



ASSESSMENT OF PERSONALITY TYPES IN AN URBAN COMMUNITY OF DISTRICT DEHRADUN, UTTARAKHAND USING INTROVERSION-EXTROVERSION INVENTORY

Madhavi Bhargava¹, Jayanti Semwal², Ruchi Juyal³, Shaili Vyas⁴, Deepshikha Varshney⁴

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Author's Affiliation:

¹Asst Prof, Dept of Community Medicine, Yenepoya Medical College; ²Prof and Head; ³Associate Professor; ⁴Assistant Professor, Dept of Community Medicine, HIMs, SRHU, Dehradun

Correspondence:

Dr Jayanti Semwal
Email: jayantisemwal@srhu.edu.in;

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ABSTRACT

Introduction: Personality can be defined as a person's pattern of internal experience and social interaction that arises from his action. The trait of **extroversion-introversion** is a central dimension of human personality theories.

Objectives: To study the difference in personality in adults according to age and sex and the association of education and personality.

Methods: The study was conducted in Rishikesh, Dehradun. A judgemental-purposive sampling was done in view of exploratory nature of the study in the region. The personality type of participants was assessed with introversion extroversion inventory by interview method. This inventory consists of 60 items that cover predominant traits of all three personality characteristics, introvert, extrovert and ambivert.

Results: Of a total of 298 adults interviewed, 39% were females and 61% were males. It was found that 26% of the participants were extrovert, 15% introvert and 59% were ambivert. More males (28%) were extrovert as compared to females (21.4%). Extrovert personality increased with higher education.

Conclusion: There is no difference between adult personality traits of males and females of all age groups. Education did not lead to a significant difference in personality. Studies with larger sample size are required to understand the changing dynamics of adult personality traits.

Key words: Introversion, extraversion, personality

INTRODUCTION

The terms introversion and extroversion are important and central dimensions in human personality traits. They were first popularized by Carl Jung.¹ Some believe that it is part of the same continuum and there are others who feel that they are different personality types in themselves. If one considers the former theory, it means that to be high on one, it is necessary to be low in the other. Jung defined introversion as an "attitude-type characterized by orientation in life through subjective psychic con-

tents" with focus on inner psychic activity and extroversion as an "attitude type characterized by concentration of interest on the external object", the outside world.¹

Both these personality types are viewed as single continuum and it is suggested that everyone has both, an introvert side and extrovert side, with one being more dominant than the other. In any case, people fluctuate in their behavior all the time, and even extreme introverts and extroverts do not always act according to their type.

A third personality type that is being recognized is one which falls more or less directly in the middle of this continuum.² An ambivert is moderately comfortable with groups and social interaction, but also relishes time alone, away from a crowd.

Extroverts are said to be more prone to positive emotions than introverts and has been shown to be correlated with subjective well-being. The relation with personality traits and general health and well-being, has been studied in past. The positive emotions that the extroverts are more prone is also responsible for a subjective well-being.³ A distribution of psychological and personality traits in the community can throw light to changing patterns of many non-communicable diseases such as mental health, substance abuse, domestic violence and societal intolerance.

There are few studies that embark on the personality traits of specific groups, such as, drug abusers,⁴ athletes,⁵ students⁶⁻⁷ but few have been done on a community basis. This study investigates the personality traits in adults in an urban community to see the association of education and personality.

MATERIALS AND METHODS

The present study was a cross-sectional survey conducted in Rishikesh, Dehradun in 2013, by department of Community Medicine. A convenience sample was taken keeping in view the exploratory nature of the study. The personality type of participants was assessed with introversion extroversion inventory (Hindi) by interview method. A total of 350 participants were approached for the interview in the field practice area of Urban Health Training Center of the department. Due to non-response by 37 participants and incomplete forms by 15 participants the final sample size in the analysis was that of 298 participants.

The personality types were assessed with introversion extroversion inventory developed by Dr. P. F. Aziz and Dr. (Mrs.) Rekha Agnihotri.⁸ This inventory consists of 60 items. The items are of statements eliciting responses based on self-evaluation, reflecting behavioral characteristics, by which an individual's predominant traits could be identify and typed accordingly to one of the three types of personality i.e. Introvert, Extrovert or Ambivert. The items are keyed with "yes" or "No" responses.

Scoring: The 60 items that are keyed with 'yes' and 'no' responses are scored according to manual's instructions. 30 items are keyed with 'Yes' and 30 items are keyed with 'No' response as correct on which one score to be added. The final score is obtained by using the formula: Score= No. of Correct Responses - No. of Incorrect Responses.

