

3rd International Conference on

Psychiatry & Psychosomatic Medicine

December 05-06, 2016 Dubai, UAE

Type A and B personalities from psychological perspective among medical students

Abdulrahman Al Fulaij

University of Bahrain, Bahrain

Introduction: Research in the last two decades has shown that people with type A personality are astronomically competitive, self-critical of performances, endeavor for perfectionism in their vocations and strive toward goals in their lives without feeling a sense of bliss. Type A individuals will eventually suffer from cardiovascular diseases and heart attacks at an earlier age compared with those with type B personality who are more inclined to be genial, relaxed, and internally fixated on their feelings and emotions. The main objective of our study was to ascertain the prevalence of type A & B personalities among first-year students who opt to study medicine.

Methods: 77 first year medical students registered in the Arabian Gulf University, Bahrain during the academic year 2013-2014 were randomly selected to be involved in the study. Students completed a pre-designed questionnaire that included measures for type A and type B behaviors by using the Jenkins Activity Survey (JAS).

Results: The number of female and male students was 49 (963.6%) and 28 (36.4%) respectively. Their ages ranged between 17 and 20 years with mean of 17.8 years. Six different Arab nationalities were represented. The study found that the students with type A personality exceeded those with B [59 (76.6%) vs. 18 (23.4%)]. No significant relationship was found between personality type and other demographic characteristics except for a mild significant relationship ($P < 0.053$) with sex with more females having type A than males.

Conclusion: The majority of the medical students are of type A personality betokening that such future careers, such as medicine, require extensive commitment and are opted conventionally by students who have type A personality. It was also found that more females have type A than B personality characteristics, a finding that is contrary to the prevalent understanding of the Arab-Islamic society in the context that Arab women are oppressed and less decisive about their future.

Biography

Abdulrahman Al Fulaij obtained Post-Doctorate in Teaching of Psychology from University of Maryland, College Park, Maryland USA in 1994; PhD in Clinical and Counseling Psychology from University of Pittsburgh, Pennsylvania, USA in 1992; MA in Experimental Social Psychology from Washington University in St. Louis, Missouri, USA in the year 1886; BA in Public Administration, Texas Tech University, Lubbock, Texas, USA in 1979; and Diploma in Public Relations from American University of Beirut, Beirut, Lebanon in 1975. He is working as Consultant Psychologist in Royal Charity Organization from 2006 till date. He has many publications to his credit, some of which include: 1. Juvenile delinquency and crime: Family conditions and sociomoral development in children, *Journal of Bahrain Medical Society* (2008); 2. Manual of child psychology (Arabic) (2006); 3. Attention deficit hyperactivity and sugar consumption in children, *Journal of Bahrain Medical Society* (2001); 4. Type-A personalities and heart attacks, *Journal of Clinical and Social Psychology* (1996).

alfulaij@batelco.com.bh

Notes: