



PREVELANCE OF ANXIETY ON THE PERSONALITY OF YOUNG ADULTS

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ABSTRACT

Anxiety is described as a fear of something like a situation, person, or thing, etc. It is an unpleasant inner state. It is a feeling of extreme worry, continuous illogical thoughts, often said as an overreaction to a stimulus. Most of the adults these days are engaged with relationship problems and feel the most amount of dread or stress coming from it, many relationships in this era are toxic people still are continuing it because of habituation. Encountering tension is an ordinary piece of life. In any case, individuals with tension issues much of the time have extraordinary, extreme, and diligent stress and dread over regular circumstances. The purpose of the study is to find the prevalence of anxiety on the personality of young adults and to find the relationship between anxiety, neuroticism, and extraversion. The objective was to determine the effect of Anxiety on the personality of young adults, to establish a relationship between anxiety and neuroticism, and to establish a relationship between anxiety and extraversion. The sample size used is 100 Students of college ranging from 19 – 25 years of age. The inclusion was all the adults who fall in the taken age range and the exclusion was adults who are below 19 or above 25 years of age. In the following sample, 48 were males and 52 were females. The findings were that the extraversion trait tells us how friendly and outgoing an individual is or much the person expresses or interacts. Whereas Neuroticism trait includes people who are moody, frustrated, and do not like to socialize much. According to the finding of the research, there is a significant correlation found between anxiety and neuroticism at 0.01 level through the Pearson correlation method. There is no significance found between anxiety and extraversion trait which means the more extrovert personality the less are the chances of developing anxiety. There is a high prevalence of anxiety found in the personality of young adults.

KEYWORDS: Anxiety, Neuroticism, Personality, Extraversion, Young adults

INTRODUCTION

1.1 Anxiety

It described as a fear of something like a situation, person or thing etc. It is an unpleasant inner state. It is feeling of extreme worry, continuous illogical thoughts, often said as an overreaction to a stimulus. Anxiety sometimes is appropriate and helps to improve performance of people as it acts as positive stress also called eustress but when it is felt regularly an individual can suffer from various anxiety disorders, these disorders are very common in adults.

Stress, fear, palpitations are very common among adults because of the heavy study or work schedule. Some adults are mentally very strong and cope up with day-to-day challenges that are thrown towards them, but some adults finds it relatively tough or intricate to deal with issues. These issues can be linked with family members or friends in college or workplace.

Most of the adults these days are engaged with relationship problems and feel the most amount of dread or stress coming from it, many relationships in this era are toxic people still are continuing it because of habituation. Encountering tension is an ordinary piece of life. In any case, individuals with tension issue much of the time have extraordinary, extreme and diligent stress and dread over regular circumstances. Regularly, uneasiness issue includes regular scenes of unexpected emotions of extraordinary

nervousness or fear that arrive at a top inside minute (alarm assaults).

Usually in Anxiety people encounter irritability, restlessness, insomnia, trembling, nausea. There are various unwanted thoughts lined up and people tend to overthink on issues which are otherwise very easy to solve. These sentiments of uneasiness increase with day-to-day events, are hard to control, are out of extent to the real threat and can keep going quite a while. You may maintain a strategic distance from spots or circumstances which pump these emotions. Side effects may begin during youth or the adolescent years and proceed into adulthood. Instances of uneasiness issue incorporate summed up nervousness issue, social tension issue (social fear), explicit fears and partition tension issue. You can have more than one uneasiness issue. Here and there nervousness results from an ailment that necessities treatment.

Anxiety can also be induced by Drug use, alcohol, caffeine. Anxiety is not bubbles in your stomach, it is the inability to process, or to believe with any conviction that you will survive the night. Anxiety is not mere nervousness. Anxiety includes stressing over future outcomes of several situations. Anxiety issue regularly happen with other emotional wellness issue, especially real burdensome issue, bipolar confusion, dietary problems, or certain character issue. Anxiety can affect anyone of any age group.



