

# The Five Dimensions Personality And Post-Pandemic Adaptation Behavior Coronavirus 2019 Of High School Students, Thailand

Jatuporn Ounprasertsuk<sup>1\*</sup>, Awatif jehleh<sup>2</sup>, Madeehah mahamama<sup>3</sup>,  
Jutatip Sillabutra<sup>4</sup>, Narongdham Tiyaphom<sup>5</sup>, Thitima Thongkam<sup>6</sup>

<sup>1,2,3</sup> College of Allied Health Sciences, Suan Sunandha  
Rajabhat University, Samut Songkram Province, Thailand.

\*Corresponding author: Jatuporn Ounprasertsuk,

E-mail: jatuporn.ou@ssru.ac.th , Orcid ID: 0000-0002-8315-0439

E-mail: Awatifjehleh7@gmail.com<sup>2</sup> , madeehahmahama899@gmail.com<sup>3</sup>

<sup>4</sup> Department of Biostatistics, Faculty of Public Health,  
Mahidol University, Thailand, E-mail: jatutip.sil@mahidol.ac.th

<sup>5</sup> Product Manager of Natureslim Co., Ltd., Thailand, E-mail: stiyapoom@gmail.com

<sup>6</sup> Directors of Olic Co., Ltd., Thailand, E-mail: thitima.t@olic-thailand.com

## *Abstracts*

Personality reflects adaptive human behavior adaptability to changing situations as well inevitably affects living a happy life Both in terms of physical and mental health. To study the level of 5 dimensions of personality and adaptive behavior. after the coronavirus epidemic, as well as to study the ability to explain 5D personality variation and adaptive behavior after the coronavirus epidemic of high school students Samut Songkhram Province. This research is an explanatory research using a cross-sectional survey. The sample is high school student Samut Songkhram Province, 347 people used a questionnaire to collect data. Data were analyzed by descriptive statistics including number, percentage, mean and standard deviation and analyzing the ability to explain 5-dimensional personality variation and adaptive behavior after the epidemic of the coronavirus with Multiple Regression Analysis, setting a statistical significance level of 0.05. Most of the students had a personality type. Consciousness had the highest average, students had the highest average family adaptive behavior, and sensitive personality and openness to new experiences. Be able to explain the variation in adaptive behavior after the situation Coronavirus epidemic 36.00% promoting personality for students to have the ability to adapt to appropriate situations Affecting the quality of life of students in various aspects of life, school administrators

should have a policy and regularly monitor the situations of students' adaptive behavior in a concrete way to reduce physical and mental problems and ensure students have an appropriate quality of life

Keywords : Five Dimensions Personality, Adaptation Behavior, Health Promotion, Coronavirus 2019, High School Students

### **Introduction**

Epidemic Situation Coronavirus (Coronavirus 2019) is a " pandemic " (Pandemic) after infection was found around the world. Currently, there are 611,874,152 infections worldwide and 6,525,928 deaths (data as of September 19, 2022) (Department of Disease Control, Ministry of Public Health, 2022). When the Coronavirus outbreak has caused enormous damage to people's livelihoods and has affected global health security. Impact on the lives of people in the country in terms of economy, society, health and education Samut Songkhram Province It is inevitably affected in terms of social, health and education. For example, educational institutions have extended their opening hours. Organizing social events with a limited number of people attending the ceremony. The aforementioned epidemic situation affects the lives of people in society in many ways, including: Social, economic and educational aspects (Thoen Thongkaew, 2020)

Helping high school students adapt in the wake of the coronavirus pandemic is of paramount importance. Due to the change in the world situation in regard to the epidemic Causing people to adapt to such changes in order to be able to live a normal life According to the theory of adaptation (Rogers, 1972), an adaptable person is a person who is himself. Understanding and accepting oneself and others, as well as being able to perceive experiences as they really are, being able to bring that experience to align with one's structure or personality without conflicting or distorting Individuals who cannot adapt. There will be conflicts between ideas about yourself and new experiences. It causes tension, anxiety, confusion, uncertainty, loss of individuality and have negative self-concepts (El Boubekri and Saidi, 2022) Since humans have different personality traits, Costa, and McCrae (1992) Can be classified as a basic framework of personality in 5 dimensions, namely sensitive personality, extroverted personality open-minded personality compromising personality and conscious personality, good personality and appropriateness that promotes adaptation of high school students Samut Songkhram Province with balance, happiness, building good relationships with each other and being able to lead a quality life.

