

Adjustment and Personality Pattern among Post Graduate Students

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Abstract

The objective of the present study was to ascertain the personality trait and adjustment pattern among post graduate students. The study also intended to find out the relationship between both these mental health variables. For this purpose the study was carried out among 200 post graduate students. The sample was selected purposively from different departments of Tripura University. In order to collect data, NEO Five-Factor Inventory and Bell's Adjustment Inventory were administered. The findings of the present study revealed significant difference between male and female students with respect to their level of home and emotional adjustment. However in case of social and health adjustment no significant impact of gender had been found. Further male and female students differed significantly with respect to neuroticism among the five personality factors. However the study found no significant relation between personality traits and adjustment pattern among post graduate students.

Keywords: Personality, adjustment

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