The Study of the Relation of Positive and Negative Emotions and Self-Control with Personality Types in Terms of Enneagram Model

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Abstract

The research aims to study the relation of positive and negative emotions and self-control with personality types in terms of Enneagram model. The method is descriptive and correlative. Abhar University which have been tested based on clustering sampling from humanities and technical faculties in the fields of commercial management (marketing and financial management), nursing, consulting and master guidance, industry engineering and electrical engineering as 100 and in terms of Kochran formula as sample group.

In present research, Pearson correlation method and regression analysis were used and the results showed that there is a negative relation between personality reformist, helper, compliment, challenger, peaceful and instinct Triad and emotional Triad with self-control. Also, there is a positive relation between eager, faithful and cognitive personality types. Also, there is a negative significant relation between reformist, helper, compliment and challenger. A positive significant relation was observed between reformist, helper, individual compliment, eager, peaceful and challenger with cognitive and there is a negative significant relation between faithful, eager, peaceful and emotional personality. Self-control variable can determine 10% of variances for emotional personality and negative emotions can determine 7% of cognitive trait and 12% of instinct trait are determined by positive emotions.

Keywords: Positive and Negative Emotions, Self-Control, Personality types in terms of Enneagram Model

Introduction

In this research, it is tried to consider relation between positive and negative emotions and self-control with personality types in terms of Enneagram model.

Personality Enneagram was not grown by person or institute but it is resulted many analyses which is derived from combination of different mystical methods (religious, mystic) and current psychology science. Recognition of specifications of personality types has different usages which are self-awareness and self-cognition by recognition and evolution of personality types, educate pre marriage which is done by intellectual contexts and result to select suitably. Couple therapy by identify spouse fully, educate and guide and direct in selecting occupation helps the counsellors to find centres for clients and identify them with personality types and move into the best level (Bartlett, 2007)

The persons look for different environment protections in positive emotions (Fredrikson and et al, 2005, as cited in Afkar, 2010), the positive emotions can rich personal resources and result to creative reactions. Also, the emotions can influence upon manner of evaluation of the persons and the person evaluate his feeling better (Fredrikson and et al, 2000, as cited in Afkar, 2010). Concentration of emotion can cause positive changes by combine vitality and see better of experiences and accept them (Brown and Ryan 2003) concentration of positive strategies can

promote regulation of emption and comprehension of persons (Difand roof, Richard6 and Young7, 2008, as cited in Nemati, 2010)

Self-control is determined with comments like personal control, internal control resource, consciousness and self-control. (Gordon Alport, 1967, as cited in Pourfarajomran, 2010) as well-known theorists of personality regards ability for personal control as one of the prominent specification of personality (Shoarinejad, 2006). Health personals can accept all aspects of cosmos like weakness and strength and continue their effort; of course, they shall enhance weakness in order to progress (Shulter, 2009). Carl Rogers 1987 stated that as it appeared, its inclination will be appeared too (from faculty to action).

Since personality specifications act as factors for determine their behaviour, it can be obtained framework by recognize specifications. Aware from personals can help better to recognize them and it is proportionate with form of education, behaviour and action. Promotion of society needs recognition of personality as for differences and its effect on performance (Shukhter, 2009).

The psychologists discuss different dimensions of personality In order to identify personality and believed that offering typing can help to plan economic, social, cultural and educational plans. Recognition of Enneagram personality types results to self-awareness and self-recognition by familiarize growth and evolution of personality type. Enneagram is one of the newest methods for personality which describes 9 personality types.

Briefly, the most important specifications of nine personality's types of Enneagram are as following:

type one: reformist, perfectionist (bound to perform without defect and undertake mistakes), adhere and believe in principals, self-control and targeted.

Type two: Helpers, generous, affable and eager to see other, kindness, dependent, type three: action man, compliment (compatible with environment), stimulator, concern about his prestige, type four: individualist, indicative, introspection, sensitive and separated, artist.

Type five: researcher, thinker, intelligent and holder innovative, secret, separated thoughts, type six: faithful, interest in participation solving problem ad group, responsible, suspicious and distrustful, commitment, eager to have security, type seven: eager and enthusiasm, self-stimulated, general, changeable, type eight: challenger and self-confidence, aggressor, compliment and calm, type nine: peaceful, acceptance of fact, trustful, passive and indifference (interest in forever calmness and remote from tension)

Regarding the above issues, the main question is whether there is a relation between positive and negative emotions and self-control relation with personality types in terms of Enneagram model or not.

Definition of key terms

Emotion: the emotions are internal data which influence upon stimulation and behaviour and in fact, it is possible to be prior to recognition. Also, empirical data stated that emotion are controlled by beneath structure of cerebral cortex and can influence upon domain of cognitive processing which is attention, memory (Wells and Matheus 1994, Wiliams, Wats, Mcloud and Matheus 1998) and judgment and decision (Clour and Parrot, 1994)

Conceptual Definition of Self-Control: self-control is interpersonal conflict between mind and passion, between cognition and stimulation and between internal programming and internal action, in all couples, overcome of first part on second part means high self-control (Rachlin, 1995)

Nine personality types: it is one of the newest theories which describe personality types (Rizo 2003). Enneagram consists of two Greece words Ennea means 9 and gram means form or layout. These concepts describe 9 personality types (Wikipedia encyclopaedia, 2007)

Operational definition of emption: it is point that is obtained by test of positive and negative emotions. This test was designed at 1988 by Watson and et al.

Operational definition of self-control: self-control is a point which is received in questionnaire of the short self-control form and this test was designed by Tanchi at 2004.

Operational definition on personality types in terms of Enneagram model: it is point which is being received from Enneagram Rizo and Hudson model 9 personality types.

Real aim of Enneagram

Firstly, we remind that we have a general Enneagram which is own inside. When we speak about personality, it is necessary to imagine that this main type is collection defaults and stimulated core.

It is valuable to think in order to know and can help to growth us by informing which is our main background in ego program. Secondly, we shall remind that the reason for obtaining information is that to remind us return in present time when we see his personality and attract our attention into mental reactions. Thirdly, our observance can flee us from ourselves somewhat and allow touching beauty and subtlety us as subjectivism, at same time, a new probable is created. We discover that we are not ours in deep of ego or not in his personality type. Nature is replaced with personality and we discover that we can live differently, and can be flee and free (Rizo and Hudson 2003)

Methodology

The present research is descriptive and correlative. In these researches, the relation between one and some variables will be discussed.

Statistical population

The statistical society consist of all students of Islamic Azad University Abhar Branch which have been classified based on sampling clustering from humanities and technical faculties of university rom commercial management (marketing and financial management), nursing, master consulting and guidance, industrial engineering, electrical engineering, and 100 students have been tested based on Kokran formula.

Sampling Method

Based on clustering sampling method from humanities and technical faculties, 100 students have been selected from commercial management (marketing and financial management), nursing, master consulting and guidance, industrial engineering and electrical engineering based on Cochran formula as sample group.

Tools for collecting data and validity and reliability of tools

Enneagram personality types: the tools are 9 personality types of Enneagram riza and Hudson which are selected in order to determine their validity.

Descriptive Findings

Table 1: Descriptive variables of self-control and positive and negative emotions

	Number	Df	Maximum	Minimum	Mean	Deviation Standard	Variance
Self-control	80	25	31	56	43/97	5/39	29/13
Positive emotions	80	32	11	43	27/22	6/78	45/99
Negative emotions	80	19	29	48	39/28	4/40	19/39

