

## Understanding the Types of Personality

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Article Received: 21-November-2023

Revised: 11-December-2023

Accepted: 31-December-2023

### **ABSTRACT:**

From the stage of early childhood, throughout the lives of the individuals, they are required to put emphasis on leading to up-gradation of their overall personality traits. The individuals have different types of goals and objectives to achieve in their personal and professional lives. In order to achieve all types of goals and objectives, it is apparently understood that they need to be well-equipped in terms of methods and procedures. Furthermore, one needs to put emphasis on leading to up-gradation of overall personality traits. The individuals are different from each other in terms of number of factors, i.e. religions, ethnicities, age groups, educational qualifications, occupations, and so forth. As a consequence, there are differences in overall personality traits as well. In other words, individuals possess different personality types. The individuals are required to be well-informed in terms of the factor that in order to be successful in their lives, they are required to reinforce positivity in their overall personality traits. In this manner, positivity will be in all types of personality types. Furthermore, individuals will contribute efficiently in forming an effective social circle, comprising of family and community members. Therefore, it is well-understood, individuals will be successful in their lives, when they will strengthen positivity in their overall personality traits. The main concepts that are taken into account in this research paper is, understanding the meaning and significance of types of personality, personality types and measures to be implemented in reinforcing positivity in all personality types.

**Keywords:** *Communities, Individuals, Measures, Personality Types, Positivity, Reinforcement, Standards of Living, Up-gradation*

### **INTRODUCTION:**

The individuals are different from each other in terms of number of factors, i.e. castes, creeds, races, religions, genders, ethnicities, age groups, educational qualifications, occupations, personality traits, communities and socio-economic backgrounds. In spite of all these differences, they are focused towards leading to up-gradation of their overall standards of living. This is regarded as one of the prominent goals of all individuals. In order to achieve desired goals and objectives, the individuals are required to be well-informed in terms of ways that are facilitating in leading to up-gradation of their overall personality traits (Positive Thinking, 2020). The ways are complicated as well as manageable, these are put into operation in more amount of time or can be less time-consuming and these are put into operation on one's own as well as through working in co-ordination with others, including family and community members. One of the important aspects that needs to be taken into account is, positivity needs to be reinforced in all these factors. Therefore, it is well-understood, personality traits will be enhanced with reinforcing a positive approach. The loneliness is regarded as one of the chronic and distressful conditions, which has negative

impact on the overall personality traits of the individuals. Hence, from the stage of early childhood, throughout the lives of the individuals, they are required to be well-informed in terms of factors, which are facilitating in alleviating loneliness. On the other hand, anger is regarded as one of the negative feelings, which needs to be controlled. In other words, individuals are required to be well-equipped in terms of approaches of controlling anger. The experiencing of anger in a major form has detrimental effects on the overall personality traits of the individuals. Furthermore, they come across various types of impediments within the course of putting into practice different types of job duties and responsibilities. Hence, it is of utmost significance for the individuals to possess an approachable nature and an amiable attitude. Therefore, it is well-understood, generating information in terms of all the essential factors are facilitating in promoting enrichment of all the personality types.

### **Understanding the Meaning and Significance of Types of Personality:**

The individuals, belonging to all occupations and communities are usually focused on promoting

enrichment of overall standards of living. In order to achieve this goal, they are required to be well-informed in terms of different types of job duties and responsibilities. These are manageable, whereas, some are complicated, some are put into operation on an individual basis, whereas, others are implemented through working in collaboration and integration with others including family and community members (7 Qualities of Truly Authentic People, 2016). One needs to be well-informed in terms of all the techniques, which are put into operation in a well-organized and regimented manner. Furthermore, individuals will develop a positive approach, when they are generating information in terms of job duties and responsibilities and putting these into practice. As a consequence, they will contribute efficiently in leading to up-gradation of overall personality traits as well. Therefore, individuals acquire an efficient understanding of meaning and significance of types of personality, when they are focused towards promoting enrichment of overall standards of living.

