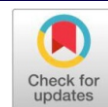


## Original Research Article

## Open Access

# A Study Examining the Personality Dimensions of Farm Women in Telangana State

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## ABSTRACT

Farm women always play an important role and remain a prominent partner in the agricultural sector. Women form one third of the world's official labour force but are concentrated in the lowest paid occupation and are more vulnerable to unemployment than men. Rural Indian Women are extensively involved in agricultural activities, however, the nature and extent of their involvement differ with the variations in agro-production systems. Hence, the study focused on the personality dimensions of farm women. Personality refers to our characteristic ways of responding to individuals and situations. A study was conducted in Telangana State. A sample of 120 farm women was selected from rural areas of Telangana by using the purposive sampling method. The farm women Selected 10 personality dimensions – Multi Dimensional Assessment of Personality Series (MAPS) Form Adult. (M/S PSY-COM services, New Delhi, 1996). Was used for assessing the personality dimensions of farm women. The result of the study revealed that the majority of the respondents comes under the average category i.e., competition (89%) followed by boldness and self-control (85%), tension (82%), leadership (68%), social warmth (63%), mental health (62%), imagination (54%), maturity (44%) and innovation (43%). Less percentage of the respondents comes under low categories such as boldness (2%), competition (3%), and social warmth (5%). While in high category leadership (5%), maturity (4%), mental health (2%), self-control (6%) and tension (6%). Because of low personality dimensions of women need to be trained through personality intervention. Personality training helps. Women increase their leadership qualities, motivation, creativity, and mental health.

**Keywords:** Farm women, Personality, Rural, mental health, leadership, warmth, innovation, maturity, imagination.

## Introduction

Personality is that pattern of characteristic thoughts, feelings, and behaviour that distinguishes one person from another and that persists over time" People can easily describe the way in which they respond to various situations. Certain catchwords (e.g., shy, sensitive, quiet, concerned, warm, etc.) are often used to describe personalities. These words refer to different components of personality. In this sense, personality refers to unique and relatively stable qualities that characterise an individual's behaviour across different situations over a period of time. If you watch closely, you will find that people do show variations in their behaviour. One is not always cautious or impulsive, shy or friendly. Personality characterises individuals as they appear in most circumstances. Personality dimensions helps an effective relationship between the individuals is the ability or inability of a person's assertiveness. Assertiveness enables a person to operate effectively in dealing with stressors factors. This increases self-confidence, the logical expression of ideas and emotions reduces anxiety, and improves community relations. Personality training helps. Women increase their leadership qualities, motivation, creativity, and mental health. Personality profile: It was operationally defined as the profile of

the adult with regard to 10 personality dimensions, viz: Boldness, competition, imagination, innovation, leadership, maturity, mental health, self-control, social warmth and tension.

**Boldness (Bo):** It refers to enjoying being the focus of attention in a group situation and facing no problems with stage fright. They are typically adventurous, bold and energetic with good insight.

**Competition (Co):** It refers to the self-assertiveness, dominant and aggressive nature. It describes them as forceful and is generally very direct in their relations with other people.

**Imagination (Im):** Imagination is the ability to produce and simulate novel objects, sensations, and ideas in the mind without any immediate input of the senses.

**Innovation (In):** It refers to the analytical, liberal and innovative nature of adolescents. They are well-informed and more inclined to experiment with problem solutions.

**Leadership (Ld):** It refers to the ability to direct and control the attitude or directions of others. They are adventurous and self-confident and responsive to people, persevering, determined and responsible, and are usually quick and alert in their surroundings.

**Maturity (Ma):** The individual's level on maturity is taken as an index of his stress tolerance. It is one of dynamic integration and maturity as opposed to general emotionality.

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**Mental health (Mh):** It refers to a positive state and not mere absence of mental disorder. It includes all measures aimed at preventing mental disorders and improving the psychological adjustment of teenagers and the capacity for harmonious relationships in groups.

**Self-control (Sc):** It refers to the ability to bind anxiety. Individuals have strong control over emotional life and behaviour in general, socially approved, considerateness of others and conscientiousness.

**Social warmth (Sw):** Individuals are usually found to be warm warm hearted, personable and easy to get along with. They prefer occupations dealing with people, enjoy social recognition and are more tolerant of difficult people.

**Tension (Tn):** It involves being irrationally worried, tense, irritable, anxious and in turmoil. Individuals get irritated by small things and are short-tempered and suffer from sleep disturbances.

