

Self-Actualization: Examining the Roles of Personality Types And Gender.

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Background: At the climax of human struggle to succeed in life, man is bent for self-actualization. Hence, this seeks to explore the roles of personality types and gender among undergraduates students

Aim: To determine the roles personality types and gender play on self-actualization and to help understand what stimulates or motivates the introverts or extroverts in males and females for self-actualization among undergraduate students

Setting: The study was carried out among the undergraduate students drawn from the department of Sociology, faculty of social sciences and humanities, federal University Ndufu-Alike Ikwo, Ebonyi state, Nigeria.

Method: This was a cross-sectional and descriptive study of 80 undergraduate students using the Eysenck Personality Questionnaire and Self-Actualization Assessment Scale.

Results: The findings revealed that personality types yielded a significant outcome on self-actualization among undergraduates at (1,156) 16.80, $p < .01$ and gender difference yielded insignificant outcome between male and female undergraduates on self-actualization at (1, 156) 0.21, $p < .01$

Conclusion: Attaining the status of self-actualization, attention should be channeled to the psychological components (like personality) which can affect the individual, rather the gender of the individual.

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I. INTRODUCTION

Background to the Study

Self-actualization captures total acceptance and development of self. Despite that the term is known and linked to Abraham Maslow's theory, the concept was formally coined and described by Kurt Goldstein as a process of becoming a "self" that is holistic and acts as a primary controlling force of behaviour in humans (Whitehead, 2017). Over the years, the term has evolved through different scholars, and can as well be seen as self-reflection, self-realization, self-exploration, and self-fulfillment. According Maslow, self-actualization portrays the full display of talents, capabilities and skills which trigger one to identify his/her full potentials, rather than an endpoint (Maslow, 1969). In his theory of hierarchy of needs, Maslow, (1970), identified five stages or path pyramid through which humans can more or less achieve their goals. These paths include (in ascending order) physiological needs, safety needs, love and belongingness needs, esteem needs, and self-actualization needs.

The physiological needs cover needs for immediate survival such like food, clothing water and shelter. The safety needs are for personal safety like need for health and well-being, financial safety, etc. love and belongingness on the other hand include needs to have friendship, family, romantic partner, and association with club or organization, etc. The esteem needs include the need to master a skill, competence, recognition, attention, and fame (D'souza, 2018). Several studies have identified self-actualization as awareness of person's existence and a means of learning to form competent specialists (Verbitsky, 1991; Slastenin and Podymova,

1997; Petelina, 2001). Self-actualization (Vyatkin, et al., 2013), is the operative way of attaining personal growth and professional competences, self-regulation and predicting social behavior of an individual (Kulnevich, 1999; Budanov, 1996), as a way of students gaining professional self-organization (Leontyev, 1987), and as sustainable integrated personal characteristics (Slastenin and Podymova, 1997, Markova et al., 1983) [as cited in Dmitrienko et al., 2017].

However, there are some psychological concepts that may affect individual's quest to attain full potential, e.g., personality. The term personality is one of the general terms used in describing the totality of human behavior. The term has evolved over the years as scholars attempt to pinch a favorite definition. Personality depicts individual's consistent behaviours [covert and overt] over a period of time. Ćukić and Weiss, (2014), describe personality as the interaction between all psychological structures in an individual and predict the persons' behaviour. It can be perceived to be the product of biology, environment, and social factors which control and moderate behaviors (Montaño, Palacios and Gantiva, 2009).

One's personality conveys the sum total of all the ways of thinking, acting, and feeling that are typical of such individual and differentials such individual from others (Lahey, 2009). Two most important factors in Lahey's definition are "typical" and "different". A person's personality is composed of all the relatively unchanging psychological characteristics which are typical of such person, e.g., some individuals are typically seen to be generous; some impulsive; while others are typically shy, and these typical and unique ways of thing and/or acting separate individuals from the rest. Generally, personality is been perceived as a fact – as we expect others to show consistency in their behaviours across situations and over a period of time. This consistency in time and situations may be regarded as import portion of personality (Koestiner, Bernien and Zuckerman, 1992).

