

Extraversion vs introversion - social attention versus reward sensitivity

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English Essay on Two Types of People & Their Lifestyle There are different types of people in this world. Some are dreamers while others are realists, some are optimistic, while some are pessimistic. On the other hand, we classify people on the basis of their behavior, how they perceive life as and how they react and behave in a certain environment. People are divided into two main types on the basis of their psychological approach; they are either introverts or extroverts. Introverts should not be taken as “ shy people.” They possess enough energy from within that helps them to achieve their goal. Their life revolves around their own selves. Their inner energy pushes them to be productive and happy in order to sustain themselves in a crowd of people. Introverts possess deep analytical approach and thinking capability that many of the extroverts lack. Even in the toughest situation; their mind is capable of thinking analytically on all the key aspects of an issue. They are creative people, they bring new ideas, and they observe other people and, sometimes they can be regarded as “ best mind readers.” During a conversation, they talk less as they focus more on speaker’s words and body language. Introverts can also be called as “ keen observers” unlike extroverts. They prefer few close friends rather having a bunch of crowd around them (Ashton et al). They rarely have multiple friends; while extroverts are just their opposite, they add everyone they know to their friends list. Introverts are very picky about selecting their friends. They prefer selecting someone to whom they can share their innermost thoughts and feelings without hesitation; someone they can call anytime for anything, in dire need or depression. For them, friendship is a sacred bond. On the other hand, extroverts are just the perfect opposites of introverts.

However, unlike introverts, extroverts possess a different personality and behavior. They are talkative and expressive. They draw their energy from the world around them. They extract their happiness from the people around them. Extroverts are often impulsive and impatient. They react immediately. Unlike introverts, extroverts lack the ability to be the keen observers.

Introverts are calculative in taking the risks, however; extroverts are confident and spontaneous. They react immediately to their surroundings without a second thought. They are expressive; extroverts do not mind getting swayed with their emotions. Each of the type has a rightful place in this world. Extroverts hardly take stress; when they are in depression they prefer going out and talking about their issues with the other people.

However, introverts normally keep their things with themselves. Extroverts find creative ideas and solutions for their problems. Extroverts love experiencing different things as compare to introverts who are cautious with new things. Extroverts think out loud on the other hand, introverts keep their thinking to them. As mentioned above, introverts observe and listen more but extroverts talk and express more. Introverts prefer saving their earnings for the rainy days but, this is not the case with extroverts; they love to spend lavishly. Extroverts put all their efforts to keep a healthy and modern lifestyle because of their widespread social circle. However, introverts prefer simple and classy lifestyle (Eysenck and Eysenck).

Introverts and extroverts are two different types of people. They behave differently with people and therefore, both of them have different sources from which they gain their energy. It would inappropriate to prefer any one type over the other one. Both types of people possess unique personality

traits, attitudes and behavior. Without any one of them, the world would lose the balance in life.

Work Cited:

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Eysenck, H. J., & Eysenck, M. W. *Personality and individual differences: A natural science approach*. New York, NY: Plenum (1985).