A subject gets plus score when the number of correct responses exceeds number of incorrect responses. And gets minus score when it is other way: incorrect responses exceeds over correct responses. A subject is categorized into personality type according to range of score, i.e. Introvert (Below -15), Extrovert (Above +15) or Ambivert (-15 to +15)

RESULTS

After excluding incomplete responses, a total of 298 subjects were included in the final analysis (Table 1). There were 181 (60.7%) males and 117 (39.3%) females. Majority of the respondents were in the age group 25 to 59 years of age in both sexes. The prevalence of illiteracy was 15% and was more in females (29.9%) as compared to males (14.3%). There were more graduates, about 39.2%, among males as compared to females (23.9%).

Tables 1: Demographic Characteristics of the respondents

Demographic Characteristics	Gender	
	Males (n=181)	Females (n=117)
Age Category		
< 25 years	47 (26)	41 (35.1)
25-60 years	117 (64.6)	61 (52.1)
> 60 years	17 (9.4)	15 (12.8)
Literacy Status		
Illiterate	26 (14.3)	35 (29.9)
Primary School	15 (8.2)	09 (7.7)
Higher Secondary	69 (38.1)	45 (38.4)
Graduate or more	71 (39.2)	28 (23.9)

Figures in parenthesis indicate percentages

On exploring the personality type of the study population (Table 2), 59 % were ambivert, followed by 25.5% extroverts and 15.4% introverts. It was found that maximum extroversion was found in the age group 25-59 years of age and maximum introversion in participants above 60 years of age (Table-1). The most common personality type across age groups was ambivert (p=0.05). When examining the association of personality with gender (Table- 2), although there was almost equal prevalence of ambiversion (M: 60.2%; F: 57.3%), there was more extroversion in case of males (28.2%) as compared to females (21.4%). Also introversion was found to be high in females, (21.4%) as compared to males (11.6%). There was no statistical significance as far as age and gender were concerned. Although extroversion increased as the educational level increased (Illiterate: 16%; graduates: 36%), But the association between personality type and education was not found to be significant (p=0.25).

Table 2: Distribution of Personality Types according to age, gender and education

Demographic Variables	Personality Type*(N=298)			p value
	Introvert (n=46)	Ambivert (n=176)	Extrovert (n=76)	
Gender				
Males	21 (11.6)	109 (60.2)	51 (28.2)	0.55
Females	25 (21.4)	67 (57.3)	25 (21.4)	
Age Group (years)				
< 25	14 (15.9)	58 (65.9)	16 (18.2)	0.05
25-60	25 (14)	97 (54.5)	56 (31.5)	
> 60	07 (21.9)	21 (65.6)	4 (12.5)	
Education Status				
Illiterate	08 (13.1)	43 (70.5)	10 (16.0)	0.25
Primary School	06 (25.0)	13 (54.2)	05 (21.0)	
Higher Secondary	19 (16.7)	70 (61.4)	25 (22.0)	
Graduate or more	13 (13.1)	50 (50.5)	36 (36.0)	

Figures in parenthesis indicate percentages; * Personality types are classified according to 60 item score. Extrovert: Above +15; Ambivert: -15 to +15; Introvert: Below -15.

DISCUSSION

It has been found that personality traits follow a normal distribution in which introversion and extroversion represent two ends of the curve and ambiversion falls midway between the two poles. In our study, the majority personality type was that of ambiversion, with extroversion exceeding introversion by 10%. These findings are similar to a study conducted by Yeshpal et al in school going children in Gurgaon.⁹ In our study age and gender did not have any major influence on personality type as demonstrated by few more studies in past.¹⁰ Also Fontana et al, in their study of stress levels, gender and personality demonstrated that personality dimensions appear to contribute more to stress levels than do the variables of either age or gender.¹¹ In contrast to this, a recent community based study in Norway suggests that older people score low more often on extraversion than younger people.¹² Regarding education and personality type, though extroversion increased with education, it was not found to be statistically significant. Many studies of personality types have been done in various educational or professional groups, such as dentists,⁶ medical technologists,¹⁴ etc. But not many studies have investigated how personality gets affected as education increases in general population.

The strength of this study is that it uses a validated Hindi tool for assessing personality type. But at the same time, since it is a convenience sample, we are not able to generalize this for the community.

CONCLUSION:

Authors suggest a larger community based personality survey using validated tools in local language in order to throw significant light on prevailing personality types. These can then be further explored in association with important factors such as age, gender, education and many others such as

socio-economic status, urban-rural residence, occupation and stress level etc.

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