Furthermore, different theories have been identified in explaining the reasons for different personality types and some of the theories include; psychoanalytic, humanistic, learning and/or type theories. The introversion-extroversion concept can be traced originally to the works of Carl Jung and Hans Eysenck, in terms of developing the idea of differences that exist within each personality. Jung placed so much emphasis on the opposing tendencies of introversion-extroversion, and the basic differences that exist among the two depends clearly on the individual's taste for attending to the inner world while paying attention to introspective cognitive activity (Jung, 1923). Also, Jung argued that people use four different types of functions in directing themselves and inner worlds, which include senses, thinking, meaning and sensation (Pera and Beyoğlu, 2010a).

Interestingly, Jung in his work "Psychological Types" categorized people into introverts and extroverts, as introverted people are reluctant, thoughtful, suspicious, indecisive, shy, somewhat lay low and sing slow, and tend to hid behind a more careful image (Kuzgun and Deryakulu, 2004), while extroverted individuals are extremely friendly, sincere, lovable, and sympathetic (Pera et al., 2010b). In clear differentiation of introvert and extrovert treats, the key point is that while introverted individuals are empathetic, extroverted people are more sympathetic. Furthermore, for one to qualify to be termed either of the treats, he/she must possess one or more tenets of the treats. Between, no one clearly possesses only the characteristics of one treat as (for instance) an introvert who is quiet, reserved and empathic, may be seen at one point being outgoing, sincere, and assertive, while being a male or female has been linked with assertiveness to predict individual's full potentials (Ezaka et al., 2020a).

From the findings above, the researcher thought it would be pertinent to examine roles personality and gender play in determining self-actualization among undergraduates. Specifically, the following research questions informed this study.

1. Are there differences between introverts and extroverts in being self-actualized?
2. Are there differences among male and female on their level of self-actualization?

At the peak of human struggle to succeed in life, man is bent for self-actualization. It is the dream of every human to achieve his/her full potentials, but in actuality how many people reach the apex of self-actualization in life? Generally, the purpose of this study was to give required information as to roles personality types and gender play on self-actualization and to help understand what stimulates or motivates the introverts or extroverts in males and females for self-actualization among undergraduate students at faculty of social sciences and humanities, federal university Ndufu-Alike Ikwo, Ebonyi State, Nigeria.

Consequently, the following hypotheses were proposed to give possible answers to the research questions.

1. There will be no significant statistical difference between introverted and extroverted individuals on self-actualization.
2. There will be no significant statistical gender difference on self-actualization.

II. METHOD

Participants

A total of 80 participants drawn from the department of Sociology, faculty of social sciences and humanities, federal university Ndufu-Alike Ikwo, Ebonyi state, Nigeria. Their age range fell between 19-25 years with an average of 22 years. The participants consist of 40 males and 40 females. A simple random sampling was used to select the participants. Majority of them are Christians from lower, middle and upper classes in their socio-economic status.

Instrument

The instruments used in carrying out this study were: Eysenck Personality Questionnaire (1975) and Self-Actualization Assessment Scale (developed by Hall (2010). The Eysenck personality questionnaire has 21 YES/No items. The instrument was developed by the author to measure the tenets of personality (introversion and extroversion). The items of the instrument consist of questions like; Are you a talkative? Are you rather lively? Do people enjoy meeting you? Are you mostly quiet when you are with other people? Etc.

Self-Actualization Assessment Scale contains 20 items with likert type response format. Thus, the items of the questionnaire were worded positively with Strongly Agree 5-points, Agree 4-points, Undecided 3-points, Disagree 2-points and Strongly Disagree 1-point. the total number of participants in this study were of age 19-25 with a mean age of 22, the study yielded a highly reliability of 0.73 and 0.87 coefficient respectively.

Procedure

The selection of the participants was through availability method as the instruments were administered to them in their lecture hall while they were waiting for a lecture. He researcher introduced himself and the intentions of the study, after which the consent form was given to the participants who were willing to participate. A total of 100 copies of the questionnaires were shared of which only 80 was properly answered which was scored and analyzed.

Design and Statistics

The study adopted cross-sectional design and analysis of variance (ANOVA) was employed as the most appropriate statistical method.

III. RESULT

Table 1

The tables show both main and interactive roles the factors play within the variable on the participants.

	MALE	FEMALE	TOTAL
MEAN	13.05	12.83	25.88
S.D	3.96	0.85	4.81

The table 1 above shows the mean and standard deviation of the participants both male and female. The male participants have their mean as 13.05 and standard deviation of 3.96, while female participants have their means as 12.83 and standard deviation of 0.85. Their total mean is 25.88, while the total standard deviation is 4.81.

