

**P03-248**

**PERSONALITY AND STRESS: PERSONALITY FACTORS THAT AFFECT ON EMERGE OF STRESS**

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**Introduction and aim:** Studies of relationships between personality dimensions and mental health indicate that people with psychiatric disorders have distinct personality patterns that comprising behavioural, emotional and cognitive patterns in the society (Malouff, 2005 & Widiger, 1994). The study aimed to investigate relationship among personality dimensions (introversion-extroversion E/I, intuition- sensing N/S, thinking-feeling T/F, perceiving-judging P/J) based on Jungian personality types and stress in students of university.

**Method:** The studied population included 200 students between ages of 19-23 were randomly selected from four universities center and Hogan-Champagne's Personal Style Inventory (PSI) and Coudron's Stress Inventory (CSI) were administered on them. PSI assesses eight personality dimensions based on Jungian personality types mentioned above. The data were analyzed with Pearson correlation coefficient.

**Results:** Analysis showed positive correlation between introversion and stress and negative correlation between extroversion and stress. Analysis of personality dimensions showed female are more sensing than male and male are more intuition than female.

**Conclusions:** In regard to introverted are quiet, diligent at working alone, and socially reserved make decisions, some what independently constraints and prodding from situation, culture, people, or things around them and so facing to stress factors interrupt their own world and reduce their function. These factors cause to variability in situation and stress com about. The last finding is the students believe themselves beyond they are, and with facing to problems beyond their ability, stress has more effects.