It is understood on a comprehensive basis that individuals, belonging to all occupations and communities are putting into operation various types of job duties and responsibilities. Furthermore, there are occurrences of various types of problems and challenging situations. The different factors in terms of which these take place are, job duties, responsibilities, methodologies, approaches, techniques, work pressure, lack of implementation of time-management skills, unawareness in terms of various factors, scarcity of financial, technical, material and information resources and so forth. In cases of all types of problems, the individuals may provide solutions on their own as well as through working in collaboration with others. It is necessary for individuals to hone problem-solving skills. These are facilitating in conducting the analysis of causes of problems. As a consequence, they will not only contribute efficiently in coping with different types of problems, but they will pay attention towards carrying out job duties also in a successful manner. Therefore, one is able to acquire an understanding of meaning and significance of types of personality, when they are preventing all types of problems from assuming a major form.

Throughout the lives of the individuals, they are required to augment information in terms of all the essential factors, i.e. honing communication skills and interactive abilities; making wise and productive decisions regarding different factors; being well-informed in terms of job duties and responsibilities; being well-aware in terms of methodologies and procedures; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; developing mutual understanding with others; honing analytical, critical-thinking and problem-solving skills; taking out sufficient amount of time for all tasks and activities and coping with different types of problems in an

effective manner. Through putting into operation effective communication processes with family and community members and with life experience, information is generated regarding all the essential factors. As a consequence of augmenting information in terms of all the essential factors, individuals will contribute in reinforcing a constructive approach. Furthermore, they will contribute efficiently in promoting enrichment of all personality types. Therefore, an understanding of meaning and significance of types of personality is acquired, when information is generated in terms of different factors.

### **Personality Types:**

In not only India, but in other countries of the world as well, the individuals are different from each other in terms of number of factors. These differences are playing an important part in distinguishing between all human beings. The personality types are different. From the stage of early childhood, throughout the lives of the individuals, they are required to be well-informed in terms of factors, which are facilitating in promoting enrichment of all types of personalities. The family members are vested with the authority and responsibility of imparting information in terms of all the positive and essential factors (Practical Methods for Improving Authentication, 2013).

The parents are regarded as the first and foremost teachers of their children. They are focused and impart information in terms of all the essential factors, which are facilitating in bringing about improvements in overall standards of living and personality traits of the individuals. Furthermore, individuals need to put emphasis on honing their listening skills. These are facilitating in understanding and putting into operation all tasks and activities in a well-organized and disciplined manner. When conducting research on personality, it is necessary to be well-informed in terms of different personality types. These are stated as follows:

### **Introversion:**

Introversion is referred to inwardness and timidity. The individuals, belonging to all communities and age groups develop introversion. This is a personality type, when individuals keep to themselves and they do not feel pleasurable in communicating and dealing with other individuals. They normally think in terms of their own work. They are dedicated and focused towards their own work. They usually think in terms of different types of methods and approaches, which are facilitating in carrying out all types of tasks and activities in a well-organized and regimented manner. As a consequence, they do not take pleasure in putting into operation effective communication processes with others. The introversion is a personality type, which renders an important contribution in keeping individuals at a distance from their family members as well. These individuals normally take pleasure in

communicating, when they are required to generate information in terms of different types of subjects and concepts. Hence, they take pleasure in keeping to themselves and do not feel comfortable in socialising with others to a major extent. Furthermore, one of the important aspects that is advantageous is, these individuals are wholeheartedly committed towards their work and generating desired outcomes.

### **Self-Absorption:**

Self-absorption is referred to self-importance and self-centredness. This is a personality type, when individuals keep to themselves and they do not feel pleasurable in communicating with other individuals. They normally think in terms of their own work. They are dedicated and focused towards their own work. They are normally aware of the factor that there are some job duties, which are put into operation on an individual basis, whereas, there are others, which are carried out through working in co-ordination with others, hence, they are required to communicate with others. Hence, these individuals implement effective communication processes with others, when they are required to. The self-absorption is a personality type, which renders an important contribution in keeping individuals at a distance from their family members as well. These individuals normally do not take pleasure in implementing effective communication processes with family and community members. Furthermore, these individuals normally take pleasure in communicating, when they are required to generate information in terms of different types of subjects and concepts. Hence, they take pleasure in keeping to themselves and do not feel comfortable in socialising with others on a comprehensive basis.

