



Effect of Covid 19 on Personality and mental health of Adults

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Abstract:-

COVID-19 infection and behavioral health conditions influence each other in a bidirectional relationship. Everyone has a personality, but when it comes to defining this psychological construct, it is the most difficult one. The origin of the word personality lies in Latin persona, which means characters played by actors in Greek dramas. It was Allport who brought personality concept into mainstream of psychology. Personality is studied from a few major approaches. These approaches are: psychodynamic approach, behavioral approach, cognitive approach. Eysenck identified three "superfactors:" extraversion, neuroticism, and psychoticism. Eysenck's theory focused on temperament—innate, genetically based personality differences. Data were collected during covid 19 from the eastern vidharbha region through whatsapp or email mode. Results show that the trend after declaring lockdown has turned into introvert type personalities. t test results have turned out to be significant.

Keyword:- Covid 19, Personality, mental health, Adults

I. INTRODUCTION

Personality: Everyone has a personality, but when it comes to defining this psychological construct, it is the most difficult one. Personality is a major predictor of one's behavior, it is an important asset of an individual, it helps to shape one's experiences and expectations. It decides one's options and choices, it constrains some people and opens up the world to others (Schultz & Schultz, 2009).

The origin of the word personality lies in Latin persona, which means characters played by actors in Greek dramas. This origin puts light upon personality (Boeree, 1997; Burger, 2011; Engler, 2014; Ewen, 2003; H.J. Eysenck, 1981; Robert Hogan et al., 1997; Schultz & Schultz, 2009).

Personality is an abstract concept which integrates the many aspects that characterize what a person is like (Hjelle & Ziegler, 1992). When it comes to defining personality, there is still no such widely accepted one. Still, work of Allport is the most authentic one in this regard. Allport had given more than 50 definitions of personality (Allport, 1947). He concludes that "Personality is what a man really is" (Allport, 1938). In another definition he says, "Personality is a dynamic organization of psychological symptoms, helping to define one's identity, created from characteristic patterns of behaviors, thoughts and feelings" (Allport, 1961). It was Allport who brought personality concept into mainstream of psychology. For (Larsen et al., 2013), "Personality is the set of psychological traits and mechanisms within the individual that are organized and relatively enduring and that influence his or her interactions with, and adaptations to, the intrapsychic, physical, and social environments". According to (Cattell, 1950), "The personality of an individual is that which enables us to predict what he will do in a given situation". Eysenck, (1950) defines personality as the sum total of actual or potential behavioral patterns of the organism, as determined by heredity or environment; it originates and develops through the functional interaction of the four main sectors into which these behavioral patterns are organized: the cognitive sector (intelligence), the conative sector (character), the affective sector (temperament), and somatic sector (constitution).

Traditionally, personality is studied from a few major approaches. These approaches are: psychodynamic approach, behavioral approach, cognitive approach, dispositional /trait approach, and humanistic approach. The oldest one is psychodynamic approach that focuses upon the unconscious part of mind. This approach focuses more upon past experiences, repressed memories, childhood trauma, etc. psychodynamic approach is



criticized on the grounds of empirical grounds by many experts in psychology. Behavioral approach basically focuses on learning history of an individual. It assumes that one's personality development depends upon his/her reinforcement/punishment history, influential models, and one's personal experiences. This approach was very much objective and quite influential. But it ignored one's subjective perception of reality. This lacuna was filled by cognitive approach that focused upon how a person perceives the environmental determinants and the meanings he/she attaches to the events. Trait approach or dispositional approach doesn't talk much about how one's personality is developed, but rather on what constitutes a personality. Though this perspective doesn't dig much deeper into the 16 personality dynamics, but its objective nature is very useful in terms of research. Lastly, humanistic approach focuses on inherent goodness of human nature and one's ability to function at fullest potential, to use maximum capacity of an individual that comes only with providing positive environment for one's growth. Practically, when it comes to research, specifically when we want to understand "what" of personality, using trait approach is most suitable. Trait approach/Dispositional approach to personality Traits describe a person's typical style of thinking, feeling, and acting in different kinds of situations and at different times (Robert R. McCrae & Costa, 1997). According to Schultz & Schultz (2009), Trait is a distinguishing personal characteristic or quality. They further add, traits are so popular because grouping people by traits is easy and has a commonsense appeal.

