

Relationship between personality, adjustment and anger rumination with depression in female adolescent

Zohdi Shahbazpoor, N.^۱, & Danesh, E*.^۲

Abstract

Introduction: In each society, children and teenagers are potential social capitals and their mental health is important. Mental disorders disrupt the job and social performance and the academic achievement of people and it is highly controllable by applying the necessary solutions. The purpose of this study was to determine the relationship between personality, adjustment and anger rumination with depression in female adolescent.

Method: The research method was descriptive and correlational, and the statistical population of this study was high school female students of 4th educational district of Karaj in 1396, using a multi-stage cluster sampling method, among them 300 students were selected. The study tools were Children's Depression Inventory (Kovacs, 1979); Children's Inventory of Anger (Nelson, 2000); Adjustment Inventory for School Students (Sinha & Singh, 2013) and Personality Questionnaire (Eysenck, 1974).

Results: In the present study, the relationship between extraversion personality trait with depression ($r=-0.165$, $P<0.01$) was negative and neuroticism ($r=0.440$, $P<0.01$) and psychoticism ($r=0.219$, $P<0.01$) with depression were positive and anger rumination with depression ($r = 0.341$, P) was positive.

Conclusion: The maladaptive personality trait cause not only inconsistency and angry reactions in females in distressed situations, but also depression for them.

Keywords: *adjustment, anger rumination, depression, female, personality*

Citation: Zohdi Shahbazpoor, N., & Danesh, E*. (2019). Relationship between personality, adjustment and anger rumination with depression in female adolescent. *Quarterly of Family and Health*, Vol9, Issue1, 2019

¹. M.Sc. in Clinical psychology, Karaj branch, Islamic Azad University, Karaj Iran.

². Corresponding author, Professor, Department of psychology, Karaj branch, Islamic Azad University, Karaj Iran. esmat_danesh@yahoo.com