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M.Sc (Maths), M.B.A. (Mktg.), M.B.A. (H.R.),  
M.Drama (Acting), M.Drama (Prod. & Dir.), M.Ed.

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Cell No. : 9579260877, 9822620877, Ph.No. : (0240) 2400877

E-mail : ajanta1977@gmail.com, www.ajantaprakashan.com

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## 18. Impact of Type A & Type B Personality on Employee's Health & Behavior

**Dr. Ashok S. Luhar**

In-Charge Principal, Head Department of Commerce,  
Anandibai Damodar Kale Degree College of Arts & Commerce.

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### **Abstract**

Type A and Type B personality describes the two different personality trait. Type A personality people are highly ambitious, aggressive, impatient, sense of urgency and hardworking. Such kinds of peoples are very much dedicated towards their time management. But, Type B personality people are totally opposite to Type A. Because, they are free from time urgency, competition and time management etc. This article discuss about the qualities, health and behavioral issues of employees associated with Type A & Type B Personality.

**Keywords:** Type A & Type B Personality Trait

### **Introduction**

Type A personality people are highly competitive, ambitious, aggressive, impatient, hardworking and sense of urgency oriented. Such kinds of peoples are very much dedicated towards their time management. On the other hand Type B personality peoples are free from the time urgency, competition and time management. But, that does not mean Type B personality peoples do not like to achieve goals. Type B personality also achieves the goals and success but they are not hasty in their work, time management, competition and so on. Type B peoples are relaxed in their work and assignment that is why such kind of peoples are generally not feel any stress and health issues at work place. Type A personality people are always in hurry and they want success at any cost and that attitude makes them hyper hasty in their work environment which leads to create too much stress and health issues in their life like hypertension, dark circle, job stress and heart disease and social isolation etc.

### **Objectives of the Study**

1. To find out the qualities in Type A and Type B personalities.
2. To know the impact of Type A and Type B personality people on their health and behavior.



3. To find out the various ways to overcome health and behavioral issues faced by Type A and Type B personality people.

### **Qualities in Type A and Type B personalities**

Type A personality peoples are very active at the workplace because they are highly ambitious towards their career. These kinds of peoples are following the strict time management which plays outstanding role to achieve goals on time. This kind of people always have busy schedule because of that they unable to take proper rest which results various disease in long run. These kinds of people are easy to handle the multi tasking work and spend long time in the offices to complete their work on time because they do not believe in wasting time. These kinds of personality follow the strict rules and regulation and a very strong self discipline.

Type B personality peoples are incredibly satisfied with their work and life. Such kinds of personality people are relaxed and calm in nature. These peoples are also known as healthiest people because they are not hasty in their work. They are not competitive in nature but they are highly connected with emotions and social relations. Generally such kind of personality are not taking any tension that is why they people leave more in terms of happiness as compared to Type A personality.

### **Impact on Employee's Health and Behavior**

Type A personality peoples are very aggressive, short tempered, ambitious, impatient, and hard worker in nature. This type of people are highly connected and dedicated towards their work and career and they spend least time with family and society. This type of people are not believing in taking rest they ready to work 24 X 7 if any urgent need arise in the orgnisation. Because of the excess work load and busy schedule these people unable to take proper rest which generate various diseases like stress, frustration, hypertension, heart problem and social isolation which is badly affect the employee's behavior and the profitability of the business orgnisation. Frustration and diseases leads to decrease employee's morale, motivation, efficiency and spoils the relationship between employee to employee and employee to employer.

Type B personality peoples are relaxed and calm in nature. These peoples are not competitive and hasty in their work because they are highly connected with emotions and social relations. This type of personality balances their life with work and family because of that normally such type of personality not get any disease due to work pressure, target failure and so on.





To overcome the problem of stress, frustration, hypertension, heart problem and social isolation employees must change work life and start doing breathing exercise, love the family and pets, gardening, participate in Yoga, Sports and cultural activities in the organisation.

### **Conclusion**

From the above study it is clear that Type A personality peoples are aggressive, short tempered, ambitious, impatient, and hard worker in nature and they are not social and family oriented which develops stress, frustration, hypertension, heart problem in the body where as Type B personality peoples are relaxed and calm in nature which plays outstanding role to live the life with full joy and without any work stress. To reduce the problem of stress, fatigue, frustration, hypertension, heart problem and social isolation of Type A personality, they must change work life and start doing breathing exercise, love the family and pets, gardening, participate in Yoga, Sports and cultural activities in the organisation so that they can also spent their life with full joy and without tension.

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