

Predicting Identity:
Extroversion and Introversion
(Part 1)



By: Gabriel Angelo

<http://www.socialnatural.com>

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To start the brand new **2012 year** off, I thought I talk about the social development of our “extroversion” and “introversion” ...

Have you ever wondered **WHY** some people are naturally prone to being social than others and have a much more extroverted tendency?

I went to great length and did a huge research on this, as this area has always fascinated me.

Note I get really scientific here contrary to my other past articles...

If you enjoy abstract theories and stuffs, you will find this fascinating; and if you don't...well, you should still read it as a brain-munchy as you will get a lot of informative insights that will help you better understand yourself and the people involved in your everyday social dynamics

interactions.

This is a **two-part series**, and this is the **first-part**.

Now human-beings are the most complex machines in the world. There is nothing more mysterious and riveting than the human species; even we don't comprehend our own selves. To help simplify this complexity, there are classifications in psychology.

One of them is in *analytical psychology* innovated and advocated by Swiss psychiatrist Carl Jung in the forms of extroversion and introversion.

What are extroversion and introversion?



They are ways to classify how people interact with others and the world around them, either from being an *extrovert* or an *introvert*.

But what are the differences between extrovert and introvert really?

It's nothing more than a matter of preference. Being introvert doesn't make you naturally shy, and being extrovert doesn't naturally make you a gifted motor-mouth.

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In Jungian theory, extroversion and introversion is your preferred relationship with your psychic energy to how you recharge your energy.

If you get recharged and stimulated from external relation with other people and alone time exhaust you, you're an extrovert...while on the *opposite spectrum*, if you recharge your energy from reflection and alone time and being around other people exhaust you, you're an introvert.

Now the real **BIGGEST** question is...is your preferred relationship with your psychic energy based on heredity or upbringing, and *how does it shape our identity?*

In other words...how do people arrive at certain identity trait of extrovert and introvert that affects our natural tendencies and behaviors? Are we born **extrovert/introvert** or become it through social conditioning by our immediate environment?

*The answer is...**BOTH!*** We arrived at our extroverted and introverted identities hereditably and conditionally.

The Heredity Factor



There have been extensive studies on our characterization of extrovert and introvert of heredity as a cause.

According to J.P. Guilford of University of Nebraska in Introversion-Extroversion, there was a study done that showed males are born with *higher heredity traits* than females, while females are born more equally (Guilford 355).

Basically, males are more likely born the way they are, while females molded by the environment. This might explain why guys tend to be more rigid and objective...while women tend to be more flexible and emotionally fluctuating because women are not as solidly defined by their innate born identity as guys are.

According to Kagan-Moss and Schaefer-Bayley, there were consistency in social behavior for infants until teen years, which may be attributed to heredity. When a boy shows signs of social anxiety or friendliness during his first year of life, it was predicted he would show the same signs in his teens (*Scarr 829*).

There also has been a research done with grade school students to see which types, extrovert or introvert, perform better academically, and it was shown that extroverts do better than introverts...which was puzzling because when we think of successful academic scholars, we tend to think of them being reserved introverts focused on intellectual pursuit.

Now once again, these were only grade school kids, not yet affected and shaped by their environment. These kids have not learned effective study skills, so what they showed in their performance, were naturally innate intelligence.

This might show that extroverts are naturally more intelligent, but introverts, due to the introverts reserved tendencies, will develop effective study skills over time that will surpass the extroverts in intelligence at a later point in life...and the extroverts will constantly get distracted from their academics, most predominantly shown in high school when the common beliefs of introverts being intellectual as the geeks start to show.

This showing of natural innate intelligence being more in extroverts, without the need of learning effective study skills, supports that some are born more extroverted than introverted...as heredity measured by innate intelligence.

Also here is a quote from Genetic Influence on Family Systems: Implications for Development by David Reiss that supports heredity as a factor based on social competence for extrovert: *"The data from the NEAD study suggest that self-perceived social competence is heritable (McGuire et al., in*

press)." (Reiss 551)



So perhaps extroverts are naturally more intelligent than introverts, which certainly appears to be the case when they're salesman...but introverts are more focused on intellectual pursuit making them appear to be more intelligent than extroverts, which now appears to be the case when they win Nobel prizes.

Yet according to J.P Guillard's *Introversion-Extroversion*, who's more intelligent is irrelevant; introvert are generally more intelligent and extrovert more socially adaptable (Guillard 342).

Being born either an extrovert or introvert shapes your identity more as a kid initially.

If you were naturally more extroverted as a kid...that made you got higher grades in grade school, like these school kids in the research who were extroverts and did better than the introverts because grade school's

academic excellence is based all on fun and game and musical sing-along, areas where the extroverts excel at...nothing really intellectual stimulating.

Extrovert and Introvert Stimuli Threshold



Being born naturally more extroverted makes us more outgoing; that's how the extroverts exceeded more than introverts in grade school, while being more introverted makes our behaviors to prefer alone time and enjoy solitary activities.

We are more easily stimulated if we're more introverted than extroverted.

Extroverts need more stimuli, which would explain why they would go out of their way to cause trouble and mischief to get them in high school, when the tables are turned from the extroverts being more successful academically from grade school to the other way around...while introverts are perfectly content and don't feel the need for attention; however,

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extroverts have a *higher threshold* to reach before they get stimulated, while introverts have a *lower one*.

Since introverts get easily stimulated than extroverts, the extrovert are constantly active more so than introverts, trying to get the stimulus that is easily achieved by the introverts due to introverts having a lower threshold.

Being extroverted makes you restless. Noise it seems, distracts introverts while for extroverts stimulates them.

If you prefer to study in quiet, you're more of an introvert; while if you prefer studying with music, you're more of an extrovert.

Regardless though, we eventually shape who we want to be...

This is the **first-part** of "Predicting Identity: Extroversion and Introversion." Be sure to look out for Part-2.

Hope you have enjoyed this. Remember please feel free to pass this along to anybody you like.

Gabriel

<http://www.socialnatural.com>

P.S. If you ever have any question, send them to me at askgabriel@socialnatural.com. I'll be sure to read them.

Sources:

Guilford, J.P. Introversion-Extroversion. Psychological Bulletin, Vol 31(5), May 1934.

Scarr, Sandra. Social Introversion-Extraversion as a Heritable Response. Blackwell, Child Development, Vol. 40, No. 3 (Sep., 1969).

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