

SPECIFIC FEATURES OF BEING EXTROVERT AND INTROVERT

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Abstract. *There are two types of central trait dimension in human personality theory, namely Extrovert and Introvert. Many character traits are present from birth. These personality types are used to characterize two different types of people. The concept of introversion and extroversion was introduced by Swiss psychiatrist and psychoanalyst Carl Jung. An introvert is someone who has reflective and reserved behavior, while an extrovert is someone who is more communicative and drawn to public situations.*

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INTRODUCTION

Firstly, If we talk about introvert people, They engage in quiet , introspective activities and find more time for spending time alone. By doing some psychical activities such as growing plants, exercising and other outdoor activities, they feel themselves in their own comfort zone and also prefer solitude. It is likely to have good listening skill over speaking and they are usually the ones who do not commence the conversation, but they have meaningful deep conversation only with their close friend and family member. Despite of shy and reserved faces, They need time to process and reflect on information before sharing their thought or opinions.

In 2011, Scientists determined four types of introvert people, which include:

- **Anxious:** Anxious introverts often and may be afraid to speak their mind in a group setting. For these type of introvert people, It might be difficult to stay grounded in the current situation rather than about the past and the future. They may have self-doubt about their ability or the value of their benefaction.



• **Restrained:** Restrained introverts are uncommunicative, reluctant, cautious and slow to act. These individuals often appear quiet or reserved, especially in new or unfamiliar settings. Like other introverts, they process their thoughts internally but may be doubtful to express them. Others may misunderstand their self-restraint as disinterest or aloofness, which can obstruct in social interactions.

• **Social:** They are shy away from small talk, preferring discussion that delve into deeper topic or ideas. They just prioritize streamlined social interactions. These types of introverts prefer small groups than the big groups. They always prefer one-to-one conversation.

• **Thinking:** Thinking introverts are quiet-genius types. They often hypothesize and concentrate intensely on tasks, often diving deep into subjects of interest, which can lead to expertise in specific areas. They observe situation keenly, taking up on subtle difference that others miss.

In other word, similar to how introversion show the element of the mystery built upon hidden layers can unravel over time, extroversion is also equally multi-faceted. Let's see types of extrovert people.

• **Extroverted Sensors**

These type of people love being stimulated by information they get from physical world. Rather than paying attention other's opinions, extroverted sensors trust their own personal experiences first and foremost.

They also enjoy engage in practical activities, such as sports that provide more energy and physical effect. They build relationship through doing an activity and sharing a moment with friends and family members.

• **Extroverted Intuitors**

Compared to extroverted sensors, extroverted intuitors are less extroverted. Rather than getting information from physical world, extroverted intuitors enjoy investigating abstract ideas and focusing on possibilities.

They prefer debates and deep conversation in which they can develop and exchange ideas. In addition, Unlike first type of extroversion, second types like delving into possibilities of what might unfold. They might go to the party because they are stimulated by was not happened yet or might happen.

• **Extroverted Feelers**

Extroverted feelers are people-oriented so much. They love being around people because it gives them the opportunity to learn about them as well as share experiences with others. Despite needing their alone time to recharge like introvert people, they require time to spend with others, because being around others gives them fulfillment and opportunity to recharge their soul.

• **Extroverted Thinkers**



Extrovert thinkers would be natural leader with their strong-minded character and confident nature. They appreciate logic firstly and focus on producing results. Extrovert thinkers are often over-achievers, because they get energy from working hard to reach goals and dreams that make them feel accomplished. When they have ups and downs of the life, They try to find solution instead of crying in the corner of the room.

These type of extrovert people participate in social events and use the useful and valuable every opportunity. They get energy from being able to ascend the social ladder every chance they get.

Conclusion. Extroverts and introverts symbolize two different personality types with distinctive strengths and challenges. Introverts are motivated by peace, loneliness and introspection, blooming in quieter environments where they can concentrate deeply and process their thoughts internally. However, extroverts draw energy from social cooperation, thriving in energetic environments and usually shining in activities that consist of collaboration and communication.

Despite of having their own world, both have valuable contribution to apply in different settings. Identifying and respecting these differences encourages better relationships, teamwork, and self-awareness.

The distinctions are not absolute. majority of people fall on a spectrum, showing characteristics of both introversion and extroversion according to situation. This adaptability displays the complexity of human personality, making it important to escape stereotyping and embrace individual differences.

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