
UNIT 3 HANS EYSENCK: A TRAIT-TYPE THEORY OF PERSONALITY

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3.0 INTRODUCTION

The type theories are slightly different from the trait theories. While type theories are discontinuous the trait theories are in a continuum. According to Eysenck the goal of psychology is to predict behaviour. In this Eysenck concurs with the view of Cattell who also believed that the goal of psychology is to predict behaviour. Eysenck's approach is more theoretically anchored than is Cattell's. He suggests that not more than three *supertraits* (which he calls *types*) are needed to account for most of human behaviour (Cattell accounts to at least 16 traits or factors of personality). Eysenck places far more importance on genetic factors in personality development than does Cattell, but he also does not completely ignore the environmental or situational influences on personality. The present unit delves deep into the Eysenck's theory of personality. It provides definition, description and the dynamics of the theory.

3.1 OBJECTIVES

After reading this unit, you will be able to:

- Define personality types;
- Differentiate between type and trait theories;
- Explain Eysenck's theory of personality; and
- List out the applications of this theory.

3.2 TYPE THEORY OF PERSONALITY

Personality type theory aims to classify people into distinct categories , that is this type or that. Personality types are synonymous with “personality styles”.

Types refer to categories that are distinct and discontinuous. For example, a person may be humorous or drab type. That is the person is either this type or that type. This is important to understand, because here it is either or of a type. There is a discontinuity between the types. The person is humourous or not. On the other hand in the trait theory the traits are cointinuous in that the trait concerned can be placed in a continuum and can coexist with other traits also. This distinction between type and trait theory is to be kept in mind.

One example of the difference between types and traits, could be considered in terms of the introversion factor. Introversion can be viewed in the personality trait approach as:

- That one can be anywhere on a continuum ranging from introversion to extraversion, with most people clustering in the middle, and fewer people towards the extremes.
- In the case of introversion as a type, the person can be either an introvert or an extravert.

Some of the well known and popular theories of personality type include the following:

- 1) The four humours based personality types
- 2) Sheldon's personality types
- 3) Ayurvedic body types
- 4) Jungian types based on temperament
- 5) Type A and Type B personalities
- 6) J.Block's three personality types.

The above types are being considered below in greater detail.

The Four Humors based personality types

The ancient Greeks between 2000 BC to 0 AD, classified four types of humors in people based on the excess of one of the bodily fluids. Some of the names associated with this view are that of Hippocrates, Galen etc. Each of the humors corresponded to the individual's character. These are presented in the table below:

Table: Types of Character as related to humor and fluids of the body

Character	Humour	Fluid	Corresponding trait in the Big 5
Irritable	Choleric	Yellow bile	Agreeableness
Depressed	Melancholic	Black bile	Neuroticism
Optimistic	Sanguine	Blood	Openness to experience
Calm	Phlegmatic	Phlegm	Neuroticism

From the above it is seen that persons with choleric humor and dominance of yellow bile will have an irritable personality. The person with black bile will be melancholic in humor and the personality associated with this is one depressed personality. Thus humors and bodily fluids made up the type of personality an individual has.

3.3 SHELDON'S SOMATOTYPE PERSONALITY

William Sheldon identified three main types of personality called as somatotype in which he called three types of personality viz., endomorph, ectomorph and mesomorph. Endomorph is also referred to as viscerotonic and refers to a relaxed character, sociable, tolerant, comfort loving, and peaceful. Such person's body build is plump and buxom. The mesomorph type of personality is generally an active type, assertive, vigorous and combative and their body is muscular. The ectomorph is a quiet type, fragile, restrained, non assertive, sensitive with a body that is lean, delicate and poor muscles. No one person is purely of a particular type. There is always a combination of the personality types. Hence Sheldon further classified a person's somatotype and giving a rating of 1 to 7 on each of the three body types. In this scale 1 indicated very low and 7 indicated very high and in between there were more or less of the types of personality identified.