Hippocrates who distinguished people based on body humors. Later, similar classifications were given by Sheldon and Kreschmer. These theories were criticized on the following grounds: A) classifying humans as constant and inflexible B) ignorance of situational factors. If such classification was scientific/true, humans would have behaved in exact same manner consistently irrespective of any situation (Schultz & Schultz, 2009). But, it is observed that, humans do not behave in such a manner. Though a person's overall behavior is consistent, it is flexible with situation as well.

In the modern era, this lacuna was filled by Gordon Allport and Raymond Cattell, who took into account the effect on behavior of specific events and of environmental and social influences. They rejected the notion of cross-situational consistency of human behavior. Their interactional approach

believed that human behavior is a function of situational variables (Schultz & Schultz, 2009). Allport is considered as the father of trait approach. Trait approach considers that personality has a significant genetic factor associated to it (Boeree, 1997; Burger, 2011; Ellis et al., 2009; Engler, 2014; Ewen, 2003; H.J. Eysenck, 1981; Hjelle & Ziegler, 1992; Robert Hogan et al., 1997; Larsen et al., 2013; Miserandino, 2012). The concept of a trait can be operationally defined and be investigated through use of a scientific method (Ellis et al., 2009). Therefore, the trait approach remains vital and is the most accepted approach in research in personality psychology. It is an approach to personality theory that is most directly based on and is confirmed by research data (Ellis et al., 2009). Thus this approach is most accepted one in scientific community. Psychology has understood traits through three fundamental approaches (Larsen et al., 2013). First is the lexical approach, in which various words to describe individual differences are identified, it then uses synonym frequency and cross-cultural universality as the basic criteria for identifying important traits. Second, the statistical approach, that identifies traits and groups them into clusters using statistical procedures like factor analysis. The third and last approach, theoretical approach, uses existing theories to determine important traits.

Eysenck identified three "superfactors:" extraversion, neuroticism, and psychoticism. According to Eysenck, 1982, higher order factors are similar to types, and they represent combinations of primary personality traits. Eysenck's theory focused on temperament—innate, genetically based personality differences. He believed personality is largely governed by biology, and viewed people as having two specific personality dimensions: extroversion vs. introversion and neuroticism vs. stability. After collaborating with his wife and fellow personality theorist Sybil Eysenck, he added a third dimension to this model: psychoticism vs. socialization. (Boundless, n.d.)

An **extravert** is commonly described as an outgoing, expressive person, but the definition described by Eysenck is more complex. Extraversion is a combination of sociability, impulsiveness, frivolity, general activity, and overt sexuality. The complex nature of each higher order factor may lead to some of the differences in personality theory. According to Eysenck, the impulsiveness associated with extraversion is most likely hereditary (a temperamental trait), whereas the sociability aspect of extraversion is more likely to be influenced by individuals environment. Thus,



perhaps, it is not surprising that Eysenck finds support for hereditary influences on personality. Depending on how one designs their questions and experiments, the component traits within a higher order factor can support different perspectives (Eysenck, 1982). According to his theory, people high on the trait of extroversion are sociable and outgoing and readily connect with others, whereas people high on the trait of introversion have a higher need to be alone, engage in solitary behaviors, and limit their interactions with others. (Boundless, n.d.)