Table 2: ANOVA Summary Table

SOURCE	SS	DF	MS	F	(.01) LEVEL OF SIGNIFICANT
FACTOR (A)	18361.80	1	18361.80	16.80	Significant
FACTOR (B)	231.20	1	231.20	0.21	Insignificant
FACTOR (AB)	193731	1	193731	177.18	Significant
ERROR	170570.25	156	1093.40		
TOTAL	208534.25	159			

The table 2 above shows that interaction exist between personality types (introvert/extrovert) and self-actualization as well as personality types and gender on self-actualization as the calculated value of 16.80 is greater than the table value of 6.63 under the degree of freedom of (1,156), under point zero one (.01) level of significant and the calculated value of 177.18 is greater than the table value of 6.63 under the degree of freedom of (1,156) at 0.01 level of significance respectively. While there is no statistically significant difference between gender and self-actualization as the calculated value of 0.21 is less than the table value of 6.63 under the degree of freedom of (1,156), under point zero one (.01) level of significant.

IV. Discussion

The aim of this study is to ascertain how personality types and gender influence self-actualization among undergraduates. The results of this study show that an interaction does exist between personality types and self-actualization. This outcome is in line with study by Ordun et al., (2017) which investigated self-actualization, self-efficacy and emotional intelligence of 278 undergraduate students. The study reported that emotional intelligence has significant and positive effect on self-actualization and self-efficacy, which is one of the tenets of introverted personality.

The second hypothesis which stated that there will be no significant statistical gender difference on self-actualization was found by the researcher to be insignificant. This implies that being a male or a female doesn't count in the ability to achieve self-fulfillment among Nigerian undergraduate students. This can be critically based on the parenting styles adopted by parents in training their children which goes a long way in determining individual's self-esteem, assertive level, and mental well-being. Outcome of this study confirms a previous study by Ezaka et al., (2020b), involving 180 undergraduate students, which investigated parenting styles and gender as factors influencing assertiveness. The results show that having authoritative parents propels children to be more assertive in future. Authoritative parenting style allows parents to be in control of their children's activities rationally. Parents with this style make rules and consequences for their children but also consider the opinions of the children (Matejevic, Todorovic and Jovanovic, 2014), and inspire verbal give and take, seek the child's objections when the child disobeys, and encourages the child's personal interest (Baumrind, 1966).

V. CONCLUSION

From the result of the study, it can be deduced that attaining the status of self-actualization, attention should be channeled to the psychological components (like personality) which can affect the individual, rather the gender of the individual as the African culture positions men to be high achievers and limit women to the house chores and making the home. People (especially undergraduate students) should be encouraged to visit the psychologists to ascertain their psychological make ups, as one tends to live more fulfilled life when he/she understands what limits the ability to achieve a certain goal.

Implications of the study

The implication of the present study postulates that personality types are very vital in determining the level of individual's self-actualization. This implies that people should discover whether their personality is introvert or extrovert, as this knowledge will help them in understanding the tenets of each type and add in the quest to be self-actualized. Introverted individuals are more thoughtful, indecisive, reluctant, shy, suspicious and somewhat tend to hid behind a more careful images (Kuzgun and Deryakulu, 2004b) while extraverted people are mostly socially oriented, outgoing, bold, more friendly and tend to be more assertive. These characteristics can interact as individuals can exhibit tents of each "type" in certain situations. Consequently, the study suggests that individual's gender shouldn't be considered when examining if one can attain the self-fulfillment status rather individuals should work towards improving their personality type.

Limitations

There are limitations with the present study and they include;

The size of participants: 80 students of department of Sociology, faculty of social sciences and humanities, federal university Ndufu-Alike Ikwo, Ebonyi state, Nigeria participated in the present study; this limits the study as generalization of the results can be done locally within the study area. Age range: the study sampled the opinions of undergraduate students limiting the participants to the younger generation. Future researchers should consider using older adults as participants of related study.

Suggestions for Further Studies

Similar studies from other researchers should be carried out in a wider scope to enhance more efficient external validity. In addition to that, future researchers should consider the influence of other personality types like; openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism. They should also consider other factors that may affect self-actualization like; social support, quality of life, etc.

Conflict of interests

The authors declare that they have no financial or personal relationship(s) that may have inappropriately affected their report of the findings of this research.

Authors' contributions: ESE conceived the topic and wrote background, OTC and UCI performed the literature search. OPC and OCP did data collections and entering them into SPSS, NCE conducted the results analysis and CPE wrote the discussion.

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