To give examples, one could state that a stereotypical basket ball player will be ectomorph (7), endomorph (1) and mesomorph (1). On the other hand a wrestler like Mohammed Ali will be endomorph (1), mesomorph (7) and ectomorph (1). More specifically a common man walking on the street would be for instance a lanky individual will have ectomorph (5), endomorph (2) and mesomorph (3). An example of a person of average height who is moderately muscular will be endomorphic (4), mesomorphic (5) and ectomorphic (3). An example of a person with a heavy build, will be ectomorphic (3), mesomorphic (3) and endomorphic (5).

Sheldon measured the proportions of hundreds of juvenile delinquent boys and concluded that they were generally mesomorphs.

Body types have been criticised for very weak empirical methodology and are not generally used in psychology. The use of somatotyping is more often seen in alternative therapies and Eastern psychology and spirituality.

Self Assessment Questions

- 1) Discuss the Type theory of personality.

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- 2) What are the characteristic features of type theory of personality? How is it different from trait theory?

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- 3) Elucidate Sheldon's somatotype personality.

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- 4) Give examples of endomorphic, ectomorphic and mesomorphic type personality.

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3.4 AYURVEDIC BODY TYPES (DOSHAS)

In Ayurvedic medicine there are three main metabolic body types called as 'doshas' and these three doshas are 'Vata', 'Pita' and 'Kapha'. These are given in the table below:

Table: Ayurvedic doshas, character and shape.

Ayurvedic Doshas (Sheldon Somatype)	Character	Shape
Vata (Ectomorph)	Changeability, unpredictability, variability in size, shape, mood, and action. Moody, enthusiastic, imaginative, and impulsive. Quick to grasp ideas and good at initiating things but poor at finishing them. Energy fluctuates, with jagged peaks and valleys, Able, tolerant, comfort-loving, peaceful	Slender with prominent features, joints, and veins, with cool, dry skin. Eat and sleep erratically. Prone to anxiety, insomnia, premenstrual syndrome (in women), and constipation.

Ayurvedic Doshas (Sheldon Somatotype)	Character	Shape
Pita (Mesomorph)	Relatively predictable. quick, articulate, biting intelligence, and can be critical or passionate with short, explosive tempers. Efficient and moderate in daily habits, eats and sleeps regularly.	Medium build, strength, and endurance. Well proportion and easily maintains a stable weight. Often fair haired, red or blond, ruddy complexion. Tends to sweat heavily and are warm and often thirsty. Prone to acne, ulcers, hemorrhoids, and stomach ailments.
Kapha (Endomorph)	Relaxed. Slow to anger, slow to eat, slow to act. They sleep long and heavily. Tends to procrastinate and be obstinate.	Solid, heavy, and strong, with a tendency to be overweight, slow digestion and somewhat oily hair, and cool, damp, pale skin. Prone to high cholesterol, obesity, allergies, and sinus problems.

Table constructed from information at <http://www.newyorkbodyscan.com/ayurvedic-medicine.html>

3.5 JUNGIAN PERSONALITY TYPES (MYERS-BRIGGS AND THE FOUR TEMPERAMENTS)

Jungian psychological types are probably the most widely used and amongst the best-known in everyday life. Jung viewed the ultimate psychological task as the process of individuation, based on the strengths and limitations of the psychological type.

Myers-Briggs developed the Myers-Briggs Type Indicator, a commercially available questionnaire, which is widely used in business, training, etc. This provides information and exercises for better understanding of one's own personality type and that of others with whom the individual interacts and works.

Underlying all these typologies are four personality functions:

Extroversion (E) — Introversion (I)

Do you recharge your energy via external contact and activity (Extroversion) or spending time in your inner space (Introversion)?

Intuition (N) — Sensing (S)

Do you rely on your inner voice (Intuition) or observation (Sensing)?

Thinking (T) — Feeling (F)

When making decisions, what do you rely most on? Your thoughts or your feelings?

Judgement (J) — Perception (P)

Do you tend to set schedules and organise your life (Judgement), or do you tend to leave the options open and see what happens (Perception)?

Using the letters above, it is possible to have a unique 4 letter code to indicate each of the 16 Jungian personality types, e.g., I am an INTJ. (Introvertive, Intuitive, Thinking and Judging type of personality.)