### **Extroversion:**

Extroversion is referred to sociability, friendliness and gregariousness. From the stage of early childhood, throughout the lives of the individuals, they need to realise that beyond their homes also there is a world, with whom they are required to communicate with. The communication processes are facilitating in augmenting information regarding all types of subjects and concepts; obtaining answers to all types of questions that are overwhelming and clarifying doubts in terms of various factors. Furthermore, these individuals take pleasure in putting into operation effective communication processes with others. They have an extensive social circle. They usually reinforce the viewpoint that communicating with other individuals is the key in leading to up-gradation of their overall standards of living. The individuals need to be well-versed in terms of communication ethics, when they are being extrovert. These are, making use of polite language and decent words, treating each other with respect and courtesy, making provision of factual information and depicting the traits of helpfulness and co-operation. As a consequence,

individuals will generate information necessary in doing well in their job duties and meeting the expectations of individuals in leadership positions. Furthermore, they are satisfying their family members as well.

### **Self-Confidence:**

In the lives of the individuals, in both personal and professional spheres, they are required to put into operation number of job duties and responsibilities. These are manageable as well as complicated, these are put into operation in less amount of time or can be more time-consuming and these are put into operation on one's own as well as through working in co-ordination with others. It is apparently understood that individuals are required to do well in their job duties and achieve desired goals, hence they are required to be well-informed in terms of job duties and methodologies that are needed to put these into practice in an appropriate manner. One of the important aspects that needs to be taken into account is, individuals need to be confident. The confidence is regarded as the key in overcoming all types of setbacks. As a consequence, individuals will put into operation all types of tasks and activities in a well-organized manner and meet the expectations of family as well as community members. Therefore, it is well-understood, self-confidence is a personality trait, which is necessary in promoting enhancement of overall personality traits.

### **Gregarious:**

Gregarious is referred to sociable and expressive. From the stage of early childhood, throughout the lives of the individuals, they need to realise that beyond their homes also there is a world, with whom they are required to communicate with. The communication processes are facilitating in augmenting information regarding different types of subjects and concepts; exchanging various types of ideas and viewpoints; obtaining answers to all types of questions that are overwhelming and clarifying doubts in terms of various types of factors. Furthermore, these individuals take pleasure in putting into operation effective communication processes with others. They have an extensive social circle, comprising of family members, relatives, friends, neighbours and other community members. They usually reinforce the viewpoint that communicating with other individuals is the key in leading to up-gradation of their overall personality traits and standards of living. Furthermore, the individuals will render an important contribution in alleviating loneliness and seclusion. Therefore, gregarious is a personality type, which needs to be reinforced, but individuals are required to make sure that they have a circle, comprising of moral and ethical people. The traits of morality and ethics have positive influence on the lives of individuals.

### **Pleasantness:**

Pleasantness is referred to pleasurable, satisfaction and enjoyableness. Throughout the lives of the individuals, they are required to be well-equipped in terms of meaning and significance of pleasantness. This is regarded to be of utmost significance in promoting enrichment of living conditions of individuals. Pleasant-natured individuals take pleasure in putting into operation effective communication processes with others, including family and community members. They put emphasis on augmenting their social circle. They usually reinforce the viewpoint that communicating with other individuals is the key in leading to up-gradation of their overall standards of living. The individuals need to be well-versed in terms of communication ethics. As a consequence, they will render an important contribution in augmenting information in terms of different types of subjects and concepts. Furthermore, they will form cordial and amiable terms and relationships with others. In addition, the individuals will contribute efficiently in coping with psychological problems of anger, stress, anxiety, frustration and depression. Therefore, individuals, belonging to all communities, categories and socio-economic backgrounds are required to acknowledge the meaning and significance of pleasantness throughout their lives. Furthermore, they need to understand that pleasant nature and attitude is fundamental in promoting well-being and goodwill of individuals.

