

PERSONALITY TYPES

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Abstract: This article talks about personality and its types, personality theories. Information is also given about personality and characteristics that make up a person.

Key word: person, personality, trait, type, introvert, extrovert, negative, positive.

While personality focuses on the individual, personality type refers to the classification of characteristics that make up a typical personality that different people may share. The definition of personality type includes a set of traits that make up a particular set of behaviors or ways of thinking, and usually relies on a binary or spectrum to indicate the level of each trait that makes up the overall type.

A simple example is the duality of introvert and extrovert. An introvert is a person who focuses on his inner spiritual world and does not like to participate in external affairs with others. Introverts may seem shy or reserved, being observers rather than active participants. An extrovert is someone who enjoys being around other people, who is considered outgoing and outgoing, likes large gatherings, and enjoys talking to others.

The binary of introvert and extrovert are the two typical personality types that form the basis of the MBTI.

The introvert and extrovert binaries are integral to the MBTI.

It is worth noting that just because some groups of people are called introverts, it does not mean that they are similar in other respects. The same goes for extroverts and any other group classification. Some features overlap, others don't. Personality types are generalizations that refer to some aspect of personality, but do not provide a complete picture of a person's inner workings.

Personality Type Descriptions

Many trait studies have been done over the years. Various personality tests have been created to understand personality. One of the most popular and widely used assessments of personality types is the Big Five, also known as the Five Factor Model. This model focuses on the description of five personality types that assess different personality types based on five spectrums.

1. Conscientiousness: This factor looks at a person's ability to be disciplined and careful, conflicting and chaotic.
2. Agreeableness: This factor addresses a person's willingness to be reliable and helpful versus suspicious and uncooperative.
3. Neuroticism: This factor looks at a person's emotional response to pessimism and anxiety and to maintaining calmness and confidence.
4. Openness to Experience: This factor looks at how imaginative and spontaneous a person is versus someone who prefers the everyday and practical.

5. Extraversion: This factor addresses a person's need to be gentle and fun-loving, as opposed to thoughtful and cautious.

Personality describes the unique patterns of thoughts, feelings, and behaviors that distinguish a person from others. A product of biology and environment, it is highly adaptive throughout life.

Examples of personification can be found in how you describe the characteristics of other people. For example, "He is generous, caring and a bit of a perfectionist" or "They are loyal and protective of their friends".

The word "persona" comes from the Latin word *persona*, which refers to a theatrical mask that performers wear to play a part or to hide their identity.

Although there are many definitions of personality, most focus on a pattern of behaviors and traits that help predict and explain a person's behavior.

Explanations of personality can focus on a variety of influences, from genetic influences to the role of environment and experience in shaping a person's personality.

Personal characteristics

What exactly constitutes a person? The characteristics and forms of thoughts and feelings play an important role, as well as the main characteristics of personality:

Conformity: There is usually a recognizable order and regularity in behavior. In fact, people behave in the same or similar ways in different situations.

Both psychological and physiological: Personality is a psychological construct, but research shows that it is also influenced by biological processes and needs.

Influences Behavior and Actions: Personality not only influences how we act and respond to our environment, but also makes us act in certain ways.

A few phrases: Personality is not only manifested in behavior. It can also be seen in our thoughts, feelings, intimate relationships, and other social interactions.

The "Big Five" personality traits

How personality develops

There are several theories of personality, and different schools of thought in psychology influence many of these theories. Some theories describe how personality emerges, while others focus more on how personality develops.

Personality types

Type theories suggest that there are a limited number of personality types associated with biological influences.

One theory suggests that there are four personality types. They are:

Type A: Perfectionist, impatient, competitive, busy, success-oriented, aggressive, stressed

Type B: low stress, even-tempered, flexible, creative, adaptable, patient, prone to procrastination

Type C: Extremely conscientious, perfectionist, tries to open up feelings (positive and negative)

Type D: anxious, sad, nervous, pessimistic, negative self-talk, avoids social situations, lacks self-confidence, fear of rejection, looks sad, hopeless

There are other popular theories of personality types, such as the Myers-Briggs theory. The Myers-Briggs personality type indicator defines a person based on their location on four continuums: introversion-extraversion, sensing-intuition, thinking-feeling, and judging-perceiving.

After taking the Myers-Briggs personality test, you will be assigned one of 16 personality types.

Examples of such personality types include:

ISTJ: Introverted, feeling, thinking and judging. People with this personality type are logical and orderly; they are also judgmental.

INFP: Introverted, intuitive, feeling and perceiving. They are idealistic and sensitive to their feelings.

ESTJ: Extrovert, Feeling, Thinking, and Judging. They are strict and have to do with following the rules.

ENFJ: Extroverted, Intuitive, Feeling and Judging. They are known as "givers" because they are warm and loyal; they can also become overprotective.

Personal characteristics

Trait theories tend to view personality as the result of genetically based internal characteristics, which include:

Favorable: cares for others, feels sympathy, enjoys helping others

Conscientiousness: high level of thoughtfulness, good impulse control, goal-oriented behavior

Please Passionate: Adaptable, Passive and Compliant

Extraversion: Excitability, sociability, talkativeness, assertiveness, and a high level of emotional expressiveness

Introversion: quiet, reserved

Neuroticism: experiences stress and sudden mood swings, worries, worries about different things, gets easily offended, tries to recover after stressful events.

Openness: very creative, open to trying new things, focused on solving new problems

Psychodynamic theories of personality are heavily influenced by the work of Sigmund Freud and emphasize his influence.

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