Neuroticism refers to individuals emotional stability. It incorporates mood swings, poor emotional adjustment, feelings of inferiority, a lack of social responsibility, a lack of persistence, issues of trust vs. suspiciousness, social shyness, hypochondria, and the lack of relaxed composure. Neuroticism raises the intensity of emotional reactions. Individuals who measure high in neuroticism are more likely to suffer from neuroses, but high neuroticism is not necessarily less desirable than low levels of neuroticism.

Psychoticism was added to Eysenck's theory well after identifying extraversion and neuroticism and not well defined. It incorporates traits of dominance-leadership, dominance-submission, sensation seeking, and the lack of a superego. Individuals scoring high on a measure of psychoticism tend to have behavior problems and learning difficulties. High neuroticism seems to be the factor which makes juvenile delinquency a habit that persists into a life of crime (S. Eysenck, 1997). In the psychoticism/socialization dimension, people who are high on psychoticism tend to be independent thinkers, cold, nonconformist, impulsive, antisocial, and hostile. People who are high on socialization (often referred to as superego control) tend to have high impulse control—they are more altruistic, empathetic, cooperative, and conventional. (Boundless, n.d.)

Eysenck was one of the first to make his approach more quantifiable; it was therefore perceived to be more "legitimate," as a common criticism of psychological theories is that they are not empirically verifiable. Eysenck proposed that extraversion was caused by variability in cortical arousal, with introverts characteristically having a higher level of activity in this area than extroverts. He also hypothesized that neuroticism was determined by individual differences in the limbic system, the part of the human brain involved in emotion, motivation, and emotional association with

memory. Further he mentioned that genetics plays major role and influence the personality and intelligence.

Eysenck's theory is that it takes into account both nature and nurture. He further, argues that biological predispositions towards certain personality traits combined with conditioning and socialization during childhood in order to create our personality.

Problems

1. Does introverts are more aroused than extrovert when confronted with isolation or stress.
2. What kind of difference exists between pre pandemic and post pandemic on personality factors of Adult?
3. How personality and psychopathology of adult Change after declaration of lockdown?
4. How personality factors and psychopathology of Adult resulted in neurotic behavior during pandemic.

Hypotheses

1. There will be significant correlations between scores in extrovert among adults of pre-lockdown period and post-lockdown period.
2. Extravert persons will be positively correlated during the lockdown and it has a impact on personality.
3. There exist a significance difference in neuroticism, extrovert, loneliness, depression, Moody and Anxious.
4. Electronic media during the pandemic have significant impact on their mental health.

II. METHOD

In order to collect the data 68 adults from just before the declaration of the lockdown i.e form 16 march 2020. Data were collected from the eastern vidharbha region namely, Chandrapur, Wardha, Gadchiroli and Bhandara through whatsapp or email mode. Thereafter, for post covid 19 effect, after six moth of lockdown, they were requested to fill the same form and accordingly the respondents sent their results through electronic mode. Eysenck personality Inventory(EPI) were chosen which is easy to fill. Almost all of the respondents were graduate and some of them were post graduate and doctorate. The average age of the respondents were 27.9 approximately (28) years.



III. RESULTS AND DISCUSSION

Table 1:- Mean and standard deviation scores.

	N	Minimum	Maximum	Mean	Std. Deviation
pre covid Extrovert	68	1.00	19.00	13.1765	2.68740
pre covid Neurotic	68	4.00	21.00	13.0735	3.87613
Post covid Extrovert	68	1.00	17.00	5.7206	3.12355
Post covid Neurotic	68	9.00	23.00	14.9706	3.13369
Valid N (listwise)	68				

Table 2:- Mean, standard deviation and t test scores for pairs.