Keirsey has renamed and reconceptualised the Jungian types, but they relate very closely to the Jungian types. Keirsey refers to “temperaments” rather than personality.

3.6 TYPE A AND TYPE B PERSONALITIES

Meyer Friedman, gave this term. He was a cardiologist and his patients were made to wait in a sitting room where he had put some sofas. He found that interestingly the patients who were very tense and impatient sat at the edge of the sofas and these areas had become worn out. He hypothesised that his patients were driven, impatient people, who sat on the edge of their seats when waiting. He labelled these people “Type A” personalities. Type A personalities are workaholics, always busy, driven, somewhat impatient, and so on. Type B personalities, on the other hand are laid back and easy going. This term is used quite often in both scientific research and in common parlance.

Self Assessment Questions

- 1) What are the different Ayurvedic type personality?

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- 2) How will you compare this with Sheldon’s somatotype?

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- 3) What are Jungian personality types?

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- 4) Explain Myer Briggs 16 personality types.

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3.7 BLOCK'S PERSONALITY TYPES

J. Block (1971) identified 3 personality types based on his work with adolescent boys. The three types were, for instance

- i) Well-adjusted or Resilient person: adaptable, flexible, resourceful, interpersonally successful.
- ii) Overcontrolling: this is a maladjusted type, uptight, and difficult to deal with person.
- iii) Undercontrolled: another maladjusted type, impulsive, risky, delinquent or even criminal behaviour; unsafe sex etc.

While type theories of personality remained popular for a period of time, these theories were criticized as being too simple and that which did not take into consideration the multidimensional aspects and the continuous nature of the personality traits. Despite criticisms against type theories of personality, there are yet certain strengths in these types of personality theories even though considerable weaknesses have been identified.

3.7.1 Strengths and Limitations of Personality Types

Type theory in general has been criticised as over simplistic because it overlooks the multi dimensional and continuous nature of personality traits.

Individual differences may be qualitative but not quantitative. In other words, there may be a difference in the qualities of personality traits that people possess rather than how much of a trait that one possesses. So measurement of these aspects in quantitative terms is rather difficult.

A key strength of the personality type approach, is its simple applicability and person centered relevance. For example one may be able to complete personality type profiles for helping improve how people get along in relationships and at work.

Self Assessment Questions

- 1) What are Type A and Type B personality types?

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- 2) What were the three personality types put forward by J.Block?

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3.8 EYSENCK'S TRAIT-TYPE THEORY

Eysenck, Hans Jurgen 1916-97, was a British psychologist. He was known for his theory of human personality. He suggested that personality is biologically determined and is arranged in a hierarchy consisting of types, traits, habitual responses, and specific responses. Eysenck did not believe in Freudian psychoanalysis as he considered it rather unscientific.

1.8.1 Hierarchical Taxonomy

According to Eysenck Personality can be studied from either temperamental or cognitive aspects, or both. He focussed on the temperament aspect of personality in his PEN model. For better understanding of the PEN model, therefore, the study should begin with its description or taxonomy of personality or temperament.

As Eysenck (1991) states, “In any science, taxonomy precedes causal analysis” (p. 774). In the course of taxonomy (classification), any organisms can be organised into groups based on characters and their relationships. Eysenck describes in plain terms how taxonomy in the study of personality can be achieved using the correlational technique called factor analysis:

In the case of personality study the organisms concerned are human beings, the characters are traits, measured by experiment, by rating, by self-rating, or in some other way. Traits can be correlated over subjects, or subjects over traits, giving us groups of people showing similarity over traits, or groups of traits, cohering as factors over people. We can then look at the traits (or people) having the highest factor loadings in order to better identify the trait clusters. (Eysenck, 1991, p. 775)

Individual differences in personality or temperament are analysed in terms of traits, which can be defined as theoretical constructs based on “covariation of a number of behavioural acts” (Eysenck & Eysenck, 1985, p. 12). However, Eysenck (1991) further supposes that traits themselves intercorrelate and make up higher-order factors or superfactors, which Eysenck calls “types.”

