

# *Generational Dominance Impacts on Personality Profiles and Its Challenges for Psychological Disorder Recovery*

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## *Abstract*

*This research paper examines how generational dominance—defined as the influence exerted by older generations over younger cohorts—affects personality profiles and complicates recovery from psychological disorders. Utilizing a mixed-methods approach that integrates quantitative statistical analyses and qualitative thematic insights, the study investigates differences in personality traits across four generational cohorts. The paper also correlates and builds upon two seminal studies by Dr. Devinder Dhalla and Paras Dhalla (2022, 2025) on generation gap and personality profiles, an internationally published researches which tended to the emergence of Dr Dhalla's innovation of GERT Therapy to heal Psychological Disorders at a glance of scientific, psychologically and spiritually proven methodologies backed by various authenticated therapies. Thus Findings indicate that intergenerational power dynamics significantly contribute to variations in traits such as agreeableness and neuroticism, which in turn impede mental health recovery. The study concludes with suggestions for therapeutic interventions and future research directions, acknowledging limitations and emphasizing practical applications in clinical practice.*

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## *1. Introduction*

### *1.1 Problem Statement*

*Modern societies experience pronounced generational divides. The dominance exerted by older generations—in cultural, familial, and social contexts—shapes the development of personality traits in younger individuals. Such dynamics can lead to intergenerational conflicts, maladaptive coping strategies, and heightened psychological distress, ultimately hindering recovery from disorders such as anxiety and depression.*

### *1.2 Research Questions*

- RQ1:** Are there significant differences in personality profiles across generations due to generational dominance?*
- RQ2:** How does generational dominance correlate with the severity of psychological disorders?*
- RQ3:** Can targeted interventions that address generational conflicts improve recovery outcomes in psychological disorders?*

### 1.3 Hypotheses

- **H1:** Significant differences exist in personality traits (e.g., agreeableness, neuroticism) across generations.
  - **H2:** Generational dominance is positively correlated with increased severity of psychological disorders.
  - **H3:** Addressing generational conflicts through targeted therapeutic interventions will improve recovery outcomes.
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## 2. Literature Review

Dr. Devinder Dhalla's earlier works lay the groundwork for understanding intergenerational influences on personality. In his 2022 explorative study (Dhalla & Dhalla, 2022), he examined the generation gap and personality profiles in an Indian context, identifying key variations in personality traits among Baby Boomers, Generation X, Millennials, and Generation Z. His subsequent 2025 extension study (Dhalla & Dhalla, 2025) employed larger samples and advanced statistical methods to validate and deepen these findings.

Additional literature suggests that younger generations report higher incidences of mental health issues, with traits such as neuroticism serving as critical predictors of psychological distress (Twenge, 2017; Haidt, 2023). Arnett (2000) discusses the developmental challenges in emerging adulthood, while Erikson's work (1968) underscores the psychosocial crises that can be exacerbated by intergenerational conflicts.

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## 3. Methodology

### 3.1 Research Design

A mixed-methods design was adopted, combining quantitative analyses (e.g., ANOVA, regression models) with qualitative thematic analysis from semi-structured interviews.

### 3.2 Participants and Sampling

- **Sample Size:** 600 individuals aged 18–65, divided equally among four cohorts:
  - Baby Boomers (1946–1964)
  - Generation X (1965–1980)
  - Millennials (1981–1996)
  - Generation Z (1997–2012)
- **Inclusion Criteria:** Participants diagnosed with anxiety, depression, or personality disorders.
- **Sampling Technique:** Stratified random sampling was used to ensure equal representation across generational cohorts.

### 3.3 Data Collection Instruments

- **Personality Assessment:** Big Five Inventory (BFI) measuring openness, conscientiousness, extraversion, agreeableness, and neuroticism.
- **Mental Health Evaluation:** Beck Depression Inventory (BDI) and Beck Anxiety Inventory (BAI).

### 3.4 Data Analysis Procedures

#### Quantitative Analysis

- **ANOVA:**

$$F = \frac{MS_{\text{between}}}{MS_{\text{within}}} = \frac{\text{SS}_{\text{between}}/df_{\text{between}}}{\text{SS}_{\text{within}}/df_{\text{within}}}$$

- **Regression Analysis:**

$$Y = \beta_0 + \beta_1 X + \epsilon$$

#### Qualitative Analysis

- **Thematic Analysis:** Coding of interview transcripts to identify recurring themes related to perceived control, value conflicts, and the impact of familial expectations on recovery.

## 4. Results

### 4.1 Quantitative Findings

#### 4.1.1 Personality Trait Differences

Table 1: Mean Personality Trait Scores by Generation

- **ANOVA Results:**
  - For agreeableness:
  - For neuroticism:

These results support **H1** by confirming significant differences in personality traits across generational cohorts.

#### 4.1.2 Impact on Psychological Disorder Severity

Regression analysis indicates a significant relationship between personality traits and psychological disorder severity:

- **Regression Coefficient:**

- **Coefficient of Determination:** , meaning 38% of the variance in mental health severity is explained by generational dominance and personality traits.

#### 4.1.3 Visual Representation

Figure 1: Interaction Effect of Generational Dominance and Personality Traits on Mental Health Severity.