### Studies related to the assessment of Personality effects affecting the empowered status of farm women

Makhija and Promila (2010) conducted a study on the effectiveness of assertiveness training on level of self-esteem and academic achievement in adolescents at Chattisgarh. A total of 160 students were selected from higher secondary schools of Rajnandgaon town area of Chhattisgarh. These students were divided into two groups, 80 of them in the experimental group and another 80 of them in the control group. Self-esteem inventory was used to assess the self-esteem level and two annual exam marks were used to assess the academic performance of the students. Two groups pre-post control group design was adopted for this study. 8 sessions of Assertiveness training were given to the experimental group. ANOVA results showed that student's self-esteem levels and academic performance increased after receiving assertiveness training.

Rajan (2010) in her article "A Need Based Mental Health Programme for Adolescent Girls". It aimed to develop a need-based mental health programme for adolescent girls on the feedback obtained on their mental health status, the nature of emotional problems and the identification of areas based on their own self-report where they need guidance. The analysis showed that adolescent girls have a moderate amount of emotional problems and thus need guidance and assistance in dealing with them. She concluded by suggesting that a composite mental health programme for all adolescents and a mental health programme based on the principle of home-school collaboration can be developed in which parents play a major participatory role.

### Methodology

The Present study was conducted in rural areas of Telangana state by using an experimental research design. A total of 120 farm women were selected by purposive sampling technique. Data was collected by administering standardized. MAP Form-A Series (Multi-dimensional Assessment of Personality Series) Form-A was used. The 20 dimensions of the personality series are as follows. 1. Adaptability – (Ad), 2. Academic Achievement – (Am), 3. Boldness – (Bo), 4. Competition – (Co), 5. Creativity – (Cr), 6. Enthusiasm – (En), 7. Excitability – (Ex) 8. General Ability – (Ga) 9. Guilt Proneness – (Gp), 10. Individualism – (Id),

11. Innovation – (In), 12. Leadership – (Ld), 13. Maturity – (Ma), 14. Mental Health – (Mh), 15. Morality – (Mo) 16. Self-Control – (Sc), 17. Sensitivity – (Se), 18. Self Sufficiency – (Ss), 19. Social Warmth – (Sw), 20. Tension – (Tn). This study selected 10 personality dimensions measured, Personality profile: It was operationally defined as the profile of the adult with regard to 10 personality dimensions, viz: Boldness, competition, imagination, innovation, leadership, maturity, mental health, self-control, social warmth and tension. 1. Boldness (Bo), 2. Competition (Co), 3. Imagination (Im), 4. Innovation (In), 5. Leadership (Ld), 6. Maturity (Ma), 7. Mental health (Mh), 8. Self-control (Sc), 9. Social warmth (Sw), 10. Tension (Tn).

### Results and Discussion

The personality dimensions of farm women were measured by using the MAP series. Adult form and the raw scores obtained were converted into sten scores as per the guidelines given in the manual. Based on the sten scores the sample was divided into three categories low, average and high on selected ten personality dimensions which include Boldness, Competition, Imagination, Innovation, Leadership, Maturity, Mental Health, Self-control, Social warmth and Tension. The distribution of the sample on each dimension is as follows. The data on personality dimensions of farm women was calculated, tabulated and presented below in detail.

Table 1. Percentage distribution of farm women on personality dimensions

N=120

S. No.	Personality Dimension	Low		Average		High	
		N	%	N	%	N	%
1	Boldness (Bo)	3	2	102	85	15	13
2	Competition (Co)	3	3	107	89	10	8
3	Imagination (Im)	55	46	65	54	-	-
4	Innovation (In)	39	33	51	43	30	25
5	Leadership (Ld)	33	28	81	68	6	5
6	Maturity (Ma)	62	52	53	44	5	4
7	Mental Health (Mh)	44	37	74	62	2	2
8	Self Control (Sc)	11	9	102	85	7	6
9	Social warmth (Sw)	6	5	76	63	38	32
10	Tension (Tn)	15	13	98	82	7	6

It is clear from Table 1. The results revealed that majority of the respondents comes under average category i.e., competition (89%) followed by boldness and self control (85%), tension (82%), leadership (68%), social warmth (63%), mental health (62%), imagination (54%), maturity (44%) and innovation (43%).

Less percentage of the respondents comes under low categories such as boldness (2%), competition (3%), and social warmth (5%). While in high category leadership (5%), maturity (4%), mental health (2%), self-control (6%) and tension (6%).