Table 2: Descriptive variables of personality types

Personality types	Number	DF	Maximum	Minimum	Mean	Deviation standard	variance
Reformist	80	6	1	7	3/98	1/49	2/24
Helper	80	6	0	6	3/36	1/19	1/42
Compliment	80	8	0	8	3/22	1/72	2/96
Individualist	80	8	0	8	3/22	1/72	2/96
Researcher	80	6	1	7	3/46	1/44	2/07
Faithful	80	6	1	7	3/16	1/28	1/65
Eager	80	7	0	7	4/43	1/29	1/66
Challenger	80	7	1	8	4/48	1/44	2/07
Reformist	80	7	0	7	3/16	1/28	1/65
Emotional Triad	80	12	6	18	11/63	3/06	9/36
Cognitive Triad	80	9	7	16	13/20	3/75	14/06
Instinct Triad	80	12	6	18	12/20	3/50	12/25

Inferential Statistics of Research

In order to ensure about hypothesizes for Pearson correlation test, Kolmogorov-Smirnov test has been used in order to normality of point's distribution of the variables.

Table 3: Results of Kolmogorov-Smirnov test for normality distribution of the variables

Variables	Kolmogorov-Smirnov	Sig.
Self-control	0/924	0/360
Positive emotions	0/852	0/462
Negative emotions	0/680	0/744
Reformist	1/07	0/20
Helper	0/689	0/730
Compliment	0/960	0/316
Individualist	1/24	0/089
Researcher	0/716	0/684
Faithful	0/657	0/782
Eager	0/906	0/384
Challenger	0/869	0/437
Reformist	0/974	0/298
Emotional Triad	0/643	0/803
Cognitive Triad	0/666	0/767
Instinct Triad	0/513	0/955

According to table 3, none of the research variables were significant in level $p<0/05$ and it means that normality data is observed and we can apply parametric test for data analysis.

First hypothesis: self-control has a positive relation with personality type in terms of Enneagram model.

According to table 4, Pearson correlation coefficient between self-control and personality types showed that there is negative significant relation between personality types like reformist, helper, compliment, individualist, challenger, peaceful and instinct traits in level $p<0/05$ and emotional traits in $p<0/01$ with self-control. Also, there is a positive significant relation between personality types like eager, faithful and cognitive trait in $p<0/05$.

Table 4: Summary of results of correlation coefficient between self-control and personality types in terms of Enneagram model

Personality types	Self-control	Sig.
Reformist	-0/254	0/023
Helper	*-0/238	0.034
Compliment	*-0/266	0/017
Individualist	*-0/235	0/036
Researcher	*-0/257	0/021
Faithfull	0/157	0/062
Challenger	*-0/0225	0/0414
Peaceful	*-0/225	0/044
Emotional Triad	**-0/331	0/003
Cognitive Triad	*0/230	0/035
Instinct Triad	*0/236	0/035

** Significant level in level ---0/01 and * meaningful level in 0/05

Second Hypothesis: positive and negative emotions have positive relation in terms of Enneagram model

	Positive emotions	Negative emotions
Reformist	*-0/215	*-0/198
Helper	*-0/219	*0/211
Compliment	*-0/220	*0/225
Individualist	*-0/215	*0/197
Researcher	*0/199	*-0/220
Faithful	*0/238	*-0/232
Eager	*0/254	*0/248
Peaceful	*0/252	*-0/237
Emotional Triad	*0/229	*-0/208
Cognitive Triad	**0/289	*0/266
Instinct Triad	**0/352	*-0/258

** Significant level at -0/01, * significant level at 0/05

According to table 5, Pearson correlation coefficient is in terms of Enneagram between positive and negative emotions with personality types which has negative relation between reformist, helper, compliment and challenger personality types in p<0//05 and has positive significant level between researcher, eager, peaceful and emotional Triad p<0/05 and it has positive significant relation between cognitive and instinct Triad with positive emotions p<0/01. There is positive relation between reformist, helper, compliment and challenger and cognitive Triad in p<0/05 and there is negative relation between researcher, faithful, eager, peaceful and emotional and instinct Triad in p<0/05.

