

## The Relationship between the Name Types and the Personality Types (A and B) among Female Students

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### ABSTRACT

This research was aimed at studying the relationship between the name types and the personality types (A and B) among female students. The research population includes all female students of Islamic Azad University of Firoozabad, Iran in 2014-15. A group of 60 students was selected using random sampling, and they were divided based on their name types; that is, Western, Turkish, Islamic, and Iranian. The questionnaire was performed on each individual sample at the tester's presence after providing the subjects with some explanations on research purposes. The questionnaire of A and B personality types by Spenser Riotous was applied to collect the data. The data was then analyzed through the Chi2 test. It was indicated that there is a relationship between name types and personality types (A and B). Based on the recorded data in the contingency table, the type B personality was the most frequent among Iranian and Islamic names, whereas the personality type A was the most frequent type among Turkish and Western names. There is also a relationship between the name type and the birth order. This table also indicates that the first and middle children mostly are named in Iranian and Islamic names, whereas the Turkish and western names are mostly frequent among the last children.

**KEYWORDS:** Name type, Personality type A, Personality type B

### 1. INTRODUCTION

The phenomenon of names has always been a fluent simple concept for communication and identification of each individual. Each name bares a special energy frequency being highly influential on the named person's life. This influence has been understood and utilized by many civilizations and nations all-over the world. People are usually used to judge an individual based on the first encounter, and the names are influential in these judgments [1]. Although an individual's name must logically be his parents' choice and represents their taste not his own, an individual himself rarely applies it and is highly important to that person and the people around him because his name is his identity. What people call an individual identifies him and is stuck to him. The most important purpose of naming is that one could be distinguished from others. A baby was named after either his birth or a short time later to be distinguished from others since the earliest times in the history. It could be said that the sweetest times of pregnancy is when parents choose names for their children because the first familiar harmony for a baby is his own name, which contributes greatly to the formulation of his thoughts and character [2]. The character or personality type is a set of traits and propensities of an individual formed due to a special interaction among multiple forces including biological, cultural, personal environment, familial, social and peers [3]. The studies by Wentze [4] indicate that feeling valuable, effective and attractive is directly related to the degree to which the first name is pleasant. Those with pleasant name scored higher in an academic achievement test. One reason might be that the teachers expect those with popular names to take exams better. These positive expectations will gradually lead to their real higher scores and more success.

In a research by Zweigenhaft [5], the names of 1682 children were analyzed who were previously treated in the Mental Health Clinic, New Jersey. The boys with less normal first names (i.e. the names with 1 or 2 frequencies among the studied children), were suffered more from medium to serious feeling disorders than those with names that are more popular. Although the same result was not obtained for the girls, the parents who name their children strangely might treat them abnormally and oddly that this will put them at more psychological and mental risks. Growing up with odd names, also, might lead to experiences such as being bullied, which influence the mental health Zweigenhaft [5]. Some researchers found an abnormal relationship between one's name and his character. Some others believe that each alphabet in the name affects his personality, and his personality is derived from all individual alphabets of his name. Some others, also, have made a relationship between the names of an individual and his mental and physical illnesses. In some cases, the meaning or the pronunciation of a name is similar to his illness. In these cases, the names are indicating the illnesses.

Type A people are proactive, impatient, highly status-conscious, fully competitive, workaholic, and possibly depressed and angry. In contrast, the Type B are composed, have a moderate view towards the world and their environment, more self-confident, less busy, less workaholic, and with a lower tendency towards time management [6]. According to Lasarus [7], Type A behavior has two components, which can be recognized through interviews or exact mental tests at clinics. Their first special aspect is that the person tries to do many activities in a limited time. The second index is that the political anger and enmity exists in him. They respond angrily to the smallest stimulants and fight continuously against the time and place. Instances have shown that some components of the type a personality are more important than the others. Although some instances indicate that the main component of stress is control, some emphasize the struggle with negative emotions such as enmity and anger. According to what was already said, considering that no scientific research was performed on this subject despite various names in Iran, The researcher tries to study the relationship between the four name groups in Iranian culture and the personality types A and B. The relationship between the birth order and naming will also be determined in the Iranian society.

## 2. MATERIAL AND METHODS

This research can be regarded applied in purpose and descriptive-correlational in data collection; because the researcher did not intend to manipulate the studied variables and will only study the distributed characteristics over the intended statistical population and a more precise identification of the existing conditions for a better decision-making.

### Population, sample and Sampling Method:

Statistical population: The statistical population includes all female students of Islamic Azad University (IAU) of Firoozabad, Iran in 2014-15. A group of 60 students was selected using random sampling, and they were divided based on their name types; that is, Western, Turkish, Islamic, and Iranian. The questionnaire was performed on each individual sample at the researcher's presence after providing the subjects with some explanations on research purposes. The questionnaires were collected on the due time and the preliminaries were provided for their analysis. The sample size was determined to be 60 members regarding the descriptive-analytical method performed on the frequencies and the normal size in this type of research. Other criteria for entering the research were as follows: being 18-40 years old, the absence of psychotherapeutically interventions in the previous year.

