

# A COMPARATIVE STUDY ON ADOLESCENTS RISK-TAKING BEHAVIOR AND TYPE A AND TYPE B BEHAVIORAL PATTERN

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## Abstract

The current study was aim to assess the A comparative study on Adolescents Risk-Taking Behavior and type A and type B Behavioral pattern. The study was conducted among higher secondary School students of the age between 16-18years. A sample of 30 male and 30 female adolescence were selected using the convenience sampling method. The tools were Type A and Type B Behavioral pattern scale developed by Upinder Dhar and Manish Jain, Risk taking scale developed by Dr. Subhash Sankar and Demographical data sheet. The statistical method used in this study were, Pearson product moment correlation and t-test. The results revealed that there was no significant difference in family relationship among male and female adolescence and There is no significant difference in study habit among male and female adolescents. The study also revealed that there is no significant difference in personality type among male and female adolescence. There is no significant difference in risk taking behavior among male and female adolescence. There is no significant correlation between type A personality and risk-taking behavior among male and female adolescence and there is a negative correlation between personality type B and risk-taking behavior among male and female adolescence.

**Keywords:** Family relationship, Study habit, adolescents

## Introduction

Personality is the unique combination of patterns that influence behavior, thought, motivation, and emotion in a human being. An individual's personality is the combination of traits and patterns that influence their behavior, thought, motivation, and emotion. It drives individuals to consistently think, feel, and behave in specific ways; in essence, it is what makes each individual unique. Over time, these patterns strongly influence personal

expectations, perceptions, values, and attitudes. Type A and Type B personality describes two contrasting personality types. In this, personalities that are more competitive, highly organized, ambitious, impatient, highly aware of time management and/or aggressive are labeled Type A, while more relaxed, less 'neurotic', 'frantic', 'explainable', personalities are labeled Type B.

## Type A personality

Type A individuals as outgoing, ambitious, rigidly organized, highly status-conscious, sensitive, impatient, anxious, proactive, and concerned with time management. People with Type A personalities are often high achieving "workaholics". They push themselves with deadlines and hate both delays and ambivalence. People with Type A personalities experience more job-related stress and less job satisfaction. Interestingly, those with Type A personalities do not always outperform those with Type B personalities. Depending on the task and the individual's sense of time urgency and control, it can lead to poor results when there are complex decisions to be made. However, research has shown that Type A individuals are in general associated with higher performance and productivity (Barling & Charbonneau, 1992; Bermudez, Perez-Garcia, & Sanchez-Elvira, 1990; Glass, 1977). Moreover, Type A students tend to earn higher grades than Type B students (Waldron et al., 1980), and Type A faculty members were shown to be more productive than their Type B behavior counterparts (Taylor, Locke, Lee, & Gist, 1984).

In his 1996 book dealing with extreme Type A behavior, Type A Behavior: Its Diagnosis and Treatment, Friedman suggests that dangerous Type A behavior is expressed through three major symptoms:

- Free-floating hostility, which can be triggered by even minor incidents;
- Time urgency and impatience, which causes irritation and exasperation usually described as being "short-fused";

- A competitive drive, which causes stress and an achievement-driven mentality. The first of these symptoms is believed to be covert and therefore less observable, while the other two are more overt.

Type A people were said to be hasty, impatient, impulsive, hyperalert, potentially hostile, and angry. Research has also shown that Type A personalities deal with reality and have certain defenses when it comes to dealing with problems.

Janet Spence's research has shown that the Type A archetype can be broken down into two factors assessed using a modified Jenkins activity survey with 7 questions assessing AS and 5 items assessing II. The two factors are Achievement Striving (AS) and Impatience Irritability (II). AS is a desirable factor which is characterized by being hard working, active, and taking work seriously. II is undesirable and is characterized by impatience, irritability, and anger. Subsequent work by Day and Jreige has further clarified the independence of these two subtypes of type A personality. Additionally, they further defined the interactions between AS and II subtypes and psychosocial outcomes. AS was more strongly linked to job satisfaction while I was linked to self-report of satisfaction and life satisfaction. Associations were demonstrated between AS and II subtypes moderating the impact of job stressors (job control, role overload and role ambiguity) on outcomes of job satisfaction, life satisfaction and perceived stress.