Third hypothesis: positive and negative emotions and self-control predicate personality types in terms of Iniangram model.
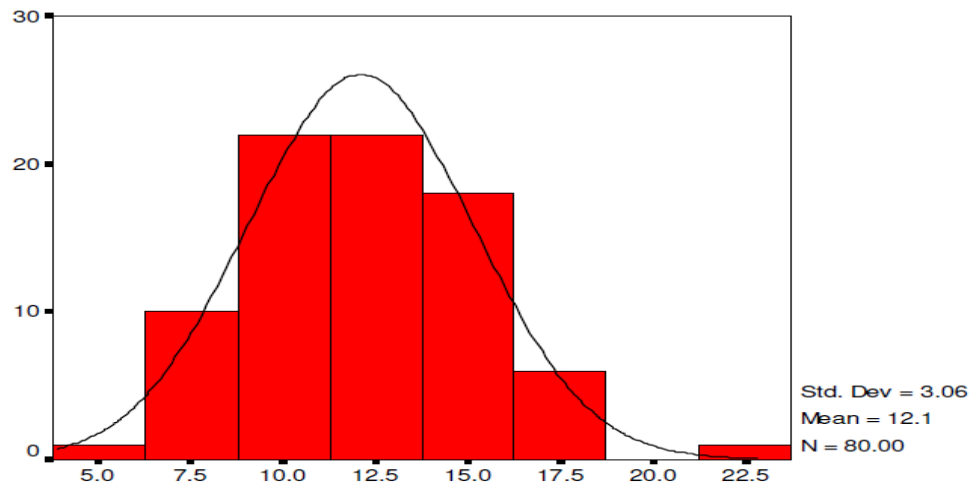
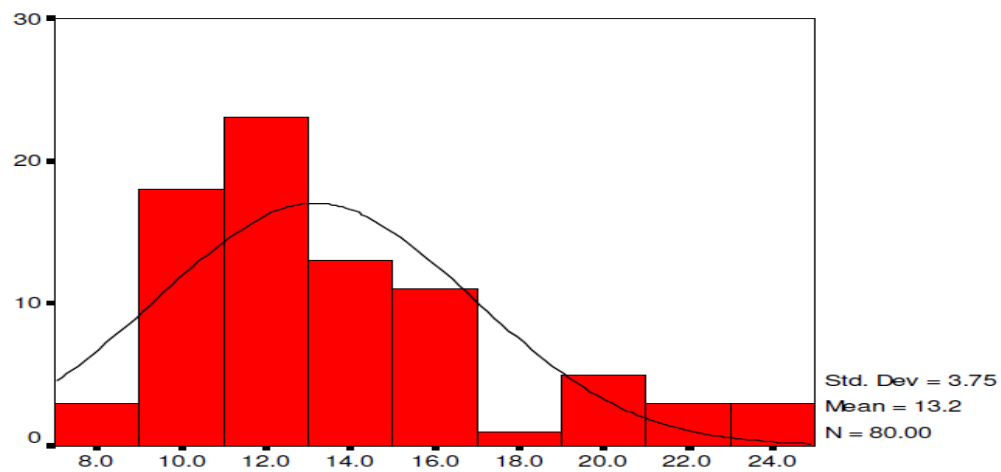**Figure 1: Frequency of errors in emotional Triad**