As a result, the PEN (Psychoticism Extraversion and Neuroticism) model proposes a hierarchical classification of personality containing four levels.

At the very bottom level of the hierarchy are behaviours such as talking with a friend on a single occasion.

At the second level are habits such as talking with friends on multiple occasions, which are comprised of recurring behaviours.

The third level of the hierarchy is that of traits or factors such as sociability, which are comprised of intercorrelated sets of habits.

At the top of the hierarchy are superfactors or dimensions of personality such as extraversion, which are intercorrelated sets of traits or factors.

Eysenck suggests three such superfactors: extraversion (E), neuroticism (N), and psychotism (P). These three superfactors or dimensions of personality are orthogonal to each other, which means that they do not correlate with each other (Eysenck & Eysenck, 1985).

The PEN model is based on the principle of “aggregation,” in which measures will have higher reliability if they are comprised of many items (Eysenck, 1990). That is, each superfactor in the PEN model is comprised of many different factors, habits, and behaviours, and thus reliability of measurement is increased.

The superfactors of extraversion, neuroticism, and psychoticism at the top level of the hierarchy are stable, whereas behaviours such as talking with a friend on a single occasion at the bottom of the hierarchy are changeable across time and situation. In this respect, the distinction between levels is very important for the analysis of personality in the PEN model.

3.8.2 Three Dimensions of Personality

Eysenck strongly advocates that there are only three major dimensions or superfactors in the description of personality: extraversion-introversion; emotional stability versus instability, or neuroticism; and psychoticism versus impulse control (Eysenck & Eysenck, 1985).

In the PEN model, these dimensions or superfactors are based on “constitutional, genetic, or inborn factors, which are to be discovered in the physiological, neurological, and biochemical structure of the individual” (Eysenck & Eysenck, 1985, pp. 42-43).

Each person does not necessarily have either 100 percent or zero percent of extraversion, neuroticism, or psychoticism. An individual may show some degree of these superfactors on the continuum. A person may have high extraversion, moderate neuroticism, and low psychoticism. Eysenck suggests after studying psychosis:

- 1) Psychotic symptoms and illnesses do not form completely separate diagnostic entities.
- 2) Psychosis is not a separate diagnostic entity which is categorically separated from normality
- 3) This continuum is co-linear with the concept of psychoticism, embodied in the P scale of the EPQ.

On this continuum, a person with high extraversion is sociable, popular, optimistic, and rather unreliable, whereas a person with low extraversion is quiet, introspective, reserved, and reliable. A person with high neuroticism is anxious, worried, moody, and unstable, whereas a person with low neuroticism is calm, even-tempered, carefree, and emotionally stable. A person with high psychoticism is troublesome, uncooperative, hostile, and socially withdrawn, whereas a person with low psychoticism is altruistic, socialised, empathic, and conventional (Eysenck & Eysenck, 1985).

3.8.3 Causal Aspects

Based on a three-dimensional description of personality, the PEN model further attempts to provide causal explanation of personality. The PEN model looks for psychophysiological, hormonal, and other biological mechanisms responsible for the personality dimensions, so that the theory can be tested by scientific experiments. Eysenck and Eysenck (1985) clearly contend that “no theory would be considered valid that did not make testable and verified predictions” (p. 187). Consequently, Eysenck (1990) proposes the arousal theory, by modifying his inhibition theory to explain the causal roots of the three dimensions of personality.

Self Assessment Questions

Hans Eysenck: A Trait-Type Theory of Personality

- 1) Elucidate the Trait Type theory of personality by Eysenck.

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- 2) What is meant by Hierarchical Taxonomy? How is personality types conceived of by Eysenck in terms of the taxonomy?

- 3) What are the three dimensions of personality?

- 4) Define and describe the causal aspects of personality according to Eysenck.

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3.9 NEUROPHYSIOLOGICAL BASIS OF TRAITS AND TYPES

According to Aleksandrov and Shchukina (1992), the neurophysiological indices of neurotic patients with different types of individual character and their dynamics are important factors of personality. They took 107 patients with different patterns of neuroses, who underwent group psychotherapy (a personality-oriented (reconstructive) variety).

