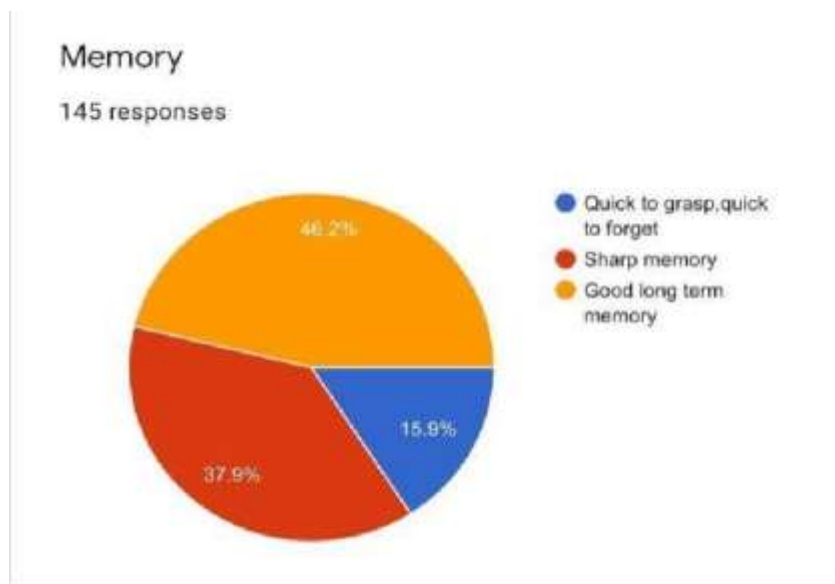
MEMORY

Memory is the faculty of the brain by which data or information is encoded, stored, and retrieved when needed. 145 responses are given here.

1. QUICK TO GRASP, QUICK TO FORGET- 15.9% responses are given in this kind of memory.

2. SHARP MEMORY- A person with a "razor sharp" memory can remember things very well that happened in his/her life a long time ago. 37.9% responses are given here.

3. GOOD LONG-TERM MEMORY- Long-term memory refers to the storage of information over an extended period. 46.2% respondents say yes.



GAIT

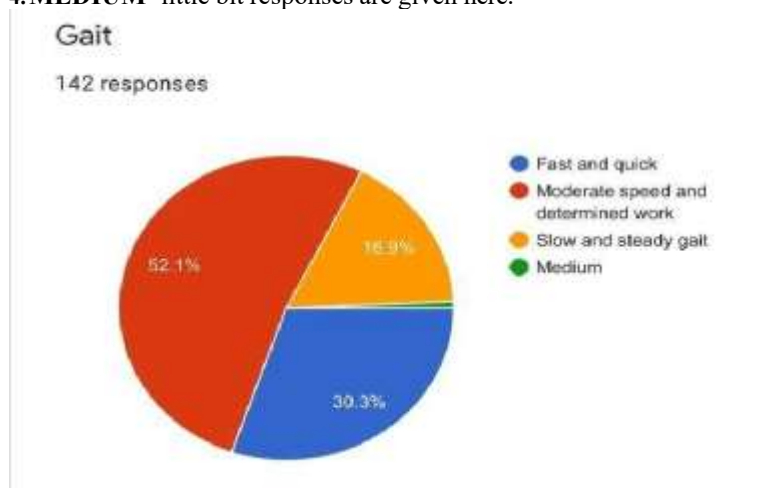
These studies also say that the way you walk, including speed, tells a lot about your personality traits. 142 responses are given here.

1. **FAST AND QUICK**- fast walker, there is a fair chance that you are highly outgoing and diligent. 30.3% respondents say yes.

2. **MODERATE SPEED AND DETERMINED WORK**- In this 52.1% responses are given here.

3. **SLOW AND STEADY GAIT**- Person walking with a steady gait around running track outdoors in sports. 16.9% responses are given here.

4. **MEDIUM**- little bit responses are given here.



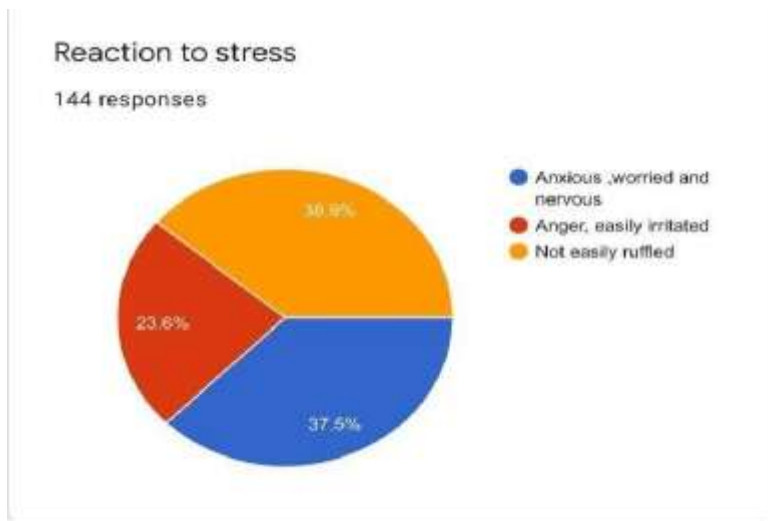
REACTION TO STRESS

Irritability or anger, Restlessness, Sadness, moodiness, grief or depression. Vivid or distressing dreams. 144 responses are given here.