There are two main methods to assessing Type A behavior. The first being the SI and the second being the Jenkins Activity Survey (JAS) The SI assessment involves an interviewer measuring a person's emotional, nonverbal and verbal responses (your expressive style). The JAS involves a self-questionnaire with three main categories: Speed and Impatience, Job Involvement, and Hard-Driving Competitiveness.

#### Type B personality

Type B is a behavior pattern that is lacking in Type A behaviors. A-B personality is a continuum where one either leans to be more Type A or Non-Type A (Type B). The hypothesis describes Type B individuals as a contrast to those of Type A. Type B personality, by definition, are noted to live at lower stress levels. They typically work steadily, and may enjoy achievement, although they have a greater

tendency to disregard physical or mental stress when they do not achieve. When faced with competition, they may focus less on winning or losing than their Type A counterparts, and more on enjoying the game regardless of winning or losing. Unlike the Type A personality's rhythm of multi-tasked careers, Type B individuals are sometimes attracted to careers of creativity: writer, counselor, therapist, actor or actress. Their personal character may enjoy exploring ideas and concepts.

Type B personality types are more tolerant than individuals in the Type A category. This can be evident through their relationship style that members of upper management prefer. Type B individuals can "...see things from a global perspective, encourage teamwork, and exercise patience in decision making. Personality trait is an important factor in determinants of future behavior. So, one of the important and necessary personality characteristics is the risk-taking behavior in adolescents.

#### Risk taking behavior

Risk taking is any consciously or non-consciously controlled behavior with a perceived uncertainty about its outcome, and/or about its possible benefits or costs for the physical, economic or psycho-social well-being of oneself or others. The concept of risk has been a concern of human beings from the earliest days of recorded history and most likely even before that. The concept of risk described so far largely refers to insuring oneself against possible loss, and the most accurate calculation of the costs and benefits involved. Different situations and perspectives seem to lead to different definitions of risk taking. Furthermore, different personal values of researchers seem to influence the definition of risk taking they employ. Apart from differences in statistical calculations of risk, the underlying concepts of risk used by risk-researchers are also different, situation dependent, and have different shortcomings. In addition, uncertainty in risk taking behavior is not only in the probability of an outcome occurrence (which means that "it may happen"), but also in the perceived probability of its outcome value (which means that "it may be useless").

Adolescence is a period of development characterized by significant biological, psychological and social changes, including the physical and hormonal transformations that puberty

brings and the increased importance of peer relationships (Patton et al, 2016; Burnett Heyes et al, 2015).

Increases in risk-taking and sensation-seeking behavior, however, also occur during adolescence, with the ability to self-regulate (in terms of being able to plan decisions and actions) only gradually improving over the course of adolescence (Steinberg et al, 2017). This feeds the stereotype of the dangerous and impulsive thrill-seeking teenager. Yet, it has been proposed that such behaviours could in fact be seen as rational and adaptive actions, when considered within the context of the adolescent fulfilling their developmental goals of navigating the turbulence of life and reaching independence (Romer et al, 2017). There are many risky behaviors that threaten adolescents and must receive specific attention. Research has shown that personality pattern behaviors have a significant relationship with risky behaviors.

Intra-individual predispositions, often referred to as personality traits, are proposed to be important in the prediction of high and low risk-taking behavior. In this model, degrees of risk-taking are a function of self-regulatory aspects of personality (Hoyle, 2006). An example of this relation is reported by Huth-Bocks (2008) who found that sensation-seeking behavior (substance abuse and unsafe sex) in university students was associated with high extraversion in females and low agreeableness and low conscientiousness in the entire sample (males and females). The study tries to understand whether there is any relationship between type A and type B personality, and risk taking behaviour among adolescents.

