A Study on Learning Motivation and Ayurvedic Personality Types of Caregiver Trainees

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Abstract

This study analyzes the relationship between learning motivation and personality type of caregiver trainees using a learning motivation questionnaire based on the Ayurvedic personality type. The subjects of this study are selected caregiver trainees, and their motivation for learning was employment and family support (64.1%). The proportion of males and females in the sample was high due to caregiver's work (90.6% of females). In the relationship between learning motivation and personality type, 53.1% of trainees were Kapha type. The Kapha type personality is about love, and devotion. This result reflected well the emotional characteristics of parents or dependents. The next was Vata type, which was 28.1%. This is due to the active personality type of the Vata type. In addition, in case of self-development, the Pitta type occupied 72.8% (8/11 case). The Pitta type is goal-oriented as revealed with the respondents of the study. The learning motivation of caregiver trainees is found to have a significant effect on their personality types. Learning motivation and personality types of caregiver trainees are important factors that affect the quality of care services. Korea has entered an aging society. The caregiver's role and importance are emphasized. The results of this study suggest that the data may be used to motivate the learning of caregiver trainees, and as career standard upon selecting qualified candidates as caregivers.

Keywords: Caregiver, Motivation for Learning, Personality Type, Ayurveda, Career Selection

1. Introduction

1.1 Trends

The Organization for Economic Co-operation and Development (OECD) released the Health Statistics 2018 on July 2, 2019 stating that the life expectancy of Korea is 82.7 years, which is 2.0 years longer than the OECD average. In addition, Korea's life expectancy has increased by

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1.8 years in the past five years, which is higher than the OECD's 0.9-year increase[1].

The increase in life expectancy is causing the rapid aging of Koreans. The elderly aged 65 and over are expected to be 14.9% in 2019, 20.3% in 2025 and 46.5% in 2067. As a result of aging, 5.6% of the elderly aged 65 or older received long-term care services. The 2.7% of the population received facility services lower than the OECD average (3.5%). However, in-home service supply and demand rose 1.6% in the last five years from 4.0% in 2012. The trend is increasing. Elderly welfare facilities are also increasing every year from 73,774 in 2014 to 77,382 in 2018[2].

The government has systematically operated long-term care facilities since July 2008. It is the long-term care insurance and caregiver system for the aged. Caregivers must complete a prescribed curriculum at a government-approved training institution. They must pass the national exam, which is to obtain a state-certified caregiver certificate. They visit homes primarily for welfare or home services. In addition, it supports physical activity and daily life to those who are unable to live alone at home due to aging or senile disease[3].

The caregiver's job is to specialize in the physical and household activities of the elderly and to collect information about the subject from doctors, nurses, and family members to plan care services. Caregivers also work to maintain the cleanliness of their persons who need care, provide food and medication support, excretion, exercise, emotional support, environmental management, and daily life support. They also take care of the person who needs care services, keeping their posture and providing advices on life support, physical assistance, and coping with difficulties in daily life[4].

Thus, the aging trend in Korea will continue to increase the demand for caregivers. Successful elderly care services require finance and support materials. Health care services are labor-intensive. Considering these characteristics requires the beliefs and values of those involved. Caregiver's qualifications and abilities have a great influence on their performance[5], which means that personal characteristics such as learning motivation, learning ability and personality are considered[6].

1.2 Motivation for Learning & Personality Type

Motivation for learning is the driving force for individuals to learn and perform new knowledge and skills. The learner's personality is different from person to person. Not everyone can have the same response to stimuli coming from outside. The processes that occur inside them differ in their selective perception, cognition and acceptance, and outwardly

behaviors. We look at language or behavior and subjectively guess their personal patterns[7]. Personality is the subject of all human behavior, including caregivers. Human behavior is determined by personality. In the meantime, efforts have been made to classify human personalities into several types. A study on the personality type of nursing caregivers showed that the higher the personality type with sincerity, affinity, openness, and extroversion, the higher the behavior-oriented strategy, the nature rewarding strategy, and the constructive strategy[8].

The personality is categorized into several types typologically. Personality types are mainly classified based on physical physiology, psychology, and metaphysics. Physical physiology is based on the theory that a person's constitution determines personality, and psychology explains the relationship between temperament and body shape from a psychopathological standpoint. There are also metaphysical theories that separate personality types according to lifestyle.

From the point of view of personality type in terms of body physiology, there is the Sasang constitution and the Ayurveda. Sasang constitution is divided into four types: Tayang, Taeum, Soyang, and Soum. This is the result of Lee Jema's research and has recently been subdivided into eight constitutions. Ayurveda is largely divided into Vata (air), Pitta (fire), and Kapha (water). These two theories have something in common from the point of view that the personality type is born. However, there are certain differences. Sasang constitution is classified into four fixed constitutions, and eight constitutions are classified into eight fixed constitutions. However. In Ayurveda, the three mental types Sattva (harmony), Rajas (activity), and Tamas (inactivity) are added to subdivide the human type further. Ayurveda is the view that all three types are contained in our body, and that the most dominant of the three is the personality type. Therefore, there is a characteristic that all of the individual characteristics are different[9].