1. **ANXIOUS, WORRIED AND NERVOUS**-Anxiety can be described as a sense of uneasiness, nervousness, worry, fear, or dread of what's about to happen or what might happen. 37.5% responses are given here.

2. **ANGER, EASILY IRRITATED**-Many factors can cause or contribute to irritability, including life stress, a lack of sleep, low blood sugar levels, and hormonal changes. 23.6% respondents say yes.

3. **NOT EASILY RUFFLED**-If someone is even-tempered, they are usually calm and do not *easily* get angrynot easily ruffled, annoyed, or disturbed; calm. 38.9% respondents say yes.



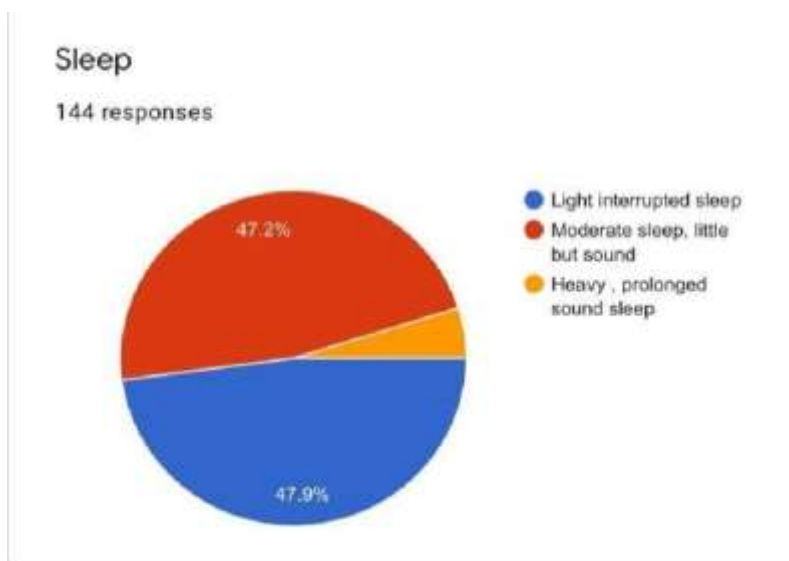
SLEEP

Sleep is a naturally recurring state of mind and body, characterized by altered consciousness, relatively inhibited sensory activity, reduced muscle activity and inhibition of nearly all voluntary muscles during rapid eye movement and reduced interactions with surrounding. 144 responses are given here.

1. LIGHT INTERRUPTED SLEEP- Light sleep is the transitional stage between waking and sleeping. 47.9% responses are given here.

2. MODERATE SLEEP, LITTLE BUT SOUND- Moderate sleep apnea is ranked as 15 to 30 on the AHI scale, meaning 15 to 30 instances of stopped or shallow breathing per hour. 47.2% responses are given here.

3. HEAVY, PROLONGED SOUND SLEEP- Someone who does not wake up easily. We don't have to be too quiet. Little bit responses are given here.

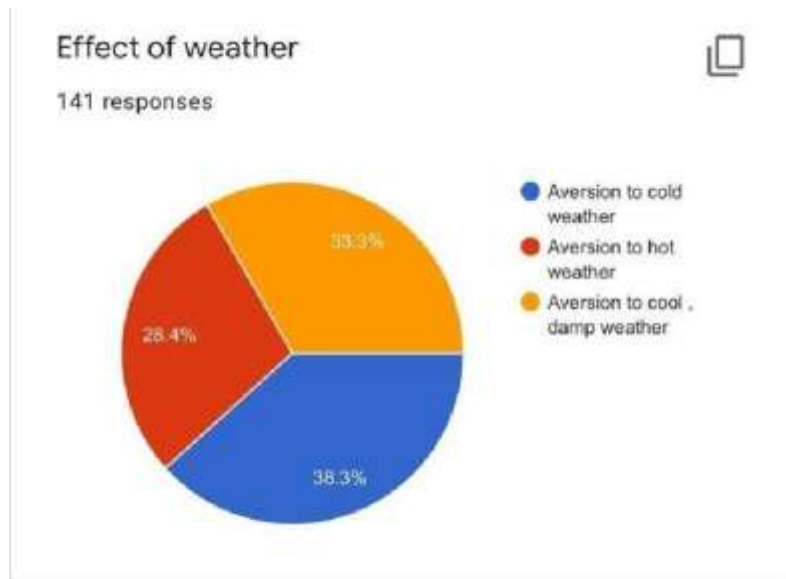


EFFECT OF WEATHER- Weather has a profound effect on human health and well-being. 141 responses are given here.