### **Agreeableness:**

Agreeableness is referred to kindness, cordiality and thoughtfulness. It is understood on a comprehensive basis that individuals, belonging to all occupations and communities are putting into operation various tasks and activities. Furthermore, there are occurrences of various types of problems and challenging situations. The different factors in terms of which these take place are, job duties, responsibilities, methodologies, approaches, techniques, work pressure, lack of implementation of time-management skills, unawareness in terms of various factors and so forth. In cases of all types of problems, the individuals may provide solutions on their own as well as through working in collaboration with others. Hence, they need to put emphasis on reinforcement of traits of kindness, cordiality and thoughtfulness. As a consequence, they will not only contribute efficiently in coping with different types of problems, but they will focus on forming cordial and amiable terms and relationships with others. Furthermore, through leading to up-gradation of this trait, individuals will render an important contribution in incurring the feelings of pleasure and contentment. Hence, it is well-understood, traits of agreeableness, kindness, cordiality and thoughtfulness are regarded as vital in emerging into productive human beings and moral citizens of the country.

### **Narcissism:**

Narcissism is referred to the type of personality, when a person has love for himself or herself. These individuals have one of the primary goals of promoting their own enrichment. They are wholeheartedly committed towards putting into operation different types of tasks and activities, which are regarded as vital in leading to one's progression. The methodologies and procedures are not all the time manageable and straightforward. In other words, there are occurrences of different types of dilemmas and setbacks, but narcissism facilitates the individuals in putting into practice all types of job duties and methods in a satisfactory manner, the reason being, one is dedicated towards oneself in an effective manner. Furthermore, individuals will render an important contribution in overcoming all types of setbacks. The individuals take help from other individuals, particularly when they are overwhelmed by different types of challenging situations and cannot solve these on their own. Behind putting into operation effective communication processes with others as well, they have their own goals and objectives to achieve. Therefore, it is understood on a comprehensive basis that these individuals are wholeheartedly committed towards promoting enrichment of their own standards of living.

### **Self-Importance:**

Self-importance is referred to the aspect, when individuals give importance to their own-selves. This is a personality type, when individuals keep to themselves and they do not feel pleasurable in communicating with other individuals. They normally think in terms of their own work. They are dedicated and focused towards their own work. They consider themselves to be their favourites. Furthermore, they are thinking in terms of promoting their enrichment on a comprehensive basis. They are focused upon putting into operation different types of tasks and activities, which would render an important contribution in promoting their well-being and goodwill. Within personal and professional lives, there are some tasks and activities, which are manageable, whereas, some are complicated, some are put into operation on an individual basis, whereas, others are implemented through working in collaboration and integration with others including family and community members. The self-importance trait of the individuals normally does not enable them to develop extroversion. Furthermore, they are overwhelmed by the feelings of seclusion and loneliness. Therefore, self-importance is a type of personality, which enables the individuals to only focus on promoting well-being and goodwill of themselves and their family members.

### **Apprehensive:**

Apprehensive is referred to fearfulness and anxiety. The individuals, belonging to all occupations, communities and socio-economic backgrounds are putting into operation different types of tasks and activities within personal and professional lives. There are some types of job duties and responsibilities, which are manageable, whereas, some are complicated, some are put into operation on an individual basis, whereas, others are implemented through working in collaboration and integration with others including family and community members. In cases of experiencing of different types of dilemmas and challenging situations, the individuals are overwhelmed by the feeling of apprehensiveness. But they do make efforts in order to overcome it in an efficient manner. They may work on their own or they would take help from family and community members. The individuals need to ensure, they are honing confidence levels. As a consequence, they will render an important contribution in overcoming apprehensiveness. Furthermore, their mind-sets will be stimulated towards putting into practice various job duties and responsibilities. Therefore, apprehensive is a personality type, which needs to be curbed otherwise it would give rise to impediments within the course of putting into operation different types of job duties and responsibilities.