### **Significance of the study**

This study mainly focuses on the relationship between risk taking behavior and personality type. By evaluating the characteristics of the two personality types, the type A persons have risk taking behavior then type B person. By understanding the relationship, the research may apply into various areas of psychology, especially in career psychology and in educational psychology.

### **Statement of the problem**

A comparative study on Adolescents Risk-Taking Behavior and type A and type B Behavioral pattern

### **Definition of key words**

#### **Personality**

Allport defined personality as "the dynamic organization, within the individual of those psychophysical systems, that determine his characteristic behavior and thought. According to the American Psychological Association, Type A personality refers to "a complex pattern of behaviors and emotions that includes an excessive emphasis on competition, aggression, impatience, and hostility" and The Type B Behavior Pattern, while similar to Type A in their desire to succeed, tends to be less driven and more relaxed, as well as less aggressive and hostile. The benefit of the Type B personality is that it has a lower risk of contracting stress-related illness.

#### **Risky behavior**

Risky behavior or risk-taking behavior is defined according to Trimpop (1994) as "any consciously, or non-consciously controlled behavior with a perceived uncertainty about its outcome, and/or about its possible benefits, or costs for individuals.

#### **Objectives of the study**

The main objective of the study are:

- 1) To find out whether there is any significant difference in personality trait among male and female adolescence.
- 2) To find out whether there is any significant difference in risk taking behavior among male and female adolescence.
- 3) To find out whether there is any significant relationship between personality trait and risk-taking behavior among male and female adolescence.

#### **Hypotheses of the study**

The main hypotheses of the study are:

1. There is no significant difference in personality trait among male and female adolescence.
2. There is no significant difference in risk taking behavior among male and female.
3. There is no significant relationship between personality trait and risk taking behavior among male and female adolescence.

**Method**

**Participants**

The study was conducted on 60 school students (30 males, & 30 female), age ranges from 16 to 18 years. The sample selection method used was simple random sampling method. Questionnaire was used for sample collection. The data were collected from S S M H S S Theyyalingal, which belongs to Malappuram district, Kerala.

**Tools**

Tools used for data collection are:

1. Type A and Type B Behavioral pattern scale developed by Upinder Dhar and Manish Jain.
2. Risk taking scale developed by Dr. Subhash Sankar.
3. Demographical data sheet

**Procedure for data collection**

The study aims to understand the relationship between personality and risk-taking behavior. A sample of 60 school student, with 30 male and 30 female school students were selected using simple random sample. Sample were collected from from S S M H S S Theyyalingal, age of 16 and 18 years.

They were given information's about the research programmed. On completing the selection of appropriate sample were administered. Tools like type A and type B behavioral pattern scale, risk taking behavior questionnaire and personal data sheet. The participant was given instruction regarding each questionnaire. The data was collected and asses using appropriate statistical techniques. The respondents also ensured the confidentiality of their responses and emphasized truthful responses. After completion the questionnaire were collected back. The obtained data were subjected to statistical analysis using spss.t-test and correlation analysis were the main statistical analysis employed.

**Results and Discussion**

The analysis was done using the t-test, and correlational analysis. The results are reported and discussed below. In first section researchers examine personality among male and female, in second section researcher examine risk taking behavior among male and female, and third section examine correlation between risk taking behavior and personality type.

Table 1 Mean and standard deviation of scores in personality type among male and female school students

Variable	Male ( N=30 )		Female ( N=30 )		t
	M	SD	M	SD	
Type A	51.57	4.869	50.90	4.126	.569
Type B	43.07	4.059	43.07	4.728	-.002

Table 1 represent the mean and standard deviation of scores in personality among male and female school student. From the table it can be see that there is no significant difference in personality among male and female adolescence at

0.05 level of significance. That means the 2 personality type, type A (t value = .569) and type B (t value = -.002) are present in male and female in the same ratio.

Table 2 Mean and standard deviation of scores in risk taking behavior among male and female school students

Variable	Male ( N=30 )		Female ( N=30 )		t
	M	SD	M	SD	
Risk taking	44.20	7.151	45.43	6.290	-.709

Table 2 represent the mean and standard deviations of scores in risk taking behavior among male and female school students. From the table it can be see that there is no significant difference in risk taking among male (M=44.20) and female (M=45.43) adolescence at 0.05 level of significance.