Ayurveda means life science in Sanskrit. And this is India's traditional natural healing system and has been handed down from ancient India. Ayurveda's origin dates to 3000 BC, and it views human beings as an integrated body, mind, and soul. In Ayurveda, the body is a mental organism and supports the action of the senses. In addition, the body is viewed as a medium of cognition designed to facilitate the experience by the mind. In this regard, Ayurveda can be called a holistic system[10].

The psychological characteristics of the Ayurvedic personality type are as follows.

The Vata type has a mind that tends to change interest and tendency. It is chatty, intelligent, and comprehensible. The Vata type is a talented teacher, computer programmer, and can represent an individual's abilities in communication media. This type is sociable and likes

to get along well with people. It is the most flexible and adaptable of the three types[11].

The Pitta type is intelligent and clever but can be critical and self-righteous. This type can easily get angry and be insensitive to other people's moods. The Pitta type likes to use energy and power and enjoys debate. Therefore, it is a type often seen in scientists, leaders, soldiers, police, politicians, and lawyers[12].

The Kapha type is emotional in nature and is loving, committed, and loyal.

This type is sentimental and cries easily. They are especially friendly to people they know and are very attached to their families. Therefore, Kapha is a good parent or caregiver, a mother, and a wife. Therefore, based on Ayurvedic personality type, this is the most optimal personality type of caregivers[13].

Caregivers are key personnel in the care of the elderly. Caregiver's learning motivation and personality type are important factors related to the quality of care services for the elderly. The previous studies related to this are as follows. "A Study of the Subjective Quality of Life, and Locus of Control of Caregiver Trainees" (2008, Y. S. Jung); "A Study on the Self leadership Mediating Effect and the Occupational Identity moderating Effect of Caregiver's Personality Type on the Relationship between the Personal Innovation Behavior and Service Quality" (2018, K. O Kim), and; "Effect of Academic Motivation on The Learning Flow with Training for Caregivers" (2011, H. R Noh). However, there was no direct study on the relationship of personality type and learning motivation among nursing home caregiver trainees.

Therefore, this study intends to analyze the learning motivation and personality type of trainees preparing caregivers. The results of this study are expected to improve the quality of nursing caregivers and to be used as basic data for personality type and motivation. The following research questions are selected.

First, what is the learning motivation of caregiver trainees?

Second, what is the distribution of personality types of caregiver trainees?

Third, what kind of correlation is there between learning motivation and personality type of caregiver trainees?

2. Study Method

2.1 Study Target

This study selected trainees who are being trained at the caregiver training center located in G City. The purpose of this study was explained, and those who agreed with the voluntary

consent answered the questionnaire.

2.2 Study Design

This study identifies the relationship between the learning motivation of the caregiver trainee and their Ayurvedic personality type through character type analysis.

The study used the data from the survey conducted from October 2019 to mid-February 2020. A total of 72 questionnaires were distributed and 67 were collected, with a 93% recall rate. Among these, 64 copies were used for the study, excluding three poor-response questionnaires.

2.3 Study Tool

The questionnaire consists of demographic factors, items on learning motivation of the caregiver towards his study, and questions based on Ayurveda personality. This questionnaire type was used by Hwang Soon-deok (2019)[14]. The survey consists of 45 questions on personality types and motivation for learning, and 6 questions on general items, a total of 51 items. The coefficient of confidence (Cronbach' alpha) of the Ayurveda type test used in this study is 0.761, as the reliability test standard.

2.4 Data Analysis

The data collected for this study were analyzed statistically according to the characteristics and purpose of the measurement variables using SPSS (Statistical Package for the Social Science) WIN 21.0 Program. The analysis method used frequency analysis to determine the demographic composition of the respondents. Correlation and cross-analysis were conducted to verify the hypothesis.

3. Results

3.1 General Characteristic

The general characteristics of those surveyed in this study are shown in Table 1. According to the gender distribution of the study, 58 respondents (90.6 percent) are women, far higher than men. Based on age, 9 people who answered are under 40s (14.1%), 34 people in 50s (53.1%),

19 people in 60s (29.7%), and 2 people (3.1%) in 70s or older were in their 50s. The average age was 56.7 years old. Accounting for the largest portion of the respondents are 44 housewives (68.8%), 12 working in other jobs (18.8%), and 8 looking for jobs (12.4%). The rate of disease such as high blood pressure and diabetes, which are chronic disease, stood at 51.5 percent.

