

Generation Alpha's Personality and Stress

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Abstract

Generation Alpha has faced unprecedented stressors from an increasingly digital and complex society that its predecessor generations are untainted by. Due to the growing number of potential stressors, many members of Generation Alpha are likely to experience stress. While previous research has documented stress responses across generational cohorts, the interplay between stress manifestation and personality types especially that of the MBTI system, is largely unexplored. The objectives of this study were to investigate the personality of Generation Alpha individuals aged between 12 and 14 and to survey their stress level. We used simple random sampling to recruit 421 participants from public schools in Bangkok, Thailand. The results showed that among the Sixteen Personality Factors (16pf), the most common personality type was ENFJ at 24 per cent, followed by ENFP at 12.6 per cent and ISFP at 12.4 per cent, while ISTP at 1.9 per cent and ESTP at 2.4 per cent was the least common. In terms of stress level, the participants with INFJ and ISFP had high levels of stress (mean = 4.04 and 4.15, respectively). It can be concluded that Generation Alpha, who are more introverted and possess emotional hypersensitivity, heightened stress response due to internalised perfectionism, conflict avoidance tendencies, and a profound need for connection, are more prone to stress. Implementation of targeted stress management interventions tailored to specific personality types could be beneficial in educational settings. School-based programs emphasizing emotional regulation skills, healthy perfectionism, and conflict resolution strategies may help mitigate stress levels within this generation.

Keywords: emotional hypersensitivity, perfectionism, potential stressors, psychology, public schools