Analysis of the dynamics of the neurophysiological characteristics, made during group psychotherapy, supported the clinical data on varying curability of neurotic

patients with different types of character accentuations. For instance, Patients with the hysteroid type character accentuation appeared more resistant to psychotherapy.

Eysenck also made an attempt to specify a neurophysiological basis for each of his three personality super traits or types. According to him, the super trait Introversion-extraversion is closely related to levels of *cortical arousal* as indicated by electroencephalographic recordings.

Eysenck(1982) used the term arousal to denote a continuum of excitation, ranging from a lower extreme (e.g., sleep) to an upper extreme (e.g., state of panic). He was of the view that introverts are over aroused and thus are highly sensitive to incoming stimulation. For this reason, they avoided situations that are apt to overwhelm them.

Extraverts are under aroused and thus are highly insensitive to incoming stimulation and thus they constantly seek out situations that are apt to excite them.

Eysenck hypothesized that individual differences in stability vs neuroticism reflected the degree to which the autonomic nervous system reacts to stimuli. He linked this dimension with the limbic system, the brain's visceral or feeling system, which influences motivation and emotional behaviour.

He pointed out that persons high on neuroticism tend to react more quickly to painful, novel, disturbing, or other stimuli than do more stable persons. Such persons also exhibit a more persistent reaction (even after the stimulus has disappeared) than do highly stable persons.

Eysenck's neurophysiological interpretation of the dimensions of personality is closely related to his theory of psychopathology. He was of the view that the symptoms or disorders that befall a person are related to the combined impact of personality traits and nervous system functioning. For instance, the person who is high on the dimensions of introversion and neuroticism is more prone to develop anxiety disorders such as phobias, obsessions, and, compulsions. On the other hand, the person who is high on the extraversion and neuroticism dimensions is at a risk for psychopathic (antisocial) disorders.

Eysenck stated that psychological disorders do not automatically occur as a result of genetic predisposition. These genetic predispositions when interact with the environment or a certain situation produce psychological disorders.

3.9.1 Extraversion and Cortical Arousal

According to the arousal theory, Eysenck (1990) provides a biological explanation of extraversion in terms of cortical arousal via the ascending reticular activating system (ARAS).

Activity in the ARAS stimulates the cerebral cortex, which, in turn, leads to higher cortical arousal.

Cortical arousal can be measured by skin conductance, brain waves, or sweating (Eysenck, 1990).

Because of the different levels of ARAS activity, “introverts are characterised by higher levels of activity than extraverts and so are *chronically more cortically aroused* than extraverts” (Eysenck & Eysenck, 1985, p. 197, emphasis added).

Based on the Yerkes-Dodson law, which suggests that arousal and performance have an inverted-U relationship, the arousal theory of the PEN model assumes that “some intermediate level of arousal is optimal for performance” (Eysenck & Eysenck, 1985, p. 199).

3.9.2 Neuroticism and Visceral Brain Activation

Eysenck (1990) also explains neuroticism in terms of activation thresholds in the sympathetic nervous system or visceral brain. The visceral brain is also referred to as the limbic system, which consists of the hippocampus, amygdala, septum, and hypothalamus, and regulates such emotional states as sex, fear, and aggression. It is responsible for the fight-or-flight response in the face of danger. Heart rate, blood pressure, skin conductance, sweating, breathing rate, and muscular tension in the forehead can measure activation levels of the visceral brain.

Neurotic individuals have greater activation levels and lower thresholds within the visceral brain. They are easily upset in the face of very minor stresses. However, emotionally stable people are calm under such stresses because they have lesser activation levels and higher thresholds (Eysenck, 1990).

3.9.3 Psychoticism and Gonadal Hormones

Eysenck (1990) also provides a biological explanation of psychoticism in terms of gonadal hormones such as testosterone and enzymes such as monoamine oxidase (MAO).

