TYPE A BEHAVIOR AND THE FIVE-FACTOR MODEL OF PERSONALITY

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Summary.—The hypothesis that people classified as Type A and Type B have different personality profiles based on five major personality factors (Neuroticism, Extraversion, Openness, Agreeableness, and Conscientiousness) was tested using the Student Jenkins Activity Survey and the Revised NEO Personality Inventory. Results based on discriminant function analysis of data from 243 psychology undergraduates (105 males and 138 females) strongly supported the hypothesis indicating that Type A and Type B groups have significantly different Revised NEO Personality Inventory profiles and that the standardized discriminant function coefficients were large for Agreeableness and Conscientiousness and moderately large for Extraversion.

Over the years, there has been considerable interest in the study of the personality correlates of Type A behavior. Yarnold, Grimm, and Lyons (1987), for example, found that Type A undergraduates scored significantly higher than their Type B counterparts on Wiggins' (1979) Interpersonal Adjective Scales of Dominance and Nurturance. In another study based on undergraduate subjects, Schiraldi and Beck (1988) reported that those classified as Type A had greater concern for status, less ability to express affect, more mistrust in people, and greater life satisfaction than those classified as Type B. Using a Norwegian sample and Norwegian versions of Jenkins Activity Survey and Eysenck Personality Questionnaire, Tambs, Sundet, Eaves, and Berg (1989) reported that Type A scores were significantly correlated .3 with scores on Extraversion but unrelated to those on Neuroticism. Finally, Kunen and Stamps (1991) found that undergraduates scoring as Type A and Type B had significantly different personality profiles as measured on the Sixteen Personality Factor Questionnaire (Cattell, Eber, & Tatsuoka, 1970) and that the Type A group scored significantly higher than Type B group on Venturesome, Conscientiousness, and Suspicion scales of the Sixteen Personality Factor Questionnaire.

The last decade has witnessed an explosion of research interest on the structure of personality, and there is a fair consensus that the five-factor

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model of personality which includes Neuroticism, Extraversion, Openness, Agreeableness, and Conscientiousness as the five major factors, provides a comprehensive framework for describing personality (Digman, 1990). The present study tested the hypothesis that individuals classified as Type A and Type B have different personality profiles in terms of the five major personality dimensions, using the Student Jenkins Activity Survey (Yarnold, Meuser, Grau, & Grimm, 1986) for measuring Type A behavior and the Revised NEO Personality Inventory (Costa & McCrae, 1992) for measuring the five major personality factors.

**Method**

The Student Jenkins Activity Survey and the Revised NEO Personality Inventory were completed by 243 psychology undergraduates (105 men and 138 women) for partial course credit. The subjects' ages ranged from 18 years through 41 years, with a median age of 18.7 yr. For the total sample \(N=243\), the mean and the standard deviation of the scores on the Student Jenkins Activity Survey were 8.1 and 3.3, respectively. Using the score on the Student Jenkins Activity Survey, subjects were classified as Type A \((n=78)\) if their scores were in the top one-third \((>9)\) of the total sample or as Type B \((n=83)\) if their scores fell in the bottom one-third \((<7)\) of the sample. Univariate analyses of variance as well as standard discriminant function analysis were performed for the two groups using the five Revised NEO Personality Inventory domain scales as independent variables.

**Results and Discussion**

Table 1 presents the means and standard deviations of the Revised NEO Personality Inventory domain scales for the subjects classified as Type A and Type B. Type A group scored higher on the Conscientiousness scale and lower on the Agreeableness scale than the Type B group. The mean NEO Personality Inventory profiles of the two groups were significantly different \((\text{Wilks } \Lambda=.78; \chi^2=39.3, p<.001)\). Canonical correlation was .47 and the standardized discriminant function coefficients were large for both Agreeableness \((-0.73)\) and Conscientiousness \((0.88)\) scales, and moderately large \((0.34)\) for the Extraversion scale. Comparison of the two groups on the facets of Extraversion, Agreeableness, and Conscientiousness indicated that Type A group scored significantly higher than the Type B group on the Extraversion facets of Assertive and Activity and the Consciousness facets of Competence, Dutifulness, Achievement Striving, and Self-discipline. In addition, the former scored significantly lower than the latter on the Agreeableness facets of Compliance and Modesty.

These results strongly supported the hypothesis that subjects classified as Type A and Type B have different personality profiles and were consistent with Friedman and Rosenman's (1974) conceptualization of people
TABLE 1
MEANS AND STANDARD DEVIATIONS OF THE REVISED NEO-PERSONALITY INVENTORY DOMAIN SCALES FOR THE TYPE A AND TYPE B GROUPS

<table>
<thead>
<tr>
<th>Scale</th>
<th>Type A Group (n = 78)</th>
<th>Type B Group (n = 83)</th>
<th>F_{1,59}</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M</td>
<td>SD</td>
<td>M</td>
</tr>
<tr>
<td>Neuroticism</td>
<td>90.99</td>
<td>23.87</td>
<td>94.13</td>
</tr>
<tr>
<td>Extraversion</td>
<td>119.77</td>
<td>24.03</td>
<td>114.01</td>
</tr>
<tr>
<td>Openness</td>
<td>114.71</td>
<td>20.84</td>
<td>118.69</td>
</tr>
<tr>
<td>Agreeableness</td>
<td>104.94</td>
<td>19.51</td>
<td>113.51</td>
</tr>
<tr>
<td>Conscientiousness</td>
<td>118.36</td>
<td>18.90</td>
<td>103.59</td>
</tr>
</tbody>
</table>

*p < .01. †p < .001.

characterized as Type A being more achievement-oriented, competitive, hard-driving, and hard-working than the Type B group. This study provides strong empirical support for the construct validity of the Student Jenkins Activity Survey.

REFERENCES


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