### **Objective**

1. To measure the 5-dimensional personality level of high school students of Samut Songkhram Province
2. To measure adjustment behavior after the epidemic situation of the coronavirus of high school students of Samut Songkhram Province
3. To study the ability to explain 5D personality variation and adaptive behavior after the coronavirus epidemic of high school students of Samut Songkhram Province

### **Literature review**

**Concept of adaptation:** Adaptation is that a person faces a problem, whether it is a problem that may arise from that person or a problem caused by the environment (Borders, Jones Bock, and Michalak, 2012). In general, the person will try to adapt to the problematic situation they are facing in order to make the situation more stressful stress, distraction Anxiety or worry that gradually subsides until it disappears if problems cannot be eliminated. Anxiety can continue and may affect the person to lose their balance, causing stress, anxiety, confusion, disorientation, and frustration resulting in unhappiness In Life (Coleman, 1981)

**5D personality concept:** Costa and McCrae (1992) Said that 5- dimensional personality, or abbreviated as " OCEAN", is a description of human characteristics that contain sub-human traits that are similar to each other, divided into 5 dimensions. Extraversion, Openness, Agreeableness, and Conscientiousness to ensure that the measure covers as many thoughts, feelings, and actions as possible. Distinguish between individuals within each sub-feature. That affects the adaptation of different individuals. The literature reviews the researcher therefore has a conceptual framework for research as follows.

### **Matrials and Methods**

**Research Design and Sampling:** This research is an explanatory research using a cross -sectional survey. The population is high school students Samut Songkhram Province, 1,922 people (data as of October 6, 2022). The sample group is high school students Samut Songkhram Province Selection of the sample group by random sampling based on probability (Probability Sampling) with a hierarchical sampling method (Stratified sampling) according to the proportion of the population. The number of samples was 331 people due to the situation of the epidemic of the Coronavirus. This may result in absenteeism of those infected and incomplete questionnaire responses that cannot be analyzed. The researcher therefore added another 50 questionnaires to collect data, totaling 381 questionnaires. The questionnaire returned 347 questions, representing 91.08%.

**Research Instrument:** Based on the review of academic literature on the 5D Personality Scale and student adaptation. The researcher therefore created the tool by himself. The research tool was a questionnaire (Questionnaire) divided into 3 parts as follows.

Part 1 General information of students, including gender, education level, congenital disease, average monthly income of the family. The severity of the Coronavirus 2019 infection, the impact after the Coronavirus 2019 epidemic situation, the vaccination, 9 questions

Part 2 Part 2 Questionnaire on post- Coronavirus 2019 epidemic behavior of high school students Samut Songkhram Province It is a 5-level Rating Scale with 40 items.

Part 3 Questionnaire about 5 dimensions of personality It is characterized by a rating scale of 5 levels 20 items check for content validity and consistency with objectives and idioms from 3 experts. The revised questionnaire was used for testing (Try out) with a confidence value of 0.78 with Cronbach 's Coefficient Alpha having a confidence value was 0.81

**Data Collection:** This research collected data using a questioning basis. Before the study commencement, we explained the study objectives and procedures to the participants in detail and obtained their written consent to participate in the study. We made it clear to the participants that they had the right to decline participation and withdraw from the study without any consequence. The information obtained from the participants was kept confidential, and the study results are presented herein only for academic purposes.

Ethical Considerations the Human Research Ethics Committee of Suan Sunandha Rajabhat University endorsed the current study. (COA.1- 004 /2023, dated February 23, 2023).

**Statistical Analysis:** Analyze student general information. By using numbers and percentages to analyze the level of 5-dimensional personality level and post- coronavirus adaptive behavior of high school students with mean ( $\bar{x}$ ) and standard deviation (SD) and analyzing their abilities. Explain the variation between 5 dimensions of personality and adaptive behavior after the coronavirus epidemic. By using multiple regression analysis statistics (Multiple Regression Analysis), the level of statistical significance was set at 0.05.

## Results

subject research 5 dimensions of personality and adaptive behavior after the epidemic situation Coronavirus 2019 of high school students Samut

Songkhram Province. The researcher presents it in 4 sections to cover the objectives, namely:

**Part 1 General Information of Students**

Most of them were 205 females (59.10 %). Studying in Grade 6, 147 people (42.40%). No underlying disease, 345 people (99.40 %). The average monthly income of the family is between 10,000-20,000-baht, 229 people (66.00 %). Opinions about the severity of the coronavirus infection found Coronavirus infections may require hospitalization. Agree 347 people (100.00%). Coronavirus infection can cause death. If the symptoms are severe and cannot be treated in time Agree with 347 people (100.00 %) and in terms of opinions about the effects after the spread of the situation. The coronavirus outbreak has resulted in a drop-in family income. Agree 347 people (100.00%). Coronavirus outbreak Makes you have to take care of your own health more. Agree with 347 people (100.00%) and most of them received 2 doses of vaccine, 124 people (35.70%) as in Table 1.

