



Personality Profile

A Self Analysis

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UXG1701 Assignment 2

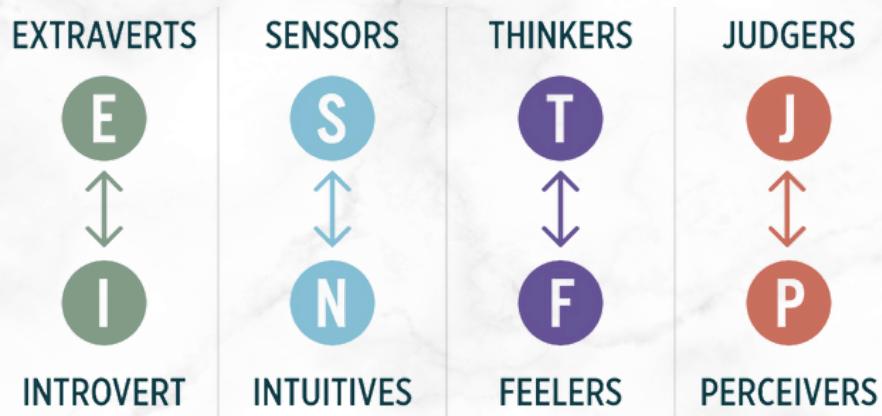
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MBTI Types



The Myers-Briggs Type Indicator (MBTI) is a personality assessment test based on Carl Jung's theory of psychological types. It generally categorizes people into 16 distinct personality types based on four different splits.



The significance of MBTI is in its ability to help people understand their own preferences and behaviours as well as others. These are mainly used in school and work settings to achieve better communication between group members or in the hiring process, to examine whether people are suitable to join the company. In recognizing different personality types, it is easier to see different perspectives and find strategies for collaboration and also to resolve conflicts. Overall, MBTI is a tool which can be used for self-reflection and interpersonal understanding.

Personal Results

My MBTI type is ISFP, which is a personality type with the Introverted, Observant, Feeling and Prospecting traits. This personality type tends to have open minds, love approaching life and having new experiences. Furthermore, people who identify with this type of personality have an ability to stay in the moment to help them new and exciting potential. ISFPs are generally artists, in which life is usually a canvas for self-expression.



Introversion



Extraversion

Intuition



Sensing

Thinking



Feeling

Judging



Perceiving

ISFP Core Values



Authenticity



Empathy



Creativity



Freedom

The core values of ISFPs are Authenticity, Creativity, Empathy and Freedom. For authenticity, ISFPs would value being as true to themselves and to their feelings as much as possible. An example of this is that ISFPs would usually choose to pursue their dreams over something that may be logical or practical, such as pursuing a career in the arts as although it is not the conventional route for people, it is what they are passionate in and would pursue it. Similarly, regarding the value of creativity, ISFPs usually engage in activities that are related to creating art such as painting, photography or music. They would use these activities as an outlet to convey their emotions and perspectives to others. For empathy, they would often prioritize understanding and caring for others around them. An example of this is that ISFPs are more likely to volunteer for causes that they believe in to help those who are in need and also foster connections through kindness. Finally, for freedom, ISFPs would put independence and the ability to make their own choices as a top priority. They tend to avoid packed or standardized schedules and lifestyles. They prefer for a more flexible routine which would allow them to have a more open experience leading them to explore new feelings and memories and also allows them to pursue their interests more easily.

ISFP Core Values

Personally, the first value, "Authenticity", is quite relevant in influencing my decisions and interactions. As a Filipino, my mother has always reinforced in me to go into the medical field or the engineering sector to follow in the footsteps of my uncles and aunts who are in these sectors.

However, I went into the field of creatives, particularly in animation in polytechnic and now, in game development. Based on my personality, it makes sense as I chose a career in the arts due to my passion in them even when the conventional route was set for me even before I was born.



