

P02-443

INVESTIGATION THE ROLE OF PERSONALITY FACTORS THAT CAUSE TO STRESS IN UNIVERSITY STUDENTS

M. Pourabdolisardroud

Islamic Azad University-Hashtrood Branch, Tehran, Iran

Introduction & objectives: This study investigated relationship among personality dimensions based on Jungian personality types and stress in university students.

Method: The studied population included 200 students between ages of 19-26 were randomly selected from three universities and Coudron's Stress Inventory (CSI) and Hogan - Champagne's Personal Style Inventory (PSI) were administered on them. PSI assesses eight personality dimensions based on Jungian personality types (introversion-extroversion E/I, intuition- sensing N/S, thinking-feeling T/F, perceiving-judging P/J). The data were analyzed with Pearson correlation coefficient and independent T test.

Results: Findings showed negative correlation between extroversion and stress and positive correlation between introversion and stress. Analysis of personality dimensions showed male are more intuition than female and female are more sensing than male.

Discussion: Based on findings, considering that introverted are quiet, diligent at working alone, and socially reserved, they make decisions somewhat independently and prodding from situations, cultures, people, or things around them, so facing to stress factors interrupt their own world and reduce their function, cause to variability in situation and stress emerge.