

Extraversion

Psychology



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A Study about the Relationship between Extraversion and Health, and Extraversion and Creativity
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Extraversion is one of the most central dimensions when considering personality traits. It is a personality trait associated with behavior that is energetic, talkative and outgoing (Raab, 2009). A person that portrays the character trait is called an extrovert. The different character trait to extraversion is introversion. In introversion, the behavior of the individual is more solitary and, reserved as opposed to the extraversion. A person that exudes the character trait is called an introvert.

The relationship between health and personality traits is a subject that psychologists have tried to establish for a very long time. Many scholars associate health problems like depression with introverts. On the other hand, neuroticism is an illness that psychologists and other medical professionals associate with extraversion. In fact, 'Eysenck Personality Inventory' (Carpenter, 2012) or popularly known as the EPI, is a scale that many psychologists use to measure the extent that extraversion causes the neuroticism. According to Farmer (n. d.), many extroverts show symptoms of neuroticism. On the contrary, the medical professionals found that most introverts show symptoms of depression.

In addition, individuals that have the trait of extraversion have been found to be overly concerned with events that happen in their lives. As a result, they become subject to health problems because they get very worried when sad events occur. Nevertheless, because they are people that talk a lot and, are very outgoing, psychologists say that these issues do not stick in their minds
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(Haddock, 2014). They talk it over with people in their lives and through this; they are able to get over the issues that tend to worry them.

When it comes to extroverts and creativity, psychologists have found that most creative individuals are extroverts. Though some argue that in order for a person to be creative, he or she has to have both the personality traits of extraversion and introversion. However, studies prove the opposite.

Extroverts have the inborn desire that makes them want to get all the attention and, be on top of things (Ebby, n. d.). In contrast to introverts who prefer to remain oblivious, extroverts want to be noticed. For this reason, most journalists, writers, poets and, other people in the arts industry exhibit the trait of extraversion. Politicians are also creative individuals that are extroverts.

Consequently, it can be figured out that there exists a relationship between extraversion and health and, extraversion and creativity. As established, extroverts show symptoms of neuroticism (Southwick, 2011). There are studies that have linked depression to extroverts. Since extroverts talk a lot, they have issues that they hide. In the long run, as these issues are not shared, they cause depression to these individuals. In addition, because such individuals are known to be outgoing and talkative, nobody suspects that he or she has hidden problems or issues. In the long run, no help comes to them. Hence, this could cause health problems to them.

Additionally, it can be deduced that there is a relationship between extraversion and creativity. Extroverts are creative individuals. Most extroverts desire attention everywhere they are present. For people to recognize one's presence, he or she must stand out among the crowd. It calls for doing something unique that will attract attention in a positive way.

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Hence, most extroverts employ creativity to stand out in the crowd.

Extroverts also exchange many ideas with many people and through this; their creativity is enhanced (Baumeister & Vohs, 2007).

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