

...The University of Toronto conducted a study on the advantages extroverts have in the workplace which concluded that “extroverts — particularly male extroverts — tend to advance in their careers much faster, not because they possess some unattainable genius, but because they are more amicable and social” (Smith, 2022). “Networking” events are organized with the sole purpose of talking to complete strangers. It’s an introvert’s nightmare and an extrovert’s picnic. Merit and skill aren’t always rewarded over having sheer gall. These events are catered to an extrovert’s comfort level, providing them even more of an advantage in the competition. Introverts struggle immensely with making superficial connections on a whim. It is exhausting and yet seemingly unavoidable. The more you talk—even if it is nonsense—the more people know you, which gives you more opportunities to succeed. For that reason, introverts are not always given an equal chance to succeed in upper management positions. These situations imposed by society have always been more accepting and accommodating for outgoing people. It is rare to see an environment that embraces introverted behavior in a way that also helps them succeed.

On that note, preventing social interaction altogether is certainly not the solution. Socializing leads to the conversations that allow humans to form all types of relationships. Every human being needs some level of social interaction to be healthy. A team of researchers that published a study under *Nature Neuroscience* found that “Studies have implicated chronic loneliness in structural changes to the midbrain that correspond with a decreased dopamine response” (Chari, 2022). Zero to no human interaction can result in low dopamine levels which can lead to feelings of depression or isolation. Despite this known fact, a common misconception about introverts is that they are “anti-social” or do not want to socialize at all. This is untrue, considering every human needs to socialize, but introverts are different in the way they socialize and who they interact with. A study conducted by a group of researchers gathered different

people and evaluated their brain's P300 activity, which reveals how a person reacts when their environment suddenly changes. A spike in activity can reveal a higher level of interest or focus.

Introverts reacted more to objects rather than faces, and conversely, extroverts reacted to faces more. The interpretation of these results may reveal that "Extroverts place more significance on people than introverts do." (Fishman, et al., 2011) Introverts do not dislike people more than the average extrovert, but they don't find people as engaging or as vital to their surroundings.

According to the results of the study, extroverts see some type of reward in socializing, whether it be intentional or not. Introverts do not find that same value, which results in a more selective type of socializing (Fishman, et al., 2011). They choose to interact with lesser quantities of people because they are more particular in who they socialize with. The results of this study provide a reasoning behind why people with introverted personalities have a low social battery...