1.1.1 Symptoms of Anxiety

- Dry throat
- Difficulty in sleeping
- Irrational continuous thoughts
- Cold
- Tingling sensation in hands
- Nausea
- Irritability
- Trembling

1.1.2 Causes of Anxiety –

What causes tension and uneasiness issue can be confused. Almost certainly, a blend of elements, including hereditary qualities and ecological reasons, assume a job. Be that as it may, plainly a few occasions, feelings, or encounters may make manifestations of tension start or may exacerbate them. These components are called triggers.

Tension triggers can be distinctive for every individual, except numerous triggers are normal among individuals with these conditions. The vast majority discover they have different triggers. Be that as it may, for certain individuals, tension assaults can be activated for reasons unknown by any stretch of the imagination.

Specialists don't know precisely what expedites uneasiness issue. Like different types of psychological instability, they come from a blend of things, remembering changes for your mind and ecological pressure, and even your qualities. The disarranges can run in families and could be connected to flawed circuits in the mind that control dread and different feelings.

Basic causes - Side effects of pills, Stress or dread from relationships, Faulty functioning of brain, School work pressure, Examination Pressure, Over work load, Substance induced, Emotional trauma ex- death of someone close, Negative thinking, Caffeine.

1.1.4. Anxiety Attacks –

Anxiety attacks or Panic attacks are not very similar. Anxiety attacks occur as a reaction to some external or internal issue or worry, when the problem is sorted the anxiety also fades away, whereas panic attacks are sudden and unprovoked. Panic attacks doesn't come as a reaction to a problem. Anxiety can occur in panic disorder.

1.2 Personality –

It is that area of study which takes about personality and the variation in people. Personality is an umbrella term under which our behaviour, emotions, cognitions are all stored. It evolves or grows from environmental interactions or biological factors. Personality is dynamic or everchanging. A person's thinking or the way he/she reacts to a stimulus changes overtime with experience.

1.2.1 There are 4 basic kind of personalities -

1. Sanguine –Such people are highly active, social and are extrovert. They like to be highlighted in a crowd. Such people are very charismatic.
2. Choleric – Very motivated and goal-oriented people. They are logical and practical. They are competitive and less friendly.
3. Melancholic – They are anxious people. They want to be perfectionist; they are quiet and have a peaceful mindset. They love to be tidy.

4. Phlegmatic – They are very intuitive, they are usually connected things and are relaxed, peaceful.

There are major parts of ID, EGO, SUPEREGO, ID is the part which is there from birth rest the EGO and SUPEREGO comes in play with time. The EGO is the balance between ID and the SUPEREGO.

1.2.2 There Basic highly accepted personality trait according to the Big Five Factor are -

1. Neuroticism –The people who have high points in neuroticism are generally moody and feel a little more amount of anxiety, guilt, anger, worry. Such individuals are most of the times frustrated or depressed.
2. Extraversion – These kinds of people are outgoing, nor shy, wants to be in the limelight and are always full of energy. They are social able and very confidently interacts with people. They participate in a lot of activities and are fun loving.
3. Openness – Such people are aesthetic and are always keen on trying new and challenging stuff. They are curious and experiments with new things and places and also have active imagination.
4. Agreeableness – These people are very cooperative and doesn't say no to a lot of things. They are sympathetic and creative; they generally over stress because of a lot of work or responsibilities.

Conscientiousness – These people are very well organized and well mannered. They are diligent and perform their tasks or activities thoroughly.

1.3 Role and impact of mindfulness in young adulthood

A Mindful individual is reflective as opposed to reactive. They centre around the present moment. Mindfulness is an interaction that prompts a psychological state portrayed by non-judgmental attention to the current encounters, like sensations, thoughts, substantial states, and the environment. It empowers us to distract ourselves from our thoughts and sentiments without naming them as positive or negative.