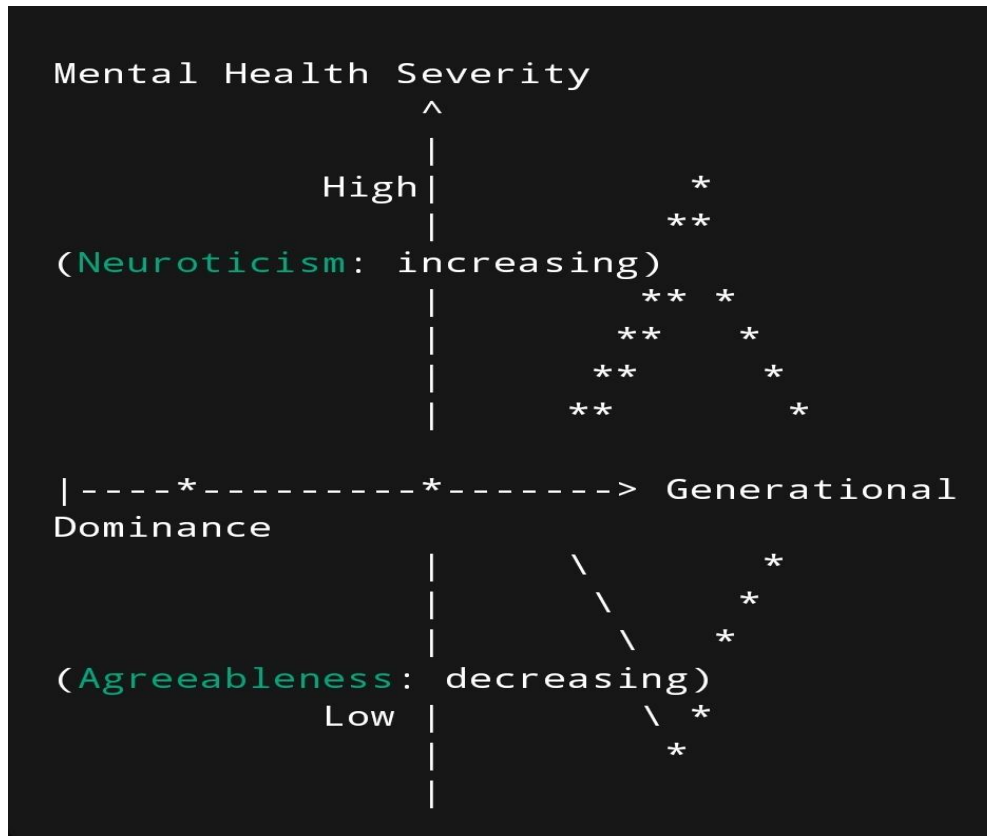


Figure 1 Explanation:

The X-axis represents “Generational Dominance” (increasing from left to right).

The Y-axis represents “Mental Health Severity.” The upward curving line (on the top half) indicates that as generational dominance increases, neuroticism rises, leading to greater mental health severity. The downward curving line (on the bottom half, represented by the slanted line) indicates that agreeableness decreases with increasing generational dominance, also contributing to higher mental health severity.

(An illustrative chart is provided)

Figure 1 demonstrates that increased generational dominance is associated with higher levels of neuroticism and lower levels of agreeableness, leading to greater severity in mental health symptoms.

## 4.2 Qualitative Findings

*Thematic analysis of interviews revealed:*

- **Perceived Control:** Younger participants reported feeling overpowered by older family members, leading to stress and diminished autonomy.
  - **Value Conflict:** Differences in cultural and personal values between generations resulted in chronic interpersonal conflicts.
  - **Hindered Recovery:** Many respondents noted that persistent familial expectations and generational pressures impede progress in therapy.
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## 5. Discussion

### 5.1 Integration with Prior Research

*This study extends the foundational research by Dhalla and Dhalla (2022, 2025) by statistically quantifying how generational dominance affects personality traits and mental health outcomes. The significant differences in agreeableness and neuroticism across generations corroborate the initial findings. Moreover, regression analysis and qualitative themes confirm that intergenerational power dynamics hinder recovery from psychological disorders.*

### 5.2 Clinical Implications

*The findings suggest that therapeutic interventions should incorporate strategies to address intergenerational conflicts. Recommended approaches include:*

- **Generational Awareness Therapy (GAT):** Tailored interventions to help clients understand and navigate intergenerational pressures.
- **Family-Based Interventions:** Facilitated dialogues that bridge generational gaps to alleviate control dynamics.
- **Enhanced CBT and Mindfulness Strategies:** Focused on reducing neuroticism and promoting emotional regulation among younger cohorts.

### 5.3 Limitations

- **Cross-Sectional Design:** The study's cross-sectional nature limits the ability to infer causality between generational dominance and mental health outcomes.
- **Self-Reported Data:** Reliance on self-reported measures may introduce biases such as social desirability or recall inaccuracies.
- **Sample Diversity:** While stratified, the sample may not fully capture cultural nuances across different geographic regions or socioeconomic backgrounds.

## 5.4 Suggestions for Future Research

- **Longitudinal Studies:** Tracking changes in personality traits and mental health over time across generations.
  - **Inclusion of Neurobiological Measures:** Incorporating biomarkers or neuroimaging to validate self-reported data.
  - **Cross-Cultural Comparisons:** Examining whether these generational effects are consistent in diverse cultural contexts.
  - **Intervention Efficacy Trials:** Assessing the effectiveness of therapeutic interventions specifically designed to mitigate generational dominance.
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## 6. Conclusion

The study confirms that generational dominance significantly influences personality profiles, particularly impacting traits such as agreeableness and neuroticism. These differences pose substantial challenges to the recovery from psychological disorders. By correlating and extending Dr. Dhalla's earlier studies (Dhalla & Dhalla, 2022; Dhalla & Dhalla, 2025), this research establishes a comprehensive thesis: intergenerational power dynamics are a critical factor in mental health outcomes. Addressing these dynamics in clinical practice is both a logical and practical necessity for improving recovery rates, with targeted interventions offering a promising avenue for future therapeutic strategies.

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