**Table 1 Number and percentage of general data of upper secondary school students Samut Songkhram Province (n=347)**

General information	Number (person)	Percentage
Sex		
Man	142	40.90
Female	205	59.10
Education level		
Secondary 4	66	19.00
Secondary 5	134	38.60
Secondary 6	147	42.40
Congenital disease		
no congenital disease	345	99.40
have congenital disease	2	0.60
Average monthly income of the family		
Below 10,000 baht	17	4.90
Between 10,000-20,000 baht	229	66.00
More than 20,000 baht	101	29.10

<b>General information</b>	<b>Number (person)</b>	<b>Percentage</b>
The severity of the coronavirus infection		
- Coronavirus infectious disease May cause hospitalization or not?		
Yes	347	100.00
No	0	0.00
- Coronavirus infectious disease can cause death If the symptoms are severe and cannot be treated in time?		
Yes	347	100.00
No	0	0.00
Impact after the Coronavirus Outbreak		
- Coronavirus Outbreak causing a decrease in family income or not		
Yes	347	100.00
No	0	0.00
- Coronavirus Outbreak Makes you have to take care of your own health more or not?		
Yes	347	100.00
No	0	0
preventive vaccination Have you received the vaccine?		
Not yet received	27	7.80
Received 1 needle	92	26.50
Received 2 pins	124	35.70
Received more than 2 needles	104	30.00

Part 2 The results of the 5 -dimensional personality analysis of high school students Samut Songkhram Province

Conscientious personality had the highest mean ( $\bar{x}$ ) = 4.26 standard deviation. SD = 0.52, followed by an open personality and compromising personality with the same mean ( $\bar{x}$ ) = 4.20 for the standard deviation SD = 0.40 Personality open to new experiences with the mean ( $\bar{x}$ ) = 4.19 standard deviation. SD = 0.40 and sensitive personality has the smallest mean ( $\bar{x}$ ) = 4.16 standard deviation. SD = 0.42, respectively, as shown in Table 2.

**Table 2 Mean, Standard Deviation Number Percentage Classified by personality characteristics of high school students, Samut Songkhram Province (n=347)**

Personality	$\bar{x}$	SD	personality trait level									
			very low		low		moderate		high		very high	
			n	%	n	%	n	%	n	%	n	%
<b>Anxious personality</b>	4.16	0.42	0	0	0	0	11	3.20	254	73.20	82	23.60
<b>open personality</b>	4.20	0.40	0	0	0	0	7	2.00	248	71.50	92	26.50
<b>Experienced personality</b>	4.19	0.40	0	0	0	0	9	2.60	240	69.20	98	28.20
<b>compromising personality</b>	4.20	0.40	0	0	0	0	4	1.20	247	71.20	96	27.70
<b>conscientious personality</b>	4.26	0.52	0	0	0	0	3	0.90	233	67.10	110	31.70

\* Statistical significance 0.05

Part 3 Analysis of the level of post-coronavirus adaptation of high school students Samut Songkhram Province

Family adjustment behavior had the highest mean ( $\bar{x}$ ) = 4.36 SD = 0.40, followed by the teacher's adaptive behavior had an average ( $\bar{x}$ ) = 4.27 SD = 0.36. The social adaptive behavior had the mean ( $\bar{x}$ ) = 4.26 SD = 0.40 and the peer adaptive behavior ( $\bar{x}$ ) = 4.26 SD = 0.40. has the least average ( $\bar{x}$ ) = 4.18 SD = 0.36, respectively, as shown in Table 3.