Research show that mindfulness helps in reducing anxiety and depression. Mindfulness teaches us how to respond to stress with an awareness of what is happening in the current moment, rather than simply acting without thinking, unaware of what emotions or motives could be driving that decision. By teaching awareness for one's physical and mental state in the moment, mindfulness allows for more adaptive reactions to difficult situations.

“Mindfulness allows people to create space between their thoughts and the present moment by identifying a thought, whether it is relevant in the moment, and visualizing it floating away. Mindfulness encourages accepting emotions, rather than resisting one's experience, which reinforces anxiety”. (Red mountain Colorado, 2021).

REVIEW OF LITERATURE

- Topper, et al. (2017) in this research a randomized controlled preliminary assessed the viability of a preventive intercession for nervousness issue and misery by focusing on unnecessary degrees of monotonous negative reasoning (RNT; stress and



rumination) in teenagers and youthful grown-ups .Results give proof to the adequacy of this preventive intercession focusing on RNT and bolster a particular aversion approach that explicitly focuses on a realized hazard factor to forestall various issue.

- Rahkonen, et al. (2016) in this research we study the motivation behind Eating issue – anorexia nervosa, bulimia nervosa – influence various Europeans. This article outlines European investigations on their commonness, rate, comorbidity, course, outcomes, and hazard elements distributed in 2015. discoveries Anorexia nervosa is accounted for by <1–4%, bulimia nervosa <1–2%, and subthreshold dietary problems by 2–3% of ladies in Europe. Occurrences of anorexia seem stable, though bulimia might decrease. Over 70% of people with dietary issues report comorbid issue. Parental mental issue, pre-birth maternal pressure, different family factors, youth overweight, and body disappointment in pre-adulthood increment the danger of dietary issues. Eating issue are moderately basic issue that are frequently disregarded, although they are related with high comorbidity and genuine wellbeing results.
- Westmoreland, et al. (2016) in this research we study that Anorexia nervosa and bulimia nervosa are not normal mental diseases identified with disarranged eating and contorted self-perceptions. The two of them have critical therapeutic difficulties related with the weight reduction and hunger of anorexia nervosa, just as from the cleansing practices that describe bulimia nervosa. No body framework is saved from the antagonistic sequelae of these sicknesses, particularly as anorexia nervosa and bulimia nervosa become progressively serious and incessant.
- Kleiman, et al. (2015) “The Intestinal Microbiota in Acute Anorexia Nervosa and During Renourishment “The significance of the organism gut-cerebrum hub to psychopathology is of enthusiasm for anorexia nervosa (AN), as the intestinal microbiota assumes a basic job in metabolic capacity and weight regulation. We give proof of intestinal dysbiosis in AN and a relationship among mind-set and the enteric microbiota in this patient populace. Future bearings incorporate unthinking examinations of the organism gut-cerebrum pivot in creature models and relationship of microbial measures with metabolic changes and recuperation lists.
- Dahlmann (2015) in this research we study the predominance of dietary issues among young people keeps on expanding. The starvation procedure itself is frequently connected with serious adjustments of focal and fringe digestion, influencing by and large wellbeing during this defenceless period. This article means to pass on fundamental learning on these continuous and handicapping issue, and to audit new improvements in grouping issues coming about because of the change to DSM-5. New information on the study of disease transmission and extending learning on related medicinal and mental comorbidities and their frequently dependable sequelae in later life, are given.
- Tavalaki, et al. (2015) in this research predominance of dietary issues among college understudies and its relationship to social qualities and substance use is studied. Dietary problems are profoundly predominant among college understudies in France and related with other conduct dangers, stress, and sadness. It may demonstrate essential later on to screen understudies with the SCOFF poll upon section to the college to educate understudy about the hazard regarding dietary issues and encourage them to counsel with their general expert.
- Misra, et al. (2014) in this research anorexia nervosa (AN) is described by low weight, deviant eating mentalities, self-perception bending and hypogonadism. Oestrogen substitution decreases uneasiness in creature models and revealed varieties in sustenance admission over the menstrual cycle might be identified with gonadal steroid levels. The effect of estrogenic substitution on uneasiness, eating frames of mind, and self-perception has not been accounted for in AN. We guessed that physiologic estrogenic substitution would enhance tension.
- Mitchell, et al. (2014) in this research we portray eating designs, pervasiveness of dangerous eating practices, and decide elements related with pigging out confusion (BED), before bariatric medical procedure. Half of the members announced eating in any event four suppers/week at eateries; two dinners/week were cheap food. Loss of control eating was accounted for by 43.4%, night eating disorder by 17.7%; 15.7% fulfilled criteria for voraciously consuming food issue (BED), 2% for bulimia nervosa. Variables that autonomously expanded the chances of BED were being a college alum, eating more times each day, taking drug for mental or enthusiastic issues, and having side effects of liquor use issue, lower self- esteem and more prominent burdensome side effects.
- Lule, et al. (2014) in this research we study the pressure decrease speculation, commonplace psychopathology of alexithymia, uneasiness and sorrow is predominant in female youthful A patients. It is available disengaged from physical steadiness. Pathogenesis of AN is multifactorial and as of now completely present in puberty. An extra fortification procedure can be talked about. For clinical practice, those parameters may have a superior potential for early prognostic components identified with A than physical parameters and conceivable ramifications for mediation is given.
- Kraff, et al. (2014) in this research we studied if an adjusted relational psychotherapy counteractive action program is increasingly strong for lessening abundance weight addition and compounding disarranged eating than wellbeing instruction in immature young ladies at high danger of heftiness and dietary issues. the intercession with youthful young ladies with loss-of-control eating is related