Receiving my Diploma in Animation



Authenticity



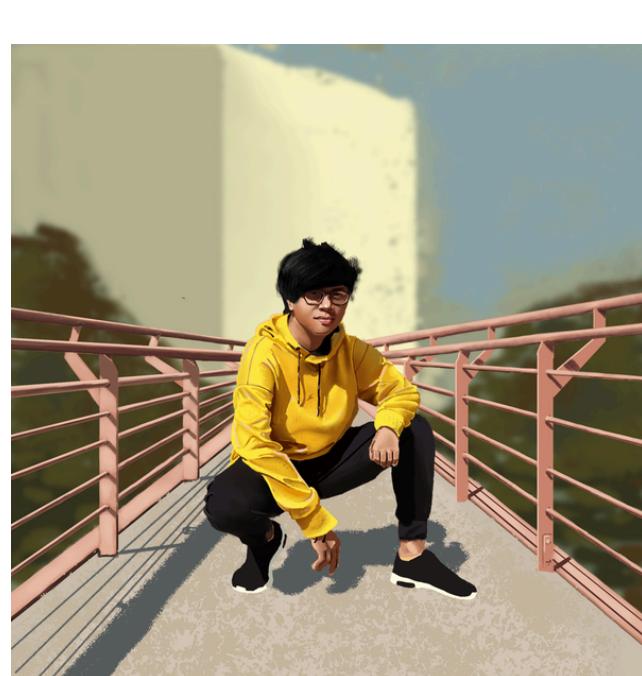
Immersing in my roots

ISFP Core Values

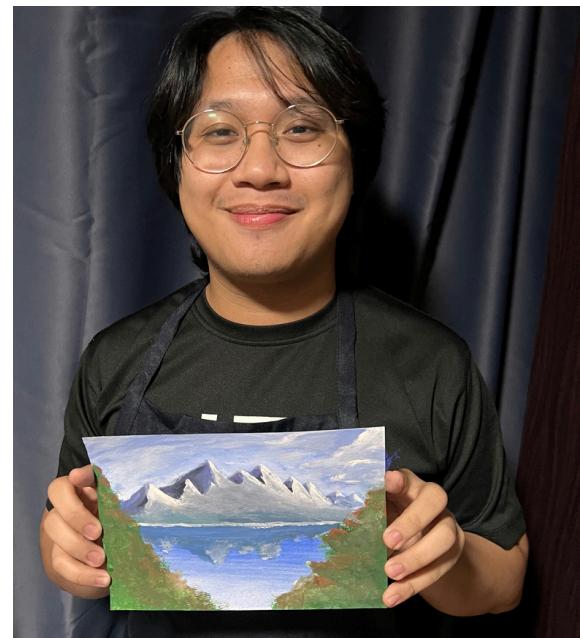


Creativity

For the second value, “Creativity”, again it is quite relevant in influencing my decisions and interactions. Growing up, I usually chose to go into areas in which I got to flex my creativity and tell my story through art and my drawings.



Self Portrait - 2019



Painting Piece - 2024

ISFP Core Values

Similarly, for the third value of “Empathy”, I feel that it is quite relevant to me. As a person, I generally try to be empathetic to my peers and those around me. I always try to put myself in their shoes and try to see things from other people’s perspectives.



Empathy

This helped a lot when I was appointed to be Senior Patrol Leader of SJI Pelandok Scouts. This led me to be a student leader, more specifically in the role of a servant leader. Being a leader in SJI and as a scout really enabled me to empathise with those who were under me, allowing me to lead them well as I could see things from their perspectives and plan events according to their needs and wants.



Leading a group of Scouts



Taking one for the team

ISFP Core Values



Freedom

Finally, for the value of “Freedom”, again it applies to me as I have been described by those around me to be a very carefree and a live-in-the-moment type of person. I agree with them as I don’t really plan things well and I always prefer to have a very open calendar in which plans are not always set in stone.

A majority of times in school, when doing projects or events, I take things as it goes and don’t really have set plans. I usually do things when I want to and always try to have a very flexible schedule. This allows me to have less stress in my life and have more time to do things that I enjoy. However, this sometimes backfires on me as having such a schedule also leads me to procrastinate more and leads me to miss deadlines and such.



Being able to explore my province

Introversion / Extraversion

Introversion

Extraversion

7 - 3

Generally, it is believed that introverts are more shy, while extroverts are very outgoing. However, it is more so that introverts focus more on their inner world of thoughts and reflections while extroverts focus more on the outer world of people and activities. Furthermore, introverts feel drained in large social gatherings and would often think before they speak, while extroverts are energized in such gatherings and would often think out loud.



