

PERSONALITY DIMENSION BIRTH ORDER AS DETERMINANT OF LEVEL OF ADJUSTMENT AMONG TECHNICAL AND NON-TECHNICAL MALE STUDENTS

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Abstract :

Birth order refers to the order a child is born for example first born. Second born etc. Birth order is often believed to have a profound and lasting effect on psychological development. This assertion has at best only limited empirical support and has been repeatedly challenged by researchers; let birth order continues to have a strong presence in pop psychology and popular culture.

Keywords : *Birth order, Adjustment, Significance, Conclusion.*

Birth Order :

Birth order is rather significant in different cultures all over the world. In some cultures the most preferred position was and still is the position of the eldest child. Some cultures consider the youngest child to be the dominant one. Different positions of birth order create certain differences between children belonging to this or that position. These differences explain why siblings are not alike. The birth order of a child is the predictor of his or her future characteristics. The true reason for such differences between and/or among siblings is the "fight for power" : the desire to control the situation, the desire to the different, to the individual, and to get the love of the parents. Birth order is the chronological order of sibling births in a family". Within the definition, birth order is classified into four main categories; first-born, middle-born, last-born and only children.

Each birth order comes with its own set of personality traits. Some children may possess all the traits while some others will only possess a few. First born children, after the birth of the second child, are left feeling inferior, questioning their position in the family, and desperately trying to gain back the attention they suddenly lost. First born children are known to be reliable, conscientious, cautious, controlling, and achieving. The middle child is competitive, making him/her entrepreneurs later in life. He/she tends to be more flexible than other members of the family, eager for parental praise, and develop musical or academic gifts. The second born described as people pleasures, somewhat rebellious, thrives on friendships, has large social circle, and a peacemaker. The last-born child is pampered throughout his childhood by all members of the family and grew-up trying to please his family members.

Parental influence has a large impact on siblings' birth order and their characteristics that they will establish for themselves. The parent of the siblings are the final influence upon a sibling's depiction of his/her family and environment. Parents are the main providers of the interpersonal relationships and influence the roles that males and females play. In addition, "the difference in character, temperament and interest between the first and second child often seems to be based on inherited capacities, especially if each of the children appears to take after a different parent".

Adjustment :

In everyday life frequent use is made of the word adjustment connotes happiness and freedom from personal problems. To others it means an unhappy conformity to group demands and expectations. Adjustment is a process by which a living organism maintains a balance between its needs and the circumstances that influence the satisfaction of these needs and which a person varies his behavior to produce a more harmonious relationship between himself and his environment. The concept encompasses so many aspects of human adjustment that it is virtually useless in a scientific sense on the other hand the very lack of explicitness of the concept allows for the ordering and interpretation of a great variety of human active behaviour along a single dimension or continuum. Adjustment connotes happiness and freedom from personal problems to others it means an unhappy conformity to group demands and expectations psychologists too think way is most meaningful. the concept of adjustment means adaptation to physical environment as well as to social demand no human being can live apart from his physical environment. There is action and reaction chain going on between the individual and his environment .

The process of adjustment becomes still more complicated when his interaction with one situation comes into conflict with the requirement of other situation one situation may give rise to pleasure while the other may give rise to pain. Adjustment is somewhat more environmental while mental health is more personal in connection we can speak sensibly of a person who is well adjustment is one area of life but not in another.

Significance :

Anxiety is one of the most common disorders among young people, and higher rates of anxiety disorders have been reported in adolescence relative to childhood. Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components. It is the displeasing feeling of fear and concern. Deardorff mentioned that symptoms of anxiety in adolescents include feeling constantly agitated, a racing heart or sweating, seems very sensitive to criticism, always expects the worst to happen, avoids difficult situations and is withdrawn. There are some risk factors that might make a young person more vulnerable or sensitive to experience anxiety. These include genetic factors as a family history of

mental health problems, environmental factors such as stress or a very stressful event in your child's life, personality factors such as being very sensitive that may be due to birth order.

Anxiety has a major effect on adolescents and makes them vulnerable to many problems such as substance abuse, academic problems, relationship problems with friends and family, physical problems and depression. It is estimated that between 4 and 8 percent of adolescents are depressed. Depression is a serious medical problem that causes a persistent feeling of sadness and loss of interest in activities. It affects how an adolescent thinks, feels and behaves, and it can cause emotional, functional and physical problems. Adolescent's depression is not a weakness or something that can be overcome with willpower. It can have serious consequences and requires long-term treatment.

Symptoms of adolescent depression include irritable mood, loss of interest in sports or activities, changes in appetite, excessive late-night activities, physical agitation or slowness, loss of energy, social withdrawal, making critical comments about themselves, behavioral problems at school or at home, overly sensitive to rejection, poor performance in school, frequent complaint of physical pain (headaches, stomach) and writing about death. Psychological research has made additional discoveries about the psychological effect of birth order where it influences personalities and can lead later to psychiatric illness as depression, anxiety, obsessive-compulsive disorder and schizophrenia. Studies have found that there are associations between birth order and various forms of psychopathology, including depression and anxiety.

Each of the birth orders has its own feeling of anxiety and depression. These types of depression are based on hidden fear, sadness, shame, feeling stupid and loneliness. Because these feelings are hidden from themselves the birth orders experience them as depression. The only child learns to hide fear as a child. The child comes to believe that fear is unacceptable so it has to be hidden when it cannot be turned off. The fear goes into the subconscious where it becomes only child depression that keeps him/her from doing things. The first born learns to hide sadness as a child when the baby comes home. Losing mother's attention to the baby makes the first born feels sad, a feeling he or she soon learns is unacceptable because the mother has to take care of the baby. Inability to turn the sadness of the first born makes him/her learns to hide the sadness not only from others but from self. The sadness goes into the subconscious where it becomes first born depression that keeps him/her from being happy.

Conclusion :

It can be concluded that more than one third of students has severe anxiety symptoms and one third to them had moderate depression symptoms. There is significant relation between anxiety and socio demographic characteristics of study adolescents as age, gender, income and their perceived parental style. There is significant relation between depression and socio demographic characteristics of study adolescents as age, gender, place of residence and their

perceived parental style. There is a positively significant correlation between depression and anxiety while no significant correlation between birth order and both anxiety and depressive symptoms among adolescents.

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