



NATIONAL UNIVERSITY OF COMPUTER AND EMERGING SCIENCES  
(KARACHI CAMPUS)  
FAST School of Computing  
**Spring 2024**

## **Psychology Assignment**

**16PF Personality Traits Test**

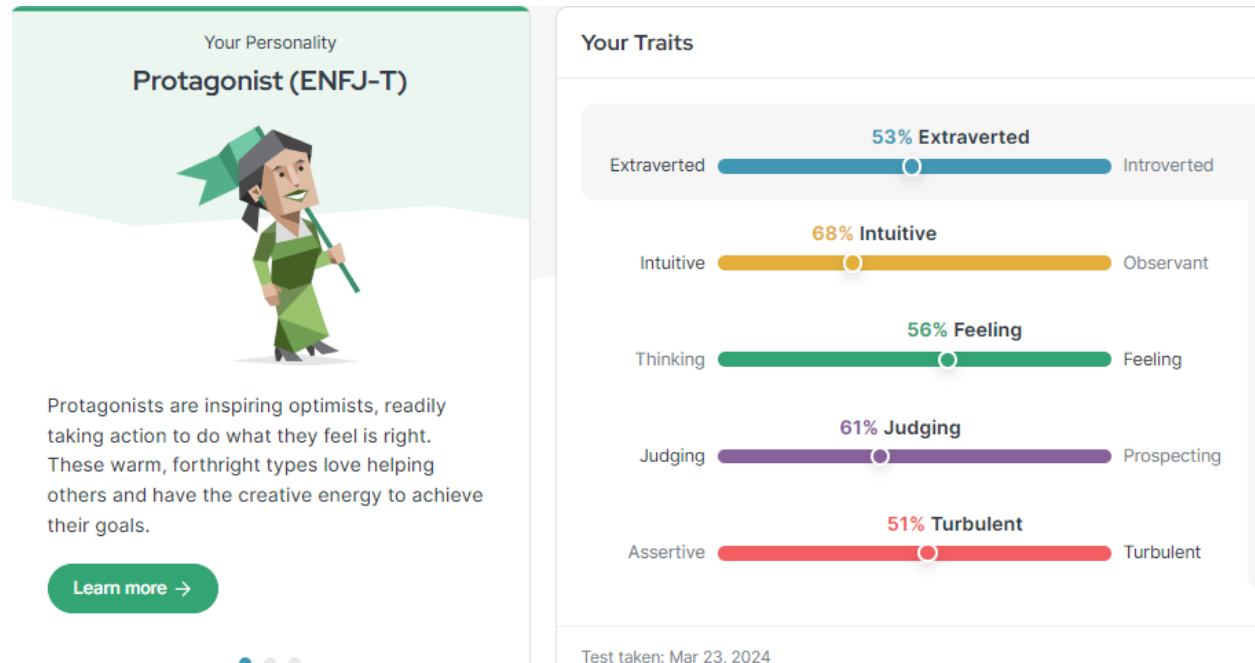
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**Submitted to: Miss Rabia Ijaz**

**Date of Submission: 21 April Sun**

## 1. My Personality Type: **ENFJ-T**

2.



3. Based on my personality test results, I've found that I lean more towards **extraversion**, meaning that I thrive in social interactions and enjoy engaging in group activities. My leaning towards sociability often energizes me and builds connections with others.

Furthermore, my **intuitive** nature highlights a thirst for innovative ideas and find out deeper meanings. I have an imaginative mind that constantly focuses on different views and possibilities.

Additionally, my strong **feeling** trait values emotional expression and sensitivity. I prioritize empathy, harmony, and cooperation in my interactions, I hope to create a secure environment where the people around me feel comfortable sharing their feelings. I cherish deep meaningful relationships.

In terms of **judging**, I prefer to follow a more organized lifestyle, I like to plan out my day and the activities I've to do, and I feel a sense of accomplishment if I've completed them. I also value planning over spontaneity, this helps me to lead effectively and hit my deadlines on time.

Lastly, my **turbulent** trait highlights that I'm self-conscious, I easily get stressed and experience fluctuations in my mood, and I struggle with perfectionism and self-doubt, but this also makes me to be more success driven and eager to improve and grow in my life.

4. I do agree with being more extraverted, as I do enjoy social interactions. I prefer being surrounded by people rather than spending time alone. Similarly, I agree with being intuitive, as I've always been drawn to newer ideas and understanding different perspectives. This is where my creative self emerges from. Regarding the feeling trait, I do agree that I value emotions much more and strive for deep experiences. However, I partially disagree with the judging trait of mine. While I do prefer a more scheduled life, I'm open to spontaneous plans and find them to be a lot of fun. I assume this flexibility stems from my intuitive trait. Lastly, with the turbulent trait, I agree that I experience a wide range of emotions throughout my day.

5. Overall, I would say I was pleasantly surprised by my results as I did not expect them to be as accurate as they turned out to be. It wasn't surprising to find myself as an extrovert, as I've always recognized my enjoyment in group settings, so this was no surprise, though I assumed the percentage would be higher. Similarly, my intuitive nature wasn't unexpected; this aspect of my personality has always felt like a core part of who I am, so it was validating to see it reflected in my results. Regarding my feeling trait, I knew that I valued emotional expression, but the extent of it was surprising to me. It made me reflect internally on why I place such importance on my connection with other people and helped me understand myself a little bit better. It was surprising to find a higher percentage for my judging trait; as much as I value a scheduled day, I also enjoy flexibility and sudden plans. Lastly, the turbulent trait revealed some insights that I hadn't acknowledged before. I've always experienced fluctuations in my mood and occasional self-doubt, but seeing it categorized as a separate trait helped me realize its impact on my life.

6. Some of my traits have remained relatively stable, such as my extravertedness, which has been constant since childhood. However, I've become more comfortable engaging with others and expressing myself over time. My intuitiveness has also been present throughout my life, but its expression has improved as I've gained new experiences. When I was young, I may have relied more on imagination and creativity, but as I've grown older, I've learned to use my intuition to make better decisions. Regarding my feeling trait, I've noticed that I've become more emotional as I've matured, experiencing emotions more deeply. As for the judging trait, I was much more carefree when I was a child, but as I've grown older, I do enjoy predictability in my life. Having a schedule to follow, especially in university life, has become very important for me to stay organized and focused. Lastly, my turbulent trait has led me to experience occasional self-doubt, but I'm currently trying to develop strategies to navigate my emotions more effectively now.