1. AVERSION TO COLD WEATHER- A period of unusually cold weather. freeze, frost - weather cold enough to cause freezing. 38.3% responses are given here.

2. AVERSION TO HOT WEATHER- A period of unusually high temperatures. 28.4% responses are given here.

3. AVERSION TO COOL DAMP WEATHER- Slightly wet; moist: damp weather a damp towel. 33.3% responses are given here.



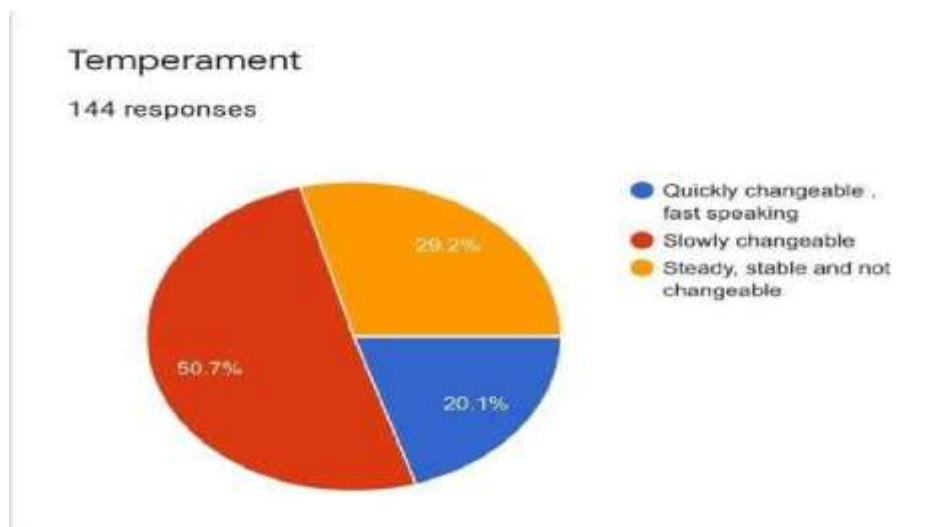
TEMPERAMENT

temperament, in psychology, an aspect of personality concerned with emotional dispositions and reactions and their speed and intensity the term often is used to refer to the prevailing mood or mood pattern of a person. 144 responses are given here.

1. QUICKLY CHANGEABLE, FAST SPEAKING- Some individuals *speak quickly* out of nervousness and anxiety—they increase their rate in order to get their communication. 20.1% respondents say yes.

2. SLOWLY CHANGEABLE- In this 50.7% respondents say yes.

3. STEADY, STABLE AND NOT CHANGEABLE- The stability of temperament speaks to the heart of how of temperament is conceptualized and measured. 29.2% respondents say yes.



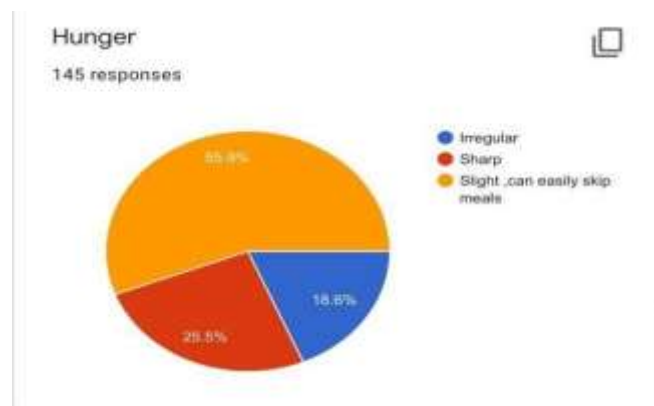
HUNGER

Hunger is the distress associated with lack of food. The threshold for food deprivation, or undernourishment. 145 responses are given here.