It may due to now a days there is no consider for the gender difference, and may change in attitude of female. Females are ready to take any risks like men's for their successful life, because of that there is there is no significant difference in risk taking among male and female.

Table 3 Pearson correlation of risk taking behavior and personality type

		Risk	Personality Type
Risk	Pearson Correlation	1	.278*
	Sig. (2-tailed)		.033
	N	60	59

\*. Correlation is significant at the 0.05 level (2-tailed).

Table 3 shows that the correlation between personality trait and risk-taking behavior among male and female adolescence. It is found that there

is correlation is significant at the 0.05 level. From the table it clear that risk taking behavior and personality are positively correlated.

Table 4 Pearson correlation between type A personality and risk taking behavior

		Complacent	Easygoing	Non-assertive	Relaxed	Patience
Risk	Pearson correlation	-.338*	0.063	-0.096	-0.062	-.333**
	Sig. (2-tailed)	0.012	0.638	0.471	0.642	0.01
	N	59	59	59	59	59

Table 4 show that the correlation between type A personality and risk taking behaviour.it is found that there is no significant correlation between type A personality and risk-taking behavior at 0.05 level of significant.

There are 6 sub scales for type A personality which are tenseness, impatience, restlessness, achievement orientation, domineering and workaholic.

Table 5 Pearson correlation between type B personality and risk taking behavior

		Risk	Tenseness	Impatience	Restlessness	Achievement
	Pearson Correlation	1	-0.108	-0.154	-0.137	-0.244
	Sig. (2-tailed)		0.415	0.244	0.301	0.063
Risk		60	59	59	59	59

Table 5 show that there is correlation between personality type B and risk-taking behavior at 0.05 level of significant there are 5 subscales for type B personality which are complacent, easy going, nonassertive, relaxed and patience. there is negative correlation (-.338) between risk taking and complacent (behavior is the habit of enjoying everything) at 0.05 level of significance. when risk taking increases complacent decreases and vice versa. There is high negative

correlation ( $r = -.333$ ) between risk taking and patience. When risk taking increases, patience decreases and vice versa. From this study it can be concluded that there is no significant difference in personality among male and female adolescence. There is no significant difference in risk taking behavior among male female adolescence. And there is negative correlation with personality type B and risk-taking behavior.

#### Conclusion

The present study has examined the effect of risk-taking behavior on personality type. The study explores the role of personality type on risk taking behavior. from the study it can be concluded that there is no high correlation between the personality types and risk-taking behavior. But there is negative correlation between personality type B and risk-taking behavior

#### Major findings

1. There is no significant difference in personality type among male and female adolescence
2. There is no significant difference in risk taking behavior among male and female adolescence.
3. There is no significant correlation between type A personality and risk-taking behavior among male and female adolescence and there is a negative correlation between personality type B and risk-taking behavior among male and female adolescence.

#### Implication of the study

Taking risk is a part of life and is most definitely part of growing up. it is an integral part of life. hunting food, making relation, building shelter, keeping warm, managing disaster, injury, reproducing, raising offspring's and overcoming sickness make every day's risky. If we don't take risk, we never can learn about our own capabilities or potentialities and will never be able to discover life the new ways of experience. The present study conducted on students with type A and type B personality trait to find out which personality trait have more risk-taking behavior. The study revealed that the risk-taking behavior is negatively influenced on type B personality. The study can be useful to understanding the relationship between personality type and risk-taking behavior

#### Limitation of the study

Despite all attempts to carry out the study scientifically and systematically, the study had the following limitations.

1. The sample for the study was taken from only Nadapuram government school
2. The sample size selected for the study was limited

#### Suggestions for future research

In the light of the present study the following suggestions are made for future research.

1. Further studies may be conducted using samples from more schools.
2. Further studies can be conducted with some more sample size.

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