Based on the provided MBTI Test, I scored a 7 on the introversion scale compared to a 3 on the extraversion scale. This means that I lean more towards being an introvert. Therefore, based on the MBTI test, I agree that I usually thrive in smaller group settings with people whom I am comfortable with. Furthermore, rather than having a wide social circle, I would often forge a few close, intimate relationships. Also, I generally have a low need for stimulation. This leads me to avoid going to social events that have loud-sounding music or noise. I also try to avoid being the centre of attention in events or group settings. For example, when I was in Scouts, I took a more back-end role instead of being the figurehead of the unit.

Intuition / Sensing

Intuition

Sensing

9 - 11

Generally, people who identify more in the intuition side prefers to think in abstract concepts and patterns. They also tend to think more in the big picture and also enjoy brainstorming new ideas. However, those on the sensing side prefer to think in concrete information, details and more practical applications. They also tend to focus on the present and what is tangible and attainable for them. This dichotomy generally represents how people take in information and internalise it.



Based on the provided MBTI Test, I scored a 9 on the intuition scale compared to an 11 on the sensing scale. This means that I lean more towards the sensing side. However, in previous tests, I have gotten results in which I lean more towards the intuition side. This can be seen in the way that my scores are very close to each other, being two points away from flipping to the other. This can be explained by my personality in that in certain applications, I am more in the sensing side and in others, more on the intuition side. For example, when I take in information about hard skills such as coding or mathematics I prefer seeing it on the sensing side, however, when I study things like psychology, politics or even philosophy, I see things on the intuition side.

Thinking / Feeling

Thinking



Feeling

7 - 13

Generally, people who identify with the thinking side make decisions based on logic and having an objective criteria. They also prefer to value fairness and the truth and would prioritize tasks over their feelings. However, those who identify with the feeling side make decisions based on their own personal values and how these decisions would affect those around them. They also value harmony and empathy and would prioritize relationships over their tasks. This dichotomy generally dictates the decision-making style a person has.



Based on the provided MBTI Test, I scored a 7 on the thinking scale compared to a 13 on the feeling scale. This means that I lean more towards the feeling side. Thus, I agree that I am more on the feeling side as in life, I always try to empathise with people when I make decisions that would affect others. This is very evident in my leadership style whenever I am appointed as a leader in various settings. For example, when I was in Scouts or even during my Final Year Project in Polytechnic, my scouts or my groupmates would come up short on deliverables. I would always try to see things from their perspectives so as to find a different way that they would be able to contribute.

Judging / Perceiving

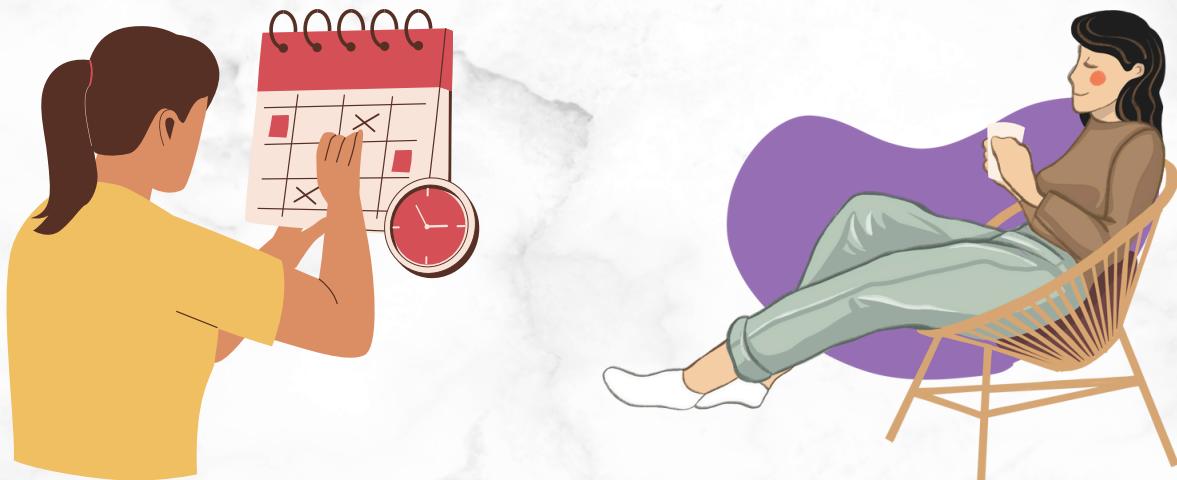
Judging



Perceiving

7 - 13

Generally, this dichotomy dictates how a person plans their schedule. Those that are more in the judging side prefers to have a planned out structure and overall an organized schedule. They also tend to have things settled and also enjoy clear guidelines. In contrast, those in the perceiving side prefers to have flexibility and spontaneity in their planning. Furthermore, they tend to have options open to change and are generally adaptable.