1. IRREGULAR—In Irregular hunger 18.6% respondents say yes.

2. SHARP—In sharp hunger 25.5% respondents say yes.

3. SLIGHT, CAN EASILY SKIP MEALS—In this 55.9% respondents say yes.



MAIN FINDINGS

- According to body frame it was concluded that 7.6% respondents have small height. 82.1% respondents in medium frame. They may develop muscles easily and have more muscle than fat on their bodies. A larger body frame is a skeletal structure than is bigger, wider or denser than average. 10.3% respondents in tall frame.
- Eyes are the windows to our souls. The shape of eyes also contains clues to personality traits. Large and wide eye. People with such eyes are likely to have a broad mind and are willing to accept different views. 10.5% respondents in dry and sleepy eyes. Dry eye is a condition in which a person doesn't have enough quality tears to lubricate and nourish the eye. 30.8% respondents have red eyes. 58.7% respondents in big and attractive eyes. Big eyes convey an impression of youthfulness.
- According to hair, dry hair is hair that does not have an enough moisture and oil to maintain its normal sheen and texture. 11% respondents say yes. Hair can stop growing or grow slowly for a variety of reasons including age, genetics, hormones, or stress. 76.7% respondents say yes. In 12.3 % responses persons have curly hair.
- The body's outer covering, which protects against heat and light, injury, and infection. Skin regulates body temperature and stores water, fat, and vitamin D. Skin that feels rough to the touch, especially on the hands and feet is often caused by dryness and a build-up of dead skin cells. 20% responses are given. Skin redness can have many different causes, including burns, allergic reactions, infections, and some health conditions. 49.7% respondents say yes. Oily skin is the result of the oil glands in the skin producing large amounts of oil. 30.3% student's respondents have oily skin.
- Mental activity or neurological stimulation can be described as anything that stimulates, activates or enriches the mind. Restlessness is feeling the need to constantly move, being unable to calm your mind. In this 7.7% responses are given. The term "aggressive" refers to a range of behaviors that can result in both physical and psychological harm to yourself, others, or objects in the environment. 26.6% responses are given here. People who are considered mentally stable and emotionally healthy have a number of positive traits in common. 65.7% responses are given here.
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- These studies also say that the way you walk, including speed, tells a lot about your personality traits. fast walker, there is a fair chance that you are highly outgoing and diligent. 30.3% respondents say yes. 52.1% responses said that they have moderate speed. Person walking with a steady gait around running track outdoors in sports. 16.9% responses were slow and study gait.
- Irritability or anger, Restlessness, Sadness, moodiness, grief or depression. Vivid or distressing dreams. Anxiety can be described as a sense of uneasiness, nervousness, worry, fear, or dread of what's about to happen or what might happen. 37.5% responses were given for anxiety. Many factors can cause or contribute to irritability, including life stress, a lack of sleep, low blood sugar levels, and hormonal changes. 23.6% respondents say yes. If someone is even-tempered, they are usually calm and do not easily get angry. 38.9% respondents say yes to this point.

- Sleep is a naturally recurring state of mind and body, characterized by altered consciousness, relatively inhibited sensory activity, reduced muscle activity and inhibition of nearly all voluntary muscles during rapid eye movement and reduced interactions with surrounding. Light sleep is the transitional stage between waking and sleeping. 47.9% responses were given here. 47.2% responses have moderate sleep. Someone who does not wake up easily. We don't have to be too quiet. Little bit responses are given here.
- Weather has a profound effect on human health and well-being. A period of unusually cold weather. freeze, frost - weather cold enough to cause freezing. 38.3% responses were given here. A period of unusually high temperatures. 28.4% responses were given here. Slightly wet; moist: damp weather a damp towel. 33.3% responses were given here.
- Temperament, in psychology, an aspect of personality concerned with emotional dispositions and reactions and their speed and intensity the term often is used to refer to the prevailing mood or mood pattern of a person. Some individuals speak quickly out of nervousness and anxiety—they increase their rate in order to get their communication. 20.1% respondents say yes. In this 50.7% respondents say yes to slowly changeable. The stability of temperament speaks to the heart of how of temperament is conceptualized and measured. 29.2% respondents say yes.
- Hunger is the distress associated with lack of food. The threshold for food deprivation, or under nourishment. In Irregular hunger 18.6% respondents say yes. In sharp hunger 25.5% respondents say yes. In this 55.9% respondents say yes to slight and can easily skip meals.

CONCLUSIONS:

Personality is an important factor in the life of human beings or we can say in the life of teachers. It reveals internal and external traits. Teachers especially act as role model to the students of next generation, as teachers do or work, students follow them intentionally or unintentionally. Sometimes a single word or a single sentence changes the life of students. Healthy persons present more impact on the life of others. Our five senses grasp knowledge from the surroundings where we live, we talk or we interact with other peoples. If our senses are in good condition, we can communicate in better way and can live a healthy life, that is the main requirement of every person even small child also. A person who is physically, mentally, intellectually, spiritually, socially sound, he or she can live a better life and can prove himself or herself a better human being that is main requirement in the present scenario.

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