### **Hesitant:**

Hesitant is referred to timid, diffident, doubtful and undecided. The individuals are in some cases, hesitant to put into operation different types of job duties and responsibilities (Psychological Disorders, 2020). There are number of factors that are responsible for the development of hesitance, i.e. being unaware in terms of different types of job duties and responsibilities; being unaware in terms of various types of methodologies and procedures; reinforcement of unawareness in terms of different types of subjects and concepts; lack of implementation of time-management skills; work pressure; lack of analytical, critical-thinking and problem-solving skills; experiencing the feelings of apprehensiveness and vulnerability; being overwhelmed by the psychological problems of anger, stress, anxiety, frustration and depression; working with different types of tools, machines and hazardous materials and problems in communicating with demanding individuals and learning from them. As a consequence of being hesitant in terms of different types of job duties, responsibilities, methodologies, and so forth, there will be occurrences of problems towards implementation of job duties. Hence, individuals are required to focus on honing confidence levels. Therefore, hesitant is the personality type, which needs to be overcome, when one is focused on putting into operation tasks successfully.

### **Diffident:**

Diffident is referred to shy, insecure, timid, and reserved. The individuals, belonging to all communities, categories and socio-economic backgrounds are required to put into operation different types of job duties and responsibilities in their personal and professional lives. In some cases, they are diffident to put into operation different types of tasks and activities. The individuals are different from each other in terms of their natures and personality traits. In cases of demanding and stringent individuals, the others do not feel comfortable in putting into operation effective communication processes. For example, within different types of professional settings, i.e. educational institutions of all levels and in various types of employment settings, there are number of individuals, who are unapproachable and withdrawn in nature. As a consequence, the other individuals do not feel comfortable in communicating with them. Hence, the individuals do possess the personality type of diffidence. This is usually negative and leads to a decline in confidence and motivation levels towards putting into operation different types of tasks and activities. Therefore, diffident is a personality type, which is negative, when individuals need to get involved and positive, when individuals are required to speak less.

### **Measures to be implemented in Reinforcing Positivity in all Personality Types:**

In not only India, but in other countries of the world as well, the individuals are different from each other in terms of their personality types. But it is understood on a comprehensive basis that they have different types of goals and objectives to achieve in their lives. Furthermore, they aspire to promote enhancement of their overall standards of living. Hence, in order to achieve desired goals and objectives and promote enrichment, one needs to be well-equipped in terms of the factor that they need to reinforce positivity in all the personality types (Rector, Bourdeau, Kitchen, & Joseph-Massiah, 2008). Therefore, individuals are required to augment their information in terms of measures to be implemented in reinforcing positivity in all personality types. These are, being well-informed in terms of job duties and responsibilities; being well-aware in terms of methodologies and procedures; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; developing mutual understanding with others and generating information regarding all the essential factors. These are stated as follows:

### **Being Well-informed in terms of Job Duties and Responsibilities:**

The individuals, belonging to all occupations and communities are required to be well-informed in terms of different types of job duties and responsibilities.

These are manageable, whereas, some are complicated, some are put into operation on an individual basis, whereas, others are implemented through working in collaboration and integration with others including family and community members. One needs to be well-informed in terms of all the techniques, which are put into operation in a well-organized and regimented manner. Furthermore, individuals will develop a positive approach, when they are generating information in terms of job duties and responsibilities and putting these into practice. Therefore, being well-informed in terms of job duties and responsibilities is regarded as one of the indispensable measures to be implemented in reinforcing positivity in all personality types.

### **Being Well-aware in terms of Methodologies and Procedures:**

Methodologies and procedures are regarded as the ways that are facilitating in carrying out all types of job duties and responsibilities in a well-organized manner. These are complicated as well as manageable, these are implemented in less amount of time or can be more time-consuming and are implemented on an individual basis or through working in collaboration and integration with others. When the individuals are working diligently in augmenting information in terms of different types of methodologies and procedures, they are contributing efficiently in reinforcing positivity. The main reason being, they are confident that they will do well in their job duties and meet the expectations of others. Therefore, being well-aware in terms of methodologies and procedures is one of the significant measures to be implemented in reinforcing positivity in all personality types.