Based on the provided MBTI Test, I scored a 7 on the judging scale compared to a 13 on the perceiving scale. This means that I lean more towards the perceiving side. Therefore, based on the MBTI test, I agree that I prefer flexibility and am more spontaneous. Whenever I do my planning, it generally ends up being open-ended and rarely has a clear time for me to do my activities.

As a whole



Overall, based on the MBTI Test, it can be seen that a lot of my personality traits are very close to each other. Especially in my sensing and intuition. This can be seen in my previous attempts at this test in which I would get the results of either INFP or ISFP. This can be attributed to many things which I will touch on later. However, as an overall personality, I feel a bit of conflict within myself as due to my life choices and experiences, I am forced to be a lot different on the outside compared to how I am alone. This leads me to having a very different personality around people that are not close to me compared to when I am around my loved ones. Such changes in personality is very confusing for myself as sometimes I wonder which is the real me. Overall, this test is just a generalisation of people and such test can't fully explain the personality and behaviour of people as there maybe one part of the dichotomies that they may not subscribe to, more of which I will touch on later as well. But as a person who received this result of being an ISFP, I am satisfied with the way that I am grouped and it does explain some of my personality and how I approach events and challenges in my life.

Sources of Traits

My traits can be generally sourced from the following; Modelling, Trauma and Training.



I feel that my Perceiving trait can be attributed to Modelling. From a young age, I saw my parents and those around me generally not have a good sense of planning and would always leave things to the last minute. I feel that these influences in my life shaped the way I plan for events and also my overall schedule and outlook in life is from the way I see my family see things. I feel that it is also a very Filipino trait in that as a group of people, we are very happy-go-lucky and usually just ride along in the journey called life.

For my trait of Introversion, I feel that it came about due to the trauma that I received when I was young. Coming from a broken home with no one to share my feelings with, it was extremely difficult for me to open up to other people about how I felt. Even to this day, it is still difficult for me to open up to those around me even my loved ones. Being bullied as a kid also didn't help and it just reinforced this personality in me. However, as you can see from my results, it is much closer now due to my own personal efforts.



For my other traits of Sensing and Feeling, it is due to training. Specifically in school in which practical applications were rewarded with grades and my empathetic side being developed from my leadership roles in school.

Efficiency and Effectiveness

The MBTI Test is a good platform for people to explore their personality types in an efficient and readable fashion.

Efficiency wise, the MBTI Test is an excellent resource. The test can be completed in relative ease and also quite quickly. On average, the test could be done in around 20 - 30 minutes. This means that this test is very efficient when administered to large groups. Cost wise, this test could be quite expensive, however, there are many resources online in which people could access this test for free.



The effectiveness of the MBTI Test could be argued as when done, the users would gain a better understanding of themselves and would be able to have more self-awareness. Furthermore, it could lead to better collaborations in teams as groups would be able to tell the strengths and weaknesses of each member. Finally, it allows better career guidance as it could help guide people to choose careers that would suit them based on their personality.

However, there are limitations to the MBTI Test such as its scientific validity. The test lacks clear scientific support compared to other psychological assessments. Furthermore, it oversimplifies personality and behavior into binary categories that would not fully explain the personality of outliers. Another limitation is in its reliability, as previously touched on, users may get varying results after multiple attempts on the test which leads to a questionable reliability of the test.

Conclusion



In conclusion, this exercise gave insight into how my personality can be perceived and categorized. The analysis also gave me a good way to analyze how my personality has been shaped by my experiences and environment. Furthermore, this analysis has helped me understand how I could be more effective in the professional and educational world. Finally, I also understood the effectiveness of the MBTI Test and all its limitations, which allows me to not use the results as a gospel but as a guide which would help my overall understanding of myself.



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