Eysenck (1992a) reports that “low platelet monoamine oxydase (MAO) has been found in psychotic patients, and also in their relatives and inpatients who have recovered, suggesting that low MAO activity may be a marker for ‘vulnerability’” (p. 774).

All things considered, the PEN model has contributed to the study of personality in three distinctive ways.

- 1) It combines both descriptive and causal aspects of personality in one theory (Eysenck, 1997; Stelmack, 1997). This characteristic clearly distinguishes the PEN model from most other trait theories such as the five-factor model (Costa & McCrae, 1992a, 1992b; Eysenck, 1991, 1992b, 1992c).
- 2) It provides causal explanations in addition to the description of personality.
- 3) The PEN model is supported by more credible evidence than purely descriptive models.
- 4) The PEN model is comprehensive in description by proposing a hierarchy of four levels and by making a clear distinction among those levels.
- 5) Finally, the PEN model becomes most compelling because of its experimental approach to the study of personality, which makes the model more testable. Consequently, the PEN model is likely to generate more specific predictions about personality.

Thus the essence of Eysenck's Trait-Type theory is that

- 1) Elements of personality can be arranged hierarchically.
- 2) Certain supertraits or *types*, such as extraversion, exert a powerful influence over behaviour.
- 3) These supertraits comprised of several component traits, and these component traits either are more superficial reflections of the underlying type dimension, or are specific qualities that contribute to that dimension.

According to Eysenck, traits are composed of numerous *habitual responses*, which, in turn, are derived from a multitude of *specific responses*.

The trait of sociability correlates with such response dispositions as activity, liveliness, assertiveness etc. Taken together, these traits define a super trait or type Eysenck calls *extraversion*.

In considering Eysenck's hierarchical model of personality structure, it should be noted that the word “type” refers to dimensions of personality that he regards as normally distributed along a continuum. This is almost equivalent to traits. Thus, for example, the type concept of extraversion is a dimension with a low end and a high end along which people may fall at various points between the two extremes. It is not a dimension on which people can be classified as either low or high. Eysenck does not imply discontinuity when he uses the word “type”.

Self Assessment Questions

- 1) Describe the neurophysiological basis of trait and types.

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- 2) How does Eysenck explain extraversion in terms of neurophysiological explanation

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- 3) How is Neuroticism explained in terms neurophysiological mechanism?

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- 4) How does Eysenck connect psychoticism to Gomadal hormones. Explain?

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3.10 BASIC PERSONALITY TYPES

Eysenck used a variety of methods for gathering information about people in order to delineate their personality. These methods included self-reports, observer ratings, biographical information, assessments of physique and physiology, and objective physiological tests. These data are factor analysed to determine the structure of personality. Initially Eysenck found two basic type dimensions that he labeled as *introversion-extraversion* and *neuroticism-stability* (a factor sometimes called instability-stability).

Eysenck (1976) added a third type dimension of personality, which he called *psychoticism-superego strength*. People high on this super trait dimension tend to be egocentric, impulsive, sensitive to others, and opposed to social customs.

They are often seen as:

- i) troublesome,
- ii) not fitting in well with others, and
- iii) intentionally upsetting other people.

Eysenck suggested that psychoticism is a genetic predisposition toward becoming either psychotic or psychopathic. He regarded psychoticism as a personality continuum along which all people can be located. He also added that this trait is found more commonly in men than in women.

3.11 MEASUREMENT OF PERSONALITY

Eysenck constructed a number of self-report questionnaires to assess individual differences associated with his three super trait dimensions of personality. One of the more popular scale is the EPQ that is Eysenck Personality Questionnaire (EPQ) (Eysenck & Eysenck, 1975). EPQ includes a lie scale aimed at detecting a person's tendency to fake responses to look good. A junior EPQ has been constructed for use with children between the ages of 7 and 15 (Eysenck & Eysenck, 1973).

3.11.1 Differences Between Introverts and Extraverts

Eysenck argues that individual differences in behavioural functioning can be discovered through factor analysis and measured through the use of questionnaires and laboratory procedures.