with lower age-balanced BMI and level of adiposity just as improved temperament side effects more than 1 y.

- Ferguson, et al. (2014) in this research we study how much media adds to body disappointment, life fulfilment and dietary issue side effects in young ladies keeps on being discussed. The present investigation inspects TV, web-based life and friend rivalry effects on body disappointment, dietary problem side effects and life fulfilment. Neither TV presentation to thin perfect media nor internet-based life anticipated negative results either simultaneously nor tentatively except for a little simultaneous connection between online networking use and life fulfilment. Web based life use was found to add to later peer rivalry in forthcoming examination, in any case, proposing potential roundabout.
- Ostrovsky, et al. (2013) This investigation targets were to assess the connection between social uneasiness, pigging out, and passionate eating in overweight and large people and to assess the connection among weight and social nervousness. In this investigation, social nervousness was related with voraciously consuming food and enthusiastic eating in overweight and stout people. Whenever suitable, intercessions could address social nervousness as an obstruction to standardizing eating examples and weight reduction.
- Crowther, et al. (2013) in this research we study how dietary issues have turned into a noteworthy issue in the Western world and have pulled in light of a legitimate concern for some divisions of our general public. This intrigue stems, to a limited extent, from what has all the earmarks of being a high commonness of bulimia nervosa and related practices. Though pervasiveness appraisals of bulimia nervosa have run as high as 21.6 %, our very own exploration demonstrated a predominance of 2% and 3.8% in two populaces of school ladies to 10.7%. Regardless of whether one takes the most traditionalist appraisals of the predominance of bulimia nervosa, it is still certain that this dietary issue is a critical issue that warrants our consideration.
- Emily m, et al. (2013) in this research we assessed whether the pervasiveness of lifetime suicide endeavour was higher in ladies with a lifetime history of a dietary issue than in ladies with no dietary issue and surveyed in the case of dietary problem highlights, comorbid psychopathology, and character qualities were related with suicide endeavours in ladies with anorexia nervosa, confining subtype (ANR), anorexia nervosa, gorge cleanse subtype (ANBP), lifetime history of both anorexia nervosa and bulimia nervosa (ANBN), bulimia nervosa (BN), voraciously consuming food issue (BED), and cleansing issue (PD). In respect to ladies with no ED, lifetime suicide endeavours were fundamentally progressively regular in ladies with a wide range of dietary problem.
- Hughes, (2012) in this research detailed commonness rates for gloom and uneasiness in youngsters and youths with A were looked into. Symptomatic issues and current comprehension of the fleeting beginning, and interrelatedness of despondency, tension, and A were talked about. Second, existing exploration on the ramifications of comorbid melancholy and nervousness for results identified with A was surveyed with the point of recognizing whether, and to what degree, comorbidity may affect results including recuperation. At long last, ramifications for clinical practice and proposals for future research were laid out.