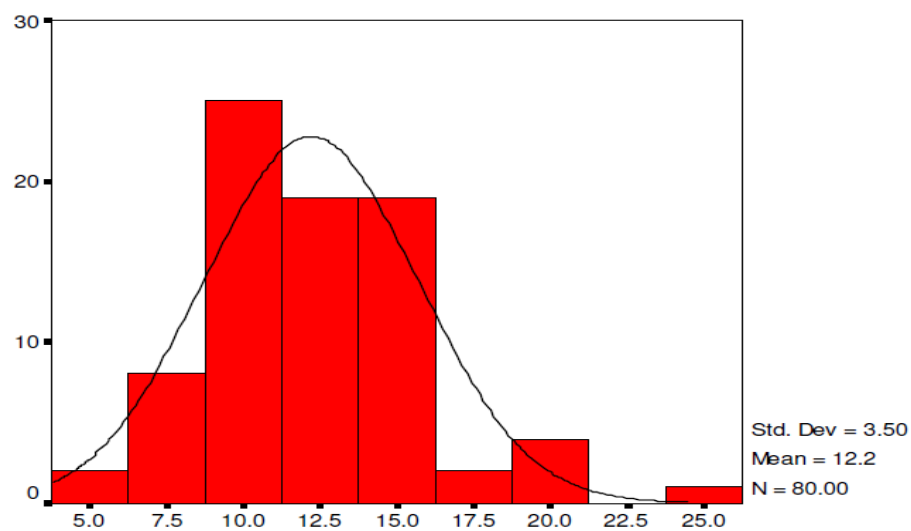**Figure 2: Frequency of error in cognitive Triad**

Figure 3: Frequency distribution of errors in instinct Triad

Based on figure 1, 2, and 3, by comparing frequency distribution of errors, it is observed that distribution of error is normal and regression is applied.

Table 6: Summary of step by step regression for positive and negative emotions and self-control to emotional Triad

Model	R	2r	R adjusted	Standard Fault
1	(a)0/331	0/109	0/098	2/90

Table 7: ANOVA analysis of variables for emotional Triad

Model		Sum of squares	Df	Mean	F	Sig.
1	Residual Regression	81	1	81	9/58	(a)0/03
	Total		740/38	79		

Table 8: Regression coefficients for emotional Triad

Model		Non-standard Coefficient	Standard coefficient	T	Sig.	
		B	Standard fault	Beta		
1 fixed value	20/337	2/68			7/57	0/01
Self-control	-0/188	0/061	-0/331	-3/09	0/003	

Based on results of tables 6, 7 and 8, step by step regression analysis showed in predication of emotional Triad by positive and negative emotions that in first step, self-control variable can determine emotional Triad as 10%. Since F is meaningful and determines 10% of variance, regression coefficients show that in first model, self-control variable B=-0/331 can predicate related variables as for emotional Triad with confidence 99%.

Table 9: Summary of step by step regression for positive and negative emotions by cognitive Triad

Model	R	2r	R adjusted	Standard fault
1	(a)0/266	0/071	0/059	3/63

Table 10: ANOVA analysis of variables for cognitive Triad

Model		Sum of squares	Df	Mean	F	Sig.
1	regression	78/469	1	78/469	5/94	(a)0/017
	Residual	1030/418	78	13/21		
	Total	1108/888	79			

Table 11: Regression coefficients for cognitive Triad

Model		Non-standard coefficient	Standard coefficient	T	Sig.
		B Faults	Beta		
1 fixed value	17/12	1/67		10/21	0/01
Negative emotions	-0/098	0/031	-0/035	3/14	0/017

Based on results of table 10, 11 and 12, step by step regression analysis for determination of cognitive Triad by positive and negative emotions, the results showed that in first step, negative emotions can determine 7% cognitive Triad and regression coefficient showed that in first model, negative emotion variable (B=-0/030) can predicate changes pertain to cognitive Triad with confidence 95%.

Table 12: Summary of step by step regression for positive and negative emotions with instinct Triad

Model	R	2r	R adjusted	Standard fault
1	(a)0/352	0/124	0/112	3/29

Table 13: ANOVA analysis for predicators in order to determine instinct Triad

Model		Sum of squares	Df	Mean	F	Sig.
1	Regression	119/61	1	119/61	11/01	(a)0/01
	Residual	847/183	78	10/86		
	Total	966/80	79			

Table 14: Regression coefficients for instinct Triad

Model		Non-standard coefficients	Standard Coefficient	T	Sig.
		B Standard Faults	Beta		
1 fixed value	20/77	2/61		7.96	0/01
Positive emotions	-0/222	0/067	0/352	-3/31	0/01

Based on results of tables 13, 14 and 15, step by step regression in predication of instinct triad by positive and negative emotions, the results showed that in first step, positive emotions can determine 12% of variance for instinct Triad. Since F is meaningful, and determines 12% of variance, regression coefficients show that in first model, positive emotions (B=-0/35) can predicate changes pertain to instinct triad as for T in 99%.

