

## **A STUDY ON GENDER DIFFERENCES INFLUENCE OF PERSONALITY DEVELOPMENT AMONG YOUTH**

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### **Abstract**

The study titled "A Study on Gender Differences Influencing Personality Development Among Youth" aimed to explore the role of gender in shaping personality traits, the factors contributing to these differences, and their overall effects on youth. Conducted among 30 respondents aged 18–30 years from Sree Narayana Guru College, Coimbatore, the research employed a descriptive and analytical research design with a convenient sampling method.

Findings revealed that 43.3% of respondents agreed gender influences personality development, while 46.7% believed societal expectations shape personality traits. Cultural norms (53.3%) and gender stereotypes (40%) emerged as significant factors impacting self-confidence and emotional expression. A notable 40% of respondents emphasized the role of schools and media in reducing gender stereotypes and promoting equality. Neutral responses (56.7%) regarding communication style differences highlight the need for further exploration.

**Key Words:** Gender Differences, Personality Development

### **Introduction**

Personality development is a dynamic process influenced by various biological, social, and cultural factors. Among these, gender plays a pivotal role in shaping the unique traits, behaviors, and identities of individuals, especially during youth—a critical stage of self-discovery and growth. Gender differences often arise due to societal norms, expectations, and roles assigned to males and females, which can impact emotional expression, decision-making, social interactions, and self-perception.

This study explores the influence of gender differences on personality development among youth, aiming to understand how these distinctions shape individual growth. By examining the interplay between gender and personality, this research sheds light on the ways cultural norms, family dynamics, peer relationships, and biological factors contribute to the development of specific traits. Such insights are crucial in fostering a more inclusive and supportive environment for young people, allowing them to thrive without the constraints of traditional stereotypes.

### **Review of Literature**

**Christopher J. Soto, Oliver P. John, Samuel D. Gosling, Jeff Potter (2011)** in the journal titled, "Age Differences in Personality Traits From 10 to 65: Big Five Domains and Facets in a Large Cross-Sectional Sample". This study examined age differences in personality traits across a broad age range, focusing on the Big Five domains and their facets. The research found that during adolescence, there are notable changes in traits such as Agreeableness, Conscientiousness, and Neuroticism. Specifically, Agreeableness and Conscientiousness tend to increase, while Neuroticism decreases with age. Gender differences were observed, with females generally scoring

higher in Neuroticism and Agreeableness compared to males. These findings suggest that both age and gender play significant roles in personality development during youth.

**Yanna J. Weisberg, Colin G. DeYoung, Jacob B. Hirsh (2011)** in the journal titled, "Gender Differences in Personality across the Ten Aspects of the Big Five". This research delved into gender differences in personality traits at both the Big Five and the sublevel of two aspects within each Big Five domain. The study replicated previous findings, showing that women reported higher scores in Extraversion, Agreeableness, and Neuroticism than men. More extensive gender differences were found at the aspect level, with significant variations appearing in both aspects of every Big Five trait. These results highlight the importance of examining personality traits at a more granular level to fully understand gender differences in personality development.

## **Research Methodology**

### **Objectives of the Study**

- ❖ To know the personal profile of the respondents.
- ❖ To know about gender differences influence on personality development
- ❖ To know the factors responsible for gender differences that influence the personality development among youth
- ❖ To identify effects of gender differences influence on personality development.
- ❖ To find out suggestions to improve the gender differences influence on personality development among youth

## **Research Design**

The study will adopt a descriptive and analytical research design to explore gender differences, identify influencing factors, and assess their effects on personality development among youth. The research focuses on 30 youths aged 18–30 from Sree Narayana Guru College, Coimbatore. Sample Size: 30 - A convenient sampling method was used to select respondents.

## **Major Findings**

- ✓ Majority of the respondents (43.3%) are feels that gender influences personality development.
- ✓ Majority of the respondents (46.7%) are feels that societal expectations on gender shape personality traits.
- ✓ Majority of the respondents (40%) are feels that gender stereotypes impacts self-confidence.
- ✓ Majority of the respondents (43.3%) are feels that gender affects the way of express emotions.
- ✓ Majority of the respondents (46.7%) are feels that there are differences in personality traits among genders.
- ✓ Majority of the respondents (53.3%) are agreed to that the cultural norms play a role in shaping personality based on gender.
- ✓ Majority of the respondents (56.7%) are feels neutral about communication styles differ based gender.
- ✓ Majority of the respondents (40%) are agreed that schools can help to reduce gender based personality differences.

- ✓ Majority of the respondents (40%) are feels that media should focus on reducing gender stereotypes.
- ✓ Majority of the respondents (40%) are agreed that policies and programs can promote gender equality.

### **Suggestions**

- Schools and colleges should incorporate gender-sensitivity training into their curricula to challenge traditional stereotypes.
- Campaigns and programs should focus on empowering individuals to break free from societal expectations and foster self-confidence, irrespective of gender.
- Governments and institutions should implement and enforce policies that promote gender equality, especially in education and workplace settings.
- Workshops and seminars involving parents, teachers, and youth can encourage more equitable and unbiased interactions, helping to reshape traditional views about gender roles.

### **Conclusion**

The study provides valuable insights into how gender differences influence personality development among youth. Based on the findings, it is evident that gender plays a significant role in shaping personality traits, with societal expectations, cultural norms, and gender stereotypes acting as key influencing factors. A considerable number of respondents agreed that societal expectations influence personality traits, cultural norms shape gender-based behaviors, and stereotypes impact self-confidence. Furthermore, the way individuals express emotions and communicate is also influenced by gender, although a portion of respondents felt neutral about communication styles differing by gender.

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