- Beesdo-baum, et al. (2012) in this research we look at the common course of social nervousness issue (SAD) in the network and to investigate indicators for unfriendly long- term results. A steady course with a significant level of vacillations in indication seriousness is trademark for SAD. Both reliably meeting full edge symptomatic criteria and complete abatements are uncommon. Powerlessness and clinical seriousness pointers anticipate poor visualization and may be useful markers for mediation needs.
- Gan, et al. (2011) the point of this investigation was to look at the connections between misery, uneasiness and worry with disarranged eating among college understudies. The Eating Attitudes Test-26 and Depression, Anxiety and Stress Scale were managed on 584 Malaysian college understudies (59.4% females and 40.6% guys). Around one out of five members were in danger of dietary problems. Females had essentially higher extent of in danger of dietary issue contrasted with guy. Further, no critical cooperation impact was found for sex and ethnicity with subscales. There were certain connections between downturn, tension, and worry with confused eating. Further examinations on their related dangers are justified.
- Claes, et al. (2011) The point was to research the connection between enthusiastic purchasing (CB), dietary problem side effects, in an example of female understudies. We evaluated 211 female college understudies utilizing the Compulsive Buying Scale, the Eating Disorder Inventory, the Behavioural Inhibition System and Behavioural Activation System scales, the Adult Temperament Questionnaire, and the Physical Health Questionnaire—Depression. The outcomes demonstrate a positive relationship among CB and the Eating Disorder Inventory-II. Both CB and dietary issue indications were identified with low degrees of effortful control. At long last, CB was likewise identified with elevated amounts of Behavioural Activation Scale reactivity (impulsivity), though dietary issue manifestations were all identified with abnormal amounts of Behavioural Inhibition Scale reactivity (tension).
- Swanson, et al. (2011) Dietary issues are extreme conditions, however little is thought about the



pervasiveness or connects of these scatters from populace-based reviews of young people. Lifetime predominance assessments of anorexia nervosa, bulimia nervosa, and voraciously consuming food issue were 0.3%, 0.9%, and 1.6%, individually. Significant contrasts were seen between dietary problem subtypes concerning sociodemographic connects, mental comorbidity, job hindrance, and suicidality. Even though most of young people with a dietary problem looked for some type of treatment.

- Williams, et al. (2010) in this research we study the commonness, period of-beginning and comorbidity of state of mind and tension issue during a time stratified agent test of Australian ladies matured 20 years and over. Mood and nervousness issue were analysed using a clinical meeting. The lifetime and current commonness of these scatters was resolved from the examination populace (n = 1095) and institutionalized to 2006 registration information for Australia. This investigation reports the lifetime and current commonness of mind-set and tension issue in the Australian female populace.

METHODOLOGY

AIM -To assess the prevalence of anxiety and on the personality of young adults and to find the correlation between anxiety neuroticism and extraversion.

OBJECTIVE

- To determine the effect of Anxiety on the personality of young adults.
- To establish relationship between anxiety and neuroticism.
- To identify relationship between anxiety and extraversion.

HYPOTHESIS

H1: There will be high prevalence of anxiety on the personality of young adults.

H2: There will be a significant relationship between anxiety and neuroticism

H3: There will be a negative relationship between anxiety and extraversion.