	Paired Differences					t	df
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference			
				Lower	Upper		
Pair 1 pre covid Extrovert & Post covid Extrovert	7.45588	4.58887	.55648	6.34514	8.56663	13.398**	67
Pair 2 pre covid Neurotic & Post covid Neurotic	1.89706	3.76607	.45670	2.80864	.98548	4.154**	67

Table 3:- Pearson coefficient of correlation between pre covid and post covid.

		pre covid Extrovert	Post covid Extrovert	pre covid Neurotic	Post covid Neurotic
pre covid Extrovert	Pearson Correlation	1	-.243 *	-.053	.006
	Sig. (2-tailed)		.046	.669	.962
	N	68	68	68	68
Post covid Extrovert	Pearson Correlation	-.243 *	1	.042	-.155
	Sig. (2-tailed)	.046		.731	.207
	N	68	68	68	68
pre covid Neurotic	Pearson Correlation	-.053	.042	1	.439 **
	Sig. (2-tailed)	.669	.731		.000
	N	68	68	68	68
Post covid Neurotic	Pearson Correlation	.006	-.155	.439 **	1
	Sig. (2-tailed)	.962	.207	.000	
	N	68	68	68	68

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



		pre covid Extrovert	Post covid Extrovert	pre covid Neurotic	Post covid Neurotic
pre covid Extrovert	Pearson Correlation	1	-.243 *	-.053	.006
	Sig. (2-tailed)		.046	.669	.962
	N	68	68	68	68
Post covid Extrovert	Pearson Correlation	-.243 *	1	.042	-.155
	Sig. (2-tailed)	.046		.731	.207
	N	68	68	68	68
pre covid Neurotic	Pearson Correlation	-.053	.042	1	.439 **
	Sig. (2-tailed)	.669	.731		.000
	N	68	68	68	68
Post covid Neurotic	Pearson Correlation	.006	-.155	.439 **	1
	Sig. (2-tailed)	.962	.207	.000	
	N	68	68	68	68

** . Correlation is significant at the 0.01 level (2-tailed).

Means for extrovert pre covid group is 13.70 and the standard deviation is 2.687 and as far as the post covid is concerned the mean is 5.72 for the same variable and standard deviation reported as 3.123. Results show that the trend after declaring lockdown has turned into introvert (reserved) type personalities.

While pre covid neurotic mean is 13.07 and standard deviation reported was 3.87, while after post covid it is reported as 14.97 and standard deviation is 3.13, which is more or less towards neurotic side. In order to, test the results, t test scores has turned out to be significant at point $p < 0.01$ level for pair extrovert. And pair Neurotic supporting the hypothesis.

In order to test the relationship between pre-covid and post covid effect Pearson Correlation were calculated, the Pearson coefficient of correlation for pre-covid and post-covid affect shows significant result at $p < 0.01$ level similarly, Pearson correlation also shows similar results for variable 2(i.e. Neurotic). This ultimately resulted in neuroticism, extrovert, loneliness, depression, Moody and Anxious behavior patterns and supports hypothesis.

It shows that there is also a significant correlation between pre-covid and post covid. Hence it is concluded that personality characteristics and the psychopathology adults were severely affected, after lockdown many persons felt anxious about the virus and quite.

COVID-19 infection and behavioural health conditions influence each other in a bidirectional relationship (Taquet et al., 2021). Recent reports from the CDC confirm rising rates of behavioural health symptoms, including anxiety, depression, traumatic stress, increased alcohol use, and suicidal ideation, among U.S. adults (Czeisler et al., 2020). Overall, 41% reported at least one behavioural health condition, and more than 10% experienced serious suicidal thoughts. People of colour and younger (18–44 years) people reported higher rates of behavioural health conditions. People with behavioral health conditions always suffer more than others during such crises (Milner et al., 2014).

Many respondents were of the view that the media played positive role in providing the information about the virus. While constantly watching the television and mobile led to many unsociable and moody behavioral patterns among the adults and partially support hypothesis.

IV. CONCLUSIONS

1. It is concluded that the covid 19 as a whole and lockdown in particular have profound effect on personality and mental health.
2. Continuous lockdown and restrictions to move led them feel more anxious, introvert and neurotic.



3. Most of the respondent adults reported that constantly watching television and excessive use of mobile had an impact on their behavioral patterns.

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