### Measurement Instruments:

The questionnaire of A and B personality types by Ratus Spenser: the questionnaire on A and B personality types was designed and formulated by Spenser Ratus, in 1996 [8]. The questionnaire contains 25 yes/no questions. According to the performed studies by Ganji [9], the validity of the questionnaire was obtained above 0.80. La'li, Faz and Samari [10] obtained the above 0.70 reliability and a validity of 0.80 through retesting. The average score is 13 in this scale. Higher scores show a tendency towards the A and lower scores towards the B personality types. The scores below 5 show a great tendency towards B and the scores above 20 show a great tendency towards A personality. Finally the scores to the maximum of 25, is the higher the risk. The reliability coefficient was obtained 0.93 for this questionnaire. The demographic questionnaire: This questionnaire was applied for measuring the demographic variables such as name, academic level, birth order, and other demographic aspects.

## 3. RESULTS

The results of the demographic findings indicated no significant difference among name groups regarding the academic level and age. This research has studied the name types and personality types of A and B among the female students and the hypotheses are formulated accordingly. These hypotheses are measured using Chi2 statistical test.

**Table 1.** The contingency Table of Name Types and Personality Types (A and B).

Type	Iranian	Islamic	Turkish	Turkish	Chi2	Significance Level				
	Observed Frequency	Expected Frequency	Observed Frequency	Expected Frequency	Observed Frequency	Expected Frequency	Observed Frequency	Expected Frequency	10.93	0.01
Type A	5	7.5	4	7.5	9	7.5	12	7.5		
Type B	10	7.5	11	7.5	6	7.5	3	7.5		

As shown in the table above, the Chi2 =10.93 and it is significant at  $p=0.05$ ). These two variables are not therefore independent from each other. That is, there is a relationship between the name type and the A and B personality types. The recorded data in the contingency table, also, indicate that the type A personality was the most frequent among Iranian and Islamic names, whereas the B personality type was the most frequent type among Turkish and Western names.

As shown in the table, the relationship coefficient of FI =0.42 and is significant at ( $p=0.05$ ). This coefficient indicates the relationship level. In addition to the main hypothesis, the Chi2 statistical test was applied to test the possibility of the relationship between the name type and the birth order.

**Table 2.** The Relation Coefficients between the Name Types and the Personality Types.

Indexes			
Variables	FI Index	V Cramer	Significance Level
Name Type			
Personality Types		0.42 0.42	0.01

**Table 3.** The contingency Table of Name Types and the Birth Order Name Type

Type	Iranian	Islamic	Turkish	Turkish	Chi2	Sig. Level				
	Observed Frequency	Expected Frequency	Observed Frequency	Expected Frequency	Observed Frequency	Expected Frequency	Observed Frequency	Expected Frequency	19.61	0.03
First Child	4	4.3	9	4.3	3	4.3	1	4.3		
Middle Child	3	8	4.8	4	4.8	3	4.68	4	4.8	
Last Child		6	2	6	9		10	6		

As shown in the table above, the Chi2 =19.61 and it is significant at  $p=0.05$ ). These two variables are not therefore independent from each other. That is, there is a relationship between the name type and the birth order. The recorded data in the contingency table, also, indicate that the Iranian and Islamic names were most frequent among the first and middle children, whereas the Turkish and Western names were most frequent among the last children.

As shown in Table 4, the relationship coefficient of FI =0.57 and is significant at ( $p=0.05$ ). This coefficient indicates the relationship level.

**Table 4.** The Relation Coefficients between the Name Types and the Birth Order.

Indexes			
Variables	FI Index	V	Cramer
Name Type			
Birth Order		0.57	0.40
			0.01

#### 4. DISCUSSION AND CONCLUSION

The research hypotheses on the significant difference between the personality types in name groups of Iranian culture are confirmed according to the statistical analyses ( $p=0.05$ ). There is also a difference among the birth order of the name groups ( $p=0.05$ ). This finding is in line with other domestic Iranian [1], and foreign findings [2, 4, 5]. It was observed that most people named in Western names are of the type A personality (80%). The people named in Turkish names (60%) are also of the type A personality. The people named in Islamic names (73.3%) are of the type B personality, and the people named in Iranian names (66%) are of the type B personality. Those people whose names are selected from Iranian and Islamic names are of type B personality. Type B personalities are usually calm, patient, composed, usually think of the outcomes when they want to start an action. They are futuristic, easy-going, and care more for the quality of life. They are less ambitious, less impatient, and more organized and cautious and they can barely be annoyed. Their tone is low; their response time is longer than the type A people. The best elaboration for this finding might be that choosing names in the Iranian society is highly influenced by the cultural and educational environment in the family. Most conservative traditional Iranian families name their children in Iranian and Islamic names, whereas the families with more open environments usually use more differential names like the Western and Turkish names. It seems that the parents who name their children differently have also had a more differential education.

Type A people are emotional, tolerate ambiguity, anxious, in serious need for advancements, violent, full of energy, competitive, ambitious, impatient, and contentious. These families are concerned more with these traits. In contrast, the Type B are composed, patient and moderate. They have been grown in traditional Iranian families.

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