RESEARCH VARIABLES

The following research is conducted on the topic "Prevalence of anxiety disorder on the personality of adult females".

Anxiety

Personality
Neuroticism
Extraversion
Young adults

TOOL DESCRIPTION

SINHA'S COMPREHENSIVE ANXIETY TEST –

The test is given by A.K.P Sinha and L.N.K Sinha. The test contains 90 questions and there is an option of selecting yes or no for each statement. The test checks the presence of anxiety in the individual. Scoring and Interpretation is done very easily. The test can be completed in just 15-20 mins. The test – retest reliability was 0.85, the Internal consistency reliability was 0.92. validity of the test was 0.62.

H.J. Eysenck's M.P.I SCALE –

This questionnaire measures extraversion and neuroticism dimensions of personality.

It has total 48 Questions for which there are three columns present namely Yes, No and a Question mark (?) for answers that are unknown. The Split half reliability and Kuder reliability for Neuroticism lie between 0.85 and 0.90 and for Extraversion lies between 0.75 and 0.85.

SAMPLE INCLUSION – EXCULSION

The sample size used is 100 Students of college ranging from 19 – 25 years of age. The inclusion was all the adults who fall in the taken age range and the exclusion was adults who are below 19 or above 25 years of age. In the following sample 48 were males and 52 were females.

PROCEDURE

The following research was done on young adults, both male and female were asked to take initiative. Everyone was informed that the data collected is highly confidential. The following Questionnaire were used in the research: Sinha's Comprehensive Anxiety Test and Maudsley Personality Inventory (MPI). All the questionnaire related queries were answered then and there. No participant was forced to fill the questionnaire. The participants were informed about the nature of the research.

STATISTICAL ANALYSIS

'Statistical analysis for the Social Sciences' (SPSS) 20 was used to evaluate the given data. Correlation was done to find association or relationship between anxiety, Neuroticism and Extraversion. Correlation between neuroticism and anxiety was found through Pearson correlation method.



RESULT

TABLE 1.1

The following table represents the scores of skewness and kurtosis for SCAT, neuroticism and extraversion respectively.

	N	Min	Max	Mean	St.deviation	Skewness	Kurtosis
Scat	100	1	90	40.98	18.026	-.089	-.322
N	100	7	46	27.81	8.547	-1.42	-.343
Extra	100	9	35	22.84	5.069	-.301	.244

TABLE 1.2

The following table represents the correlation between anxiety, extraversion and neuroticism.

	Scat	Neuroticism	Extraversion
Scat	-		
Neuroticism	.595	-	
Extraversion	1.119	-.103	-

The table shows that there is correlation is significant at 0.01 level ($p < 0.01$) between Neuroticism and Anxiety. The correlation is found through Pearson correlation method. There is no significance between Extraversion and Anxiety ($p > 0.05$)

DISCUSSION

Extraversion trait tell us how friendly and outgoing an individual is or much the person expresses or interacts. These people will feel less anxiety or stress as they know how to express themselves. They practise positive thinking and likes to be in the limelight also seeks social support which reduces their chances of isolating themselves in tough situations which develops anxiety and stress.

Whereas Neuroticism trait includes people who are moody, frustrated and do not like to socialize much. They are very emotional and anxious also are more likely to be secretive and do not trust easily. These people get stressed about small problems and often feel restless.

The role of mindful on both types of personality is different and very much needed, An extrovert needs to practise mindful to stay positive, cheerful and sociable as they naturally are and people with neurotic personality needs to practise mindfulness to overcome fear, instability, moodiness so that they can be self-aware and thus reduce the risk of anxiety and stress.