**Table 3 Mean and Standard Deviation of adaptive behaviors of high school students (n=347)**

Adaptive behavior	$\bar{x}$	SD
Adaptation of friends	4.18	0.36
Teacher adjustment	4.27	0.36
Family adjustment	4.36	0.40
Social adjustment	4.26	0.40
Overall	4.27	0.38

Part 4 The results of the analysis can explain the variation in 5 dimensions of personality and adaptive behavior after the coronavirus epidemic of high school students Samut Songkhram Province

Sensitive and experiencing personality types be able to explain the variation in adaptive behavior after the situation 36.00 percent of the coronavirus epidemic means that secondary school students late with a sensitive personality and open-experience personality affects the choice of adaptive behavior. Because high school students with a volatile personality type. It has a distinctive feature that is not relaxed, anxious, easily angry, unable to manage stress easily discouraged. This personality group may affect adaptive behavior and the open-experience personality has a distinctive feature, i.e. imagination and daydreaming have an appreciation for art and beauty diversity likes to try new things have various ideas ready to accept new values, find happiness complicated have an open view This personality may affect adaptive behavior of high school students as shown in Table 4.

**Table 4 Coefficients and test statistics of 5 dimensions of personality affecting adaptive behavior of high school students Samut Songkhram Province (n=347)**

Variable	Unstandardized Coefficients		Standardized Coefficients	t	p-value
	B	Std.Error	Beta		
constant	73.44	6.20		11.84	0.00



Variable	Unstandardized Coefficients		Standardized Coefficients	t	p-value
	B	Std.Error	Beta		
sensitive personality	7.18	1.90	0.25	3.77	0.00*
open personality	3.11	1.95	0.11	1.60	0.11
open-minded personality	4.65	2.18	0.16	2.14	0.03*
compromising personality	3.71	2.09	0.13	1.78	0.08
conscientious personality	1.45	1.17	0.06	1.23	0.22

p-value < 0.05,  $R^2=0.36$ , Adjusted  $R^2 0.35$ ,  $F=38.53$

### Discussion

5D Personality and Adaptive Behaviors after the Coronavirus 2019 Outbreak of High School Students Samut Songkhram Province, it was found that most students had the most spiritual personality and has the least sensitive personality Peer adaptive behavior teacher adaptive behavior family adaptive behavior and social adaptive behavior Overall, it was at a high level. This is in line with the research of Kannika Sansupa and her team (2020) studying the adaptation of students in the situation of COVID- 19. The sample group in the research was students from the Faculty of Education. Ramkhamhaeng University according to the concept of student adaptation. Consists of 4 elements namely, learning, emotional, social and participation in university activities. The results of the study revealed that the students of the Faculty of Education Ramkhamhaeng University. There is an overall adjustment at a high level and social adaptive behavior were also at the high level. This is consistent with Methasit 's research. Thanyarat Srisakul et al. (2021) conducted a study on the adaptation of secondary school students at Rajiniburana School under the situation of the corona virus epidemic. The sample group was 297 Mathayomsuksa 6 students. There are four aspects: In terms of social, emotional, learning, and activity participation, it was found that students had overall adaptation. social adaptive behavior at a high level which is consistent with the research of Nanthanop Khemphet (2018) conducted a study on the adaptability of first year undergraduate students at the College of Politics and Governance. Mahasarakham University. The sample group was first -year students at the College of Politics and Governance. Mahasarakham University. The study was divided into 4 areas: side Learning, social, emotional, individual and participation in university activities. The study found that social adaptability emotional adaptability and the ability to adapt to university activities. There is a high level of adaptation. Teacher adaptive behavior and adaptive friend behaviors were at the same high level which is consistent with the research of Onanong Neeyomtham and colleagues (2017) conducted a study on the

adaptation of Rajamangala University of Technology Lannadak students. Education is divided into 5 areas: learning relationship with teachers in relations with peers University Activities and University Environment Academic Results. It was found that students had an overall adjustment at a high level. Teacher adaptive behavior and peer adaptive behavior at the same high level This corresponds to the research Thanyamas Laosakul (2018) studying appropriate social adaptation of first-year students at Silpakorn University. The sample group was first year students. No.1 Silpakorn University Sanam Chan Palace who are studying in the first semester of the academic year 2018, divided into 3 areas of study including adaptation to peers adaptation to seniors and adaptation to teachers. The study found that First year student, Silpakorn University Sanam Chan Palace. There was an appropriate social adaptation at a high level.

### **Conclusion**

Personality plays an important role in helping or hindering success in various areas, whether it is a sensitive personality open personality open-minded personality compromising personality Conscious personality, therefore, personality is one of the important factors that affect and relate to success. Adaptability is an important part of being able to live with others without prejudice and too much self-esteem which if still living the same life with a new place or society and not knowing how to change anything to approach other people would not be able to gain acceptance or live with others smoothly. In future research, students from other regions should be studied to compare personality traits adaptive behavior and use the information as a guideline for developing the appropriate personality for the students.

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