[Table 1] General Characteristics of the Study Subjects

Categories	Classification	Frequency(n)	Share(%)
Sex	Male	6	9.4
	Female	58	90.6
Age	under forty	9	14.1
	50s	34	53.1
	60s	19	29.7
	70s and older	2	3.1
Current Job	housewife	44	68.8
	other jobs	12	18.8
	inoccupation	8	12.4
Disease presence	Chronic disease (Hypertension / diabetes)	33	51.5
	No disease	31	48.5

3.2 Learning Motivation and Personality Type

The learning motivation of the study subjects was highest for 24 (37.5%) jobs, followed by 17 (26.6%) motivations to support the family. In addition, 12 self-developed (18.8%) and 11 motivated to prepare for old age (17.2%). The purpose of employment and family support was 64.1%.

[Table 2] Analysis of Learning Motivation of Subjects

		Frequency(n)	Share(%)	Effective share(%)	Cumulative share(%)
Study motivation	For Job	24	37.5	37.5	37.5
	Support for family	17	26.6	26.6	64.1
	Prepare for old age	12	18.8	18.8	82.9
	Self-development	11	17.2	17.2	100.0
	Total	64	100.0	100.0	

Based on personality types of the study subjects, 34 (53.1%) of the respondents are likely Kapha, 18 are Vata (28.1%), and 12 are Pitta (18.8%).

[Table 3] Analysis of Ayurvedic Personality Types of Subjects

		Frequency(n)	Share(%)	Effective share(%)	Cumulative share(%)
Ayurvedic Personality Types	Vata	18	28.1	28.1	28.1
	Pitta	12	18.8	18.8	46.9
	Kapha	34	53.1	53.1	100.0
	Total	64	100.0	100.0	

3.3 Correlation between Learning Motivation and Personality Type

[Table 4] shows the results of cross-analysis of the correlation between study motivation and personality type.

[Table 4] General Characteristics of the Subject Ayurveda Personality Type

Ayurvedic Personality Type			Type			Total
			Vata	Pitta	Kapha	
Study motivation	For Job	Frequency	3	1	20	24
		Expected frequency	6.8	4.5	12.8	24.0
	Support for family	Frequency	6	1	10	17
		Expected frequency	4.8	3.2	9.0	17.0
	Prepare for old age	Frequency	8	2	2	12
		Expected frequency	3.4	2.3	6.4	12.0
	Self-development	Frequency	1	8	2	11
		Expected frequency	3.1	2.1	5.8	11.0
	Total	Frequency	18	12	34	64
		Expected frequency	18.0	12.0	34.0	64.0

[Table 5] General Characteristics of the Subject Ayurveda Personality Type Chi-square Test

Chi-square test	Value	Degrees of freedom	Probability of approximate Significance (Two-sided test)
Pearson Chi-square	41.250a	6	.000
Likelihood-ratio	36.420	6	.000
Linear to linear combination	9.241	1	.002
Effective cases	64		

The result of this analysis showed that the Pearson correlation test value between the learning motivation and personality type of the caregiver trainees-respondents is 41.250, with 6 degrees of freedom. Therefore, the significance probability is .000, which shows statistically significant results at the level of .05.

4. Conclusion

This study was conducted among caregiver trainees in caregiving. It analyzed the learning motivation and the Ayurvedic personality type of the respondents to understand the

relationship between these two variables. The study used the data answered by 67 respondents in a caregiver institution in G City.

The results obtained through this study are as follows. First, due to the nature of the work of caregivers, the proportion of female subjects is greater than the male respondents. There were 90.6% women, wherein 81.8% are in their 50s and 60s, and 68.8% are housewives. Second, the learning motivation of caregiver trainees was 64.1%, mainly for employment and family support. The proportion of caregiver trainees who aim to provide for family support, self-development, and retirement rather than simple employment is steadily increasing. Third, after analyzing the personality types, the respondents are 53.1% Kapha type. The characteristics of the Kapha type is about love and devotion, and can be said to be emotional. In particular, it shows friendly relationship characteristics to those who are obsessed with family relationships and who live around them. Kapha's personality type is characteristic of a parent or caregiver. This can be said to be the result of a well-presented Ayurvedic personality type. Fourth, it was found that there was a statistically significant relationship between learning motivation and personality type. In the case of 41 students with learning motivation and family support, 30 respondents are 73.2% Kapha type while 11, whose learning motivation was self-developed, are 72.8% Pitta type. The Pitta type was remarkable. They are active and have a performance-oriented trait.

The results of this study can be used as basic data for motivating caregiver trainees to learn more, and as caregiver qualification standard for career selection.

The study is limited in scope as it focused on specific location only. Further research must be conducted to supplement the conclusion of this study.

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