The Aim of the study is to assess the prevalence of anxiety on the personality of young adults and to find the relationship between anxiety, neuroticism and extraversion. This research was conducted to investigate a significant relationship between Anxiety and hoe it effects different dimensions of personality, also anxiety is one of the common disorders found in young people which may be due to interpersonal conflicts such as dysfunctional family, per group problems, relationships issues etc or intrapersonal conflicts such as body issues, unable to achieve the desired target etc. Therefore, this research also finds about what percentage of young adults are hit by anxiety

According to the data collected there is high prevalence of anxiety found on the personality of young adults as a greater number of individuals scored high which is above or around 50 in Sinha’s comprehensive anxiety test. Thus hypothesis 1 is accepted.

Effect of anxiety was checked on two dimension of personality that is Extraversion and Neuroticism. According to the finding of the research there is significant correlation found between anxiety and neuroticism at 0.01 level through Pearson correlation method, the characteristics of anxious and neurotic personality are overlapping, thus hypothesis 2 is accepted.

There is no significance found between anxiety and extraversion trait which means the more extrovert personality the less are the chances of developing anxiety. Thus, hypothesis 3 that there is negative relationship between anxiety and extraversion is proved.

The data was checked for skewness and kurtosis. The values of skewness came out to be .089 for SCAT and -.142 for neuroticism also -.301 for extraversion. The scores for kurtosis were -.323 for SCAT and -.343 for neuroticism also .244 for extraversion.

Therefore, the data came out to be significant hence, parametric statistics was used that is Pearson correlation. The value for Pearson correlation for neuroticism is .595 which is significant at 0.01 level and -.119 for which is not significant.

The scores lie on Normal Probability Curve, which means the data is parametric.

The research shows us the importance of Mindfulness, it works through several ways. It encourages us to open and accept our emotions which reduces our illogical thoughts. As a result, we are better able to identify, experience, and process our emotions. Mindfulness also encourages us to see things from different perspectives.

“Mindfulness helps us reduce anxiety and depression. Mindfulness teaches us how to respond to stress with awareness of what is happening in the present moment, rather



than simply acting instinctively, unaware of what emotions or motives may be driving that decision.” (Anxiety.org, 2016)

When we are Mindful, we stay in the moment and don't jump from situations to situations which create panic and stress. We don't need to put special number of efforts to stay mindful. An individual just needs to be in the moment and feel everything happening around without taking care of the future events.

LIMITATION

- The study was conducted on a relatively small sample.
- The study was conducted on only college going students
- Not many researchers have been done in Indian context in effect of anxiety on the personality of young adults.

RECOMMENDATIONS

- We can reduce anxiety among young adults by following these steps.
- Asking each college going student to share their positive or negative experiences or thoughts to someone they are close to.
- People with neurotic personality are moody and overreacts in anger sometimes so, they should never be judged and should be given their space to express.

SUMMARY AND CONCLUSION

The Aim of the research was to find the prevalence of anxiety on the personality of young adults and to find the relationship between anxiety, extraversion and neuroticism.

According to the data collected there is high prevalence of anxiety found on the personality of young adults as a greater number of individuals scored high which is above or around 50 in Sinha's comprehensive anxiety test. Thus hypothesis 1 is accepted.

Effect of anxiety was checked on two dimension of personality that is Extraversion and Neuroticism. According to the finding of the research there is significant correlation found between anxiety and neuroticism at 0.01 level through Pearson correlation method, the characteristics of anxious and neurotic personality are overlapping, thus hypothesis 2 is accepted.

There is no significance found between anxiety and extraversion trait which means the more extrovert personality the less are the chances of developing anxiety. Thus, hypothesis 3 that there is negative relationship between anxiety and extraversion is proved. The values of skewness came out to be .089 for SCAT and -.142 for neuroticism also -.301 for extraversion.

From the findings it is clearly stated that practising mindfulness is important for young adults as it helps to stay focused, motivated and reduces the risk of illogical thoughts leading to stress and worry. It creates Body awareness and improves the perception about self and how we relate to the world which is needed to manage the transitions happening during the young adulthood. Mindfulness not only improves are mental health but also contributes to our physical health ex- by reducing blood pressure.

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