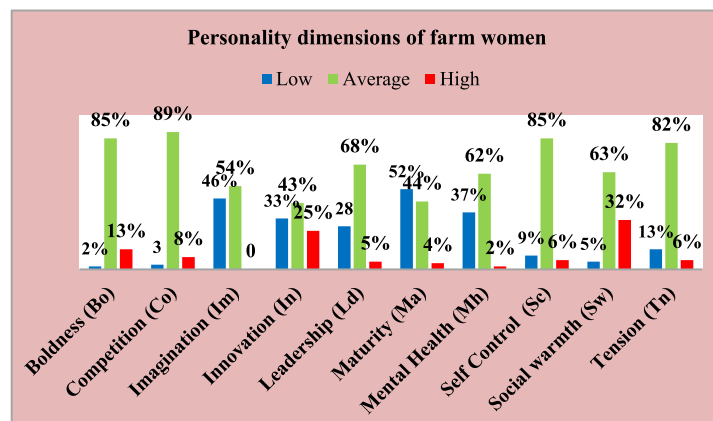


Figure 1. Percentage distribution of perceived personality dimensions.

Hence it can be concluded that the personality profile of the sample belonged to the average category and flowed by low and highest categories.

### **Boldness**

Regarding the boldness dimension, the majority of farm women fell into the average category (85%) followed by the high (13%) and low (2%) categories. The reason might be also because of the family's encouragement to farm women to be bold enough which will be helpful in future. This might be because the society's gender role standards which describe men are bold, assertive and independent and where as women should be submissive and responsive to the needs of others. This indicated that these women were bold, less adventurous and were shy, slow and impeded in expressing themselves.

### **Competition**

Regarding competition dimensions, majority of the farm women were average category (89%) and followed by high (8%) very less low (3%) in competition. This might be farm women were accessible to resources and they have opportunities. This might be because of the encouragement for farm women it is least encouraged. It inferred that women were not assertive and were not competitive.

### **Imagination**

Regarding the imagination dimension, the majority of farm women fell into the average category (54%) followed by the low category (46%). This might be because of the opportunities the society to explore and create their thoughts and views in a meaningful way, which helps them in taking up new challenges.

### **Innovation**

Regarding the innovation dimension majority of farm women fell into the average category (43%) Followed by low (33%) and high (25%) this might be because of might be because they are well-informed and more inclined.

### **Leadership**

Regarding the leadership dimension majority of farm women fell into the average category (68%) Followed by low (28%) and high (5%) this might be because most of the farm women were engaged in self-help groups so they were having good leadership qualities. Being dominated and feeble no accessibility even if the opportunity available are not allowed to lead others.

### **Maturity**

Regarding the maturity dimension, the majority of farm women fell in to low category (52%) followed by the average category (44%) and low category (4%). This might be influenced by the roles and responsibilities taken up by the women in household activities which are key elements in developing maturity. It might be because women will interact well with individuals and groups and relinquish personal goals. This clearly indicated that farm women were reasonably mature and normal in their approach to life.

### **Mental Health**

Regarding mental health majority of farm women (62%) fell into the average category followed by 37 per cent in the low category and the rest of the 2 percent were in the high category. This might be influenced by the positive relationship and marital adjustment between the parents, family solidarity, family cohesiveness and family cooperation, which help in the

modelling of the behaviour of the farm women. Lack of awareness of better health care activities. It inferred that these women were well-adjusted and were in a harmonious state of mind.

### **Self-control**

Regarding self-control majority of farm women (85%) fell into the average category followed by 9 per cent in low category and the rest of them 6 percent were in high category. This might be always controlled by elders and others no freedom to choose and have control over their lives.

### **Social warmth**

Regarding social warmth majority of farm women (63%) fell into the average category followed by 32 per cent in the high category and rest of them 5 percent were in low category. This might be due to the responsibilities and roles taken by women because they mingle with others easily they prefer occupations dealing with people enjoy social recognition more tolerant of difficult people. It indicated that these women were poor in showing love and affection to others.

### **Tension**

Regarding tension majority of farm women (82%) fell into the average category followed by 13 per cent in low category and rest of them 6 percent were in the high category. This might be due to they are not worried about the future they need not to face any stressful situations in their lives. They have good sleep due the heavy work-load they forget their problems and they have a sound sleep. This clearly indicated that these women felt stress and sometimes got irritated and frustrated.

### **Conclusion**

Personality development includes activities that develop talents, improve awareness, enhances potential and to improve the quality of life. It involves formal and informal activities that put people in the role of leaders, guides, teachers, and managers to help them realize their full potential. Hence, it can be inferred that the process of improving or transforming the personality is called personality development. The result of the study revealed that the majority of the respondents comes under the average category i.e., competition (89%) followed by boldness and self-control (85%), tension (82%), leadership (68%), social warmth (63%), mental health (62%), imagination (54%), maturity (44%) and innovation (43%). Less percentage of the respondents comes under low categories such as boldness (2%), competition (3%), and social warmth (5%). While in high category leadership (5%), maturity (4%), mental health (2%), self-control (6%) and tension (6%). Because of low personality dimensions women need to be trained through personality intervention. Personality training helps. Women increase their leadership qualities, motivation, creativity, and mental health.

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