### **Inculcating the Traits of Morality and Ethics:**

The individuals are required to inculcate the traits of morality and ethics. These are the traits, which are facilitating in differentiating between different types of appropriate and inappropriate aspects. In order to emerge into moral and ethical human beings and productive citizens of the country, individuals need to acknowledge the meaning and significance of traits of morality and ethics. Furthermore, individuals will render an important contribution in reinforcing the traits of honesty, efficiency and truthfulness. As a consequence, different types of job duties and responsibilities will be put into operation in a moral and ethical manner. Hence, individuals will be able to contribute efficiently in meeting the expectations of other individuals within as well as outside the homes. Therefore, inculcating the traits of morality and ethics is an eminent measure to be implemented in reinforcing positivity in all personality types.

### **Implementing the Traits of Diligence, Resourcefulness and Conscientiousness:**

It is understood on a comprehensive basis that in order to carry out all types of tasks and activities in a well-organized and disciplined manner, the individuals are required to implement the traits of diligence, resourcefulness and conscientiousness. These traits are facilitating in carrying out all types of job duties and responsibilities in a well-organized manner. Furthermore, individuals will contribute efficiently in coping with different types of problems and challenging situations in a satisfactory manner. One of the important aspects is, individuals will not be overwhelmed by any types of problems and overcome even complicated setbacks. Furthermore, these traits are facilitating in implementing job duties in accordance to the expectations of other individuals, within as well as outside the homes. Therefore, implementing the traits of diligence, resourcefulness and conscientiousness is an expedient measure to be implemented in reinforcing positivity in all personality types.

### **Developing Mutual Understanding with others:**

From the stage of early childhood, throughout the lives of the individuals, they are required to be well-informed in terms of the factor that they need to develop mutual understanding with family members, relatives, friends, educators, employers, supervisors, neighbours and other community members. The individuals implement certain tasks and activities on an individual basis, whereas, others are implemented through working in co-ordination with others. In cases of individual job duties as well, one needs to augment information regarding various factors, exchange ideas and viewpoints and obtain answers to all types of questions that are overwhelming. Hence, development of mutual understanding is regarded to be of utmost significance. As a consequence, individuals will incur the feelings of pleasure and contentment. Therefore, developing mutual understanding with others is a renowned measure to be implemented in reinforcing positivity in all personality types.

### **Generating Information regarding all the Essential Factors:**

Throughout the lives of the individuals, they are required to augment information in terms of all the essential factors, i.e. honing communication skills and interactive abilities; making wise and productive decisions regarding different factors; being well-informed in terms of job duties and responsibilities; being well-aware in terms of methodologies and procedures; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; developing mutual understanding with others; honing analytical, critical-thinking and problem-solving skills; taking out sufficient amount of time for all tasks and activities and coping with different types of problems in an effective manner. As a consequence of augmenting

information in terms of all the essential factors, individuals will contribute in reinforcing a constructive approach. Therefore, generating information regarding all the essential factors is a meaningful measure to be implemented in reinforcing positivity in all personality types.

### **CONCLUSION:**

The individuals, belonging to all communities, categories and socio-economic backgrounds need to be well-informed in terms of importance of personality traits and ways that are facilitating in leading to up-gradation of their overall personality traits. The personality types are, introversion, self-absorption, extroversion, self-confidence, gregarious, pleasantness, agreeableness, narcissism, self-importance, apprehensive, hesitant and diffident. Measures to be implemented in reinforcing positivity in all personality types are, being well-informed in terms of job duties and responsibilities; being well-aware in terms of methodologies and procedures; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; developing mutual understanding with others and generating information regarding all the essential

factors. Finally, it can be stated, individuals need to reinforce positivity in their personality types throughout their lives.

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