A review of studies (Wilson, 1978) conclude that

- 1) Extraverts have a greater tolerance for pain than do introverts.

- 2) They engage in more talk and coffee breaks at work than do introverts.
- 3) Excitement enhances their performance whereas it interferes with the performance of introverts.
- 4) Introverts prefer theoretical and scientific vocations(e.g., engineering and chemistry, whereas extraverts tend to prefer people-oriented jobs(e.g., sales and social work).
- 5) Introverts report more frequent masturbation than do extraverts, but extraverts engage in sexual intercourse earlier in life, more often, and with more partners than do introverts.
- 6) Introverts attain higher grades in college than do extraverts.
- 7) Also students who withdraw from college for psychiatric reasons tend to be introverts, whereas those who withdraw for academic reasons tend to be extraverts.
- 8) Introverts show higher arousal levels in the mornings, whereas extraverts show higher arousal levels in the evening.
- 9) Introverts work better in the morning, and the extroverts work better in the afternoon.

One of the most striking differences between introverts and extraverts is in their sensitivity to stimulation. This difference can be easily demonstrated by the “lemon drop test”(Corcoran,1964).When four drops of lemon juice are placed on a person’s tongue, it turns out that introverts secrete almost twice the amount of saliva as do extraverts.

The basis of this finding is related to different patterns of physiological functioning in introverts and extraverts. Eysenck proposes that ascending reticular activating system in the brain stem is responsible for controlling the differences in response to stimulation between introverted and extraverted subjects.

3.12 LET US SUM UP

The trait-type theory of Eysenck is based on factor analysis. His hierarchical model of personality structure includes the dimensions of types, traits, habitual responses, and specific responses. Types represent supertrait dimensions along which people may be located at various points between two extremes. Eysenck suggests that personality types are dimensional and that most people do not fall into separate categories. Eysenck sees only two major types or traits as underlying personality structure: introversion-extraversion and stability-neuroticism. At a later stage he also added one more dimension that is psychotism and super ego strength. The differences in these two supertraits, as well as a third factor called psychotism-superego strength, are closely related to differences in neurophysiological functioning. Eysenck places far more emphasis on the genetic foundations of traits than does Cattell. However according to Eysenck the genetic predisposition when interacts with the environmental factors produce the requisite behaviours which may be normal or abnormal.

Eysenck has developed several questionnaires to assess the three major supertraits underlying his hierarchical model of personality.EPQ is the most important tool to assess the differences between introverts and extraverts.

3.13 UNIT END QUESTIONS

- 1) Discuss the Type theory of personality highlighting the characteristic features
- 2) How does type theory differ from trait theory of personality?
- 3) Discuss and compare the Sheldon somatotype personality with that of Ayurvedic body type.
- 4) Discuss Jungian Personality types and indicate how the EPQ was devised.
- 5) Elucidate Eysenck's trait type theory of personality.
- 6) Give neurophysiological explanations for neuroticism, extroversion and psychotism.
- 7) How do you measure personality according to Eysenck?
- 8) What are the basic personality types?
- 9) Differentiate between extroversion and introversion personality types.

3.14 GLOSSARY

Extraversion	:	One end of the introversion-extroversion type dimension of personality characterised by a tendency to be sociable , impulsive, and excitable.
Introversion	:	One end of the introversion-extroversion type dimension of personality characterised by a tendency to be reserved , controlled ,and introspective.
Neuroticism	:	One end of the neuroticism-stability type dimension of personality characterised by a tendency to be anxious, moody, and depressed.
Psychotism	:	One end of the neuroticism-stability type dimension of personality characterised by a tendency to be solitary and insensitive to others.
Stability	:	One end of the neuroticism-stability type dimension of personality characterised by a tendency to be calm, controlled and unemotional.
Superego strength	:	One end of the psychotism-superego strength type dimension characterised by a tendency to be empathetic, sensitive, and cooperative.
Supertrait	:	General and continuous trait dimensions,such as introversion-extroversion, that exert a powerful influence on behaviour.

3.15 SUGGESTED READINGS AND REFERENCES

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