Findings of the study

The results show that there is a negative significant relation between reformist, helper, compliment, and challenger, peaceful and instinct triad with self-control. Also, there is a positive significant relation between eager, faithful and cognitive Triad.

In determination of the result, it can be said that human capacity is as suitable for self-control as controversial. Generally, when persons can make compatibility between them and their environment, they will have the succulent one and the compatibility can restore world with changing them. As well, he provides his ability in order to avoid from anti-social shakes and conform to group life needs which is signs civilized life (Khondabi, 2004)

Results of second hypothesis show that there is negative significant relation between reformist, helper, individualist and challenger and there is positive relation between researcher, faithful, peaceful and cognitive and instinct types. There is positive significant relation between reformist, helper, compliment, individualist and challenger with cognitive Triad and there is negative significant relation between researcher, faithful, eager, peaceful and emotional and instinct Triad with negative emotions. It can be said that positive and negative emotion is pertinent to creations but it is pertinent to cognitive, stimulated, bio environment and behavioural aspects. Positive emotion show eagerness stimulated system which motivates reward whereas; negative emotion shows disruptive system and motivates punishment. Accordingly, positive emotion helps temperament based on behaviour, whereas, negative emotion helps to avoid from bad temperament. Positive emotion system has neural base- the lanes which carry dopamine and show personal specifications which consist of fixed thought and behavioural patterns. This definition causes to consider different aspects of person and this definition considers stable patterns of behaviour and internal quality of person to provide an environment under the pattern and the system consists of thought, emotions and external behaviours (observable) specially the relation between Triad can be so important in making personality (Parvin, John, translate by Javadi and Kadivar 2002). Results of

third hypothesis showed that self-control variable can determine 10% of emotional Triad and negative emotions can determine 7% of cognitive Triad and 12% of instinct Triad in positive emotions.

It can be said that discussion of psychological texts and studies showed that the emotions are important factor in determination of health and having successful performance. Emotion plays vital role in emotional disorder, Neuroticism depends on depression and stress, Sociopathy has root in lacking emotion, general mental disorders and types of abnormality behaviors have root in emotional problems.

Enneagram can help us in preparing to internal research by indicating barriers and disadvantages like our strength. Enneagram can comprehend reason for time spending as daily to protect ourselves and understand the contents as if we can provide necessary resources. Enneagram education process is being shown repeatedly which has key for vital variation and involve our heart and body. Whereas, it seems simple and transparent that the barriers are so and the reason is that we don't like to stay in present time.

Conclusion

Results of present research showed that there is a negative relation between reformist, helper, compliment, and challenger, peaceful and instinct and emotional Triad with self-regulation and there is a positive relation between eager, faithful and cognitive Triad. Alos, there is a negative relation between reformist, helper, compliment and challenger and there is positive relation between researcher, faithful, eager, reformist, emotional, cognitive and instinct Triad. There is a positive relation between reformist, helper, compliment and challenger and cognitive Triad and there is negative relation between researcher, faithful, eager, reformist and emotional and instinct Triad and self-regulation and positive and negative emotions can predicate personality types of persons.

Recommendations of the study

• Applied suggestions- since the research has been performed in correlation of positive and negative emotions and self-regulation in terms of Enneagram model, thus, it is suggested that we present Enneagram personality types in educational classes and schools and universities

• It is suggested that the counselors and teachers aware adolescence about their personality types and help them to control and regulate it.

• Research suggestions- it is suggested that the researchers perform researches about discussion relation of other psychological variables.

• It is suggested that the researchers discuss effect of educational and treatment methods on behavioral problems.

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