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A study of personal traits in a typological context

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Abstract

The article points out that the identification of typological human peculiarities is of great practical significance in every sphere of our life. As different types of people are characterised with different specifications, the treatment and claims should be different towards them. The aim of the research consists in identifying personal peculiarities and the state of neuroticism among typical extraverts and introverts. The author of the article combines aggression, self-esteem and locus of control in the state of neuroticism. The article points out that aggression and self-esteem problems are found in each case of psychic disorder, so their role is viewed as special when we are talking about typological neurotisation. The high level of control locus is also connected with neuroticism and psychological problems. That is why the author is interested in the correlation between control locus orientations (external – internal) and types. In case of personal peculiarities, according to this typology, the article pays special attention to social attitudes, how different the evaluations and the intensity of these evaluations towards some topics by extraverts and introverts would be. The author carries out experimental research; the results of this research, presented in the article, reveal some interesting correlations between typological and gender factors.

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Keywords

Typology, neuroticism, aggression, self-esteem, locus of control, social attitude.

Introduction

People with certain characteristics are divided into certain groups or types. Various members of the group are significantly different from each other, and the inside of the group is considerable. These similarities and differences arise in any behaviour.

The typology sphere appeared very productive in bringing the concepts of introversion and extraversion by the Swiss psychologist K. Jung. The content of this concept was further refined by the theoretical and experimental works of the English psychologist H. Eysenck and the American psychologist R. Cattell [Merabishvili, 1990].

According to this point of view, people are either extraverts or introverts. The first group members are directed out, to the objective world and tend to be restless, aggressive, impulsive, optimistic, excitable, active, open-hearted, funny, speaking, carefree, leaders, etc. Introverts are opposite. They are directed inside, to their own spiritual world and are characterised by such qualities as tranquility, steadiness, pessimism, restraint, passiveness, reservedness, boredom, silence, etc. These types of people prefer staying in the shadow. They are distinguished by higher intelligence and quickly interiorise their environmental requirements. As the types differ from each other, we have to have different expectations from them. Therefore, typological studies are widely used to solve the issue of professional selection, in variety of life-solving process, which will be focused on speed, high intellectual achievements and etc. [Merabishvili, 1998].

Aggression, self-esteem, locus of control and social attitudes

We were interested in studying the phenomena of aggression, self-esteem and locus of control towards typology. As the types (extraversion, introversion) basically differ from each other, we were interested in their state of neuroticism and conducted research on these phenomena with due regard to this state.

We studied social attitudes in terms of typology as well. How different will be the evaluations and the intensity of these evaluations towards some topics by extraverts and introverts? We have chosen the topic “attitude towards sports and sportsmen” for searching social attitudes.

The phenomenon of aggression

It is necessary to consider the issue of aggression according to the topic. The unhealthy, violent actions of a concrete human being or the whole society are determined by aggression. Aggressiveness is a maniac behaviour, for whom killing is a hobby, but the behaviour of a football or tennis player fighting for the ball is also considered aggressive. The activities of an energetic businessman and mathematician are combined in the same category as well.

Psychologists reveal the different positions concerning the aggression that can be innate or acquired. According to Z. Freud, a human being is aggressive by nature and only public laws and orders will curb or sublimate his innate aggressive instincts. The important feature is to regulate this instinct, as well as to help people in the implementation of sublimation. According to the behaviourist view, learning is more important in human aggression. It is acquired [Nadirashvili, 2001].

Is aggression necessary? Some researchers suggest that certain forms of aggression are useful and necessary. According to Z. Freud, E. Fromm and others, the complete elimination of aggression is not

necessary, as far as quick-wittedness, willpower, activity and other positive developments are determined by aggression. It is suggested that positive aggression leads to success in science, sports, work, etc. [Merabishvili, 2005].

The problems of self-esteem

Self-evaluation is the ability to assess one's own personality, attitude towards one's own abilities, personal characteristics, appearance. Anyone of us has a certain amount of self-esteem and our behaviour is largely dictated by it.

What kind of person a child becomes in future basically depends on what kind of self-esteem he/she acquires. Children develop their skills and the ability to assess the properties at an early age, which in turn determines their behaviour, so if it is well-formed, a lot of difficulties can be avoided. Parents' attention and unconditional acceptance of their child are of crucial importance in self-esteem formation.

The problems of self-esteem are associated with a sense of guilt and inferiority complex, which is the current problem in all cases of mental disorder. Its challenge and establishment are related with many risk factors. A risk factor is a provoking agent, which can cause the disease in relevant situation. Risk factors enactment danger is expected under the age of 6 years. The child is very sensitive to the things that are associated with the restriction of his/her needs, functions and are related to the threat of the emergence. In this regard, the most important risk factors include: retention of eating, urinating, stomach into action with words or behaviour; hurting the child during the wash; the younger brother's or sister's appearance in the family; castration threat; the sense of mother's loss; quarreling parents; various prohibitions and punitive measures, etc. [Merabishvili, 1999].

Alfred Adler believed that the feeling of inferiority was traced from childhood. Adler identified 3 suffering forms that develop inferiority complex in childhood: 1) the body inferiority; 2) excessive care (hyper-caring); 3) exclusion from parents (frustration) [Hjelle, Ziegler, 1997].

According to Eric Berne's transactional analysis, people write their own life-scripts at an early age which they re-play the whole lifetime. A life-script is an "unconscious life plan", human vision, their understanding of themselves and the world, their overlook from their self-esteem. Parents are holding the special role in human scripts writing and child's scripted content, his/her future, general success or failure in life depend on their instructions [Stewart, Joines, 1987].

Locus of control

Locus of control is a common expectation of people's own level of control over their lives. People with the external locus of control believe that their successes and failures are governed by external factors, such as fate, luck, happy occasion, some influential people and some environmental forces. "Externals" believe that they are captives of fate. People with the internal locus of control, by contrast, believe that their success and failure are determined by their own actions and resources (internal and personal factors). Therefore, "internals" feel that they have a large extent influence on their own behaviour, in comparison with people with the external locus of control. External control is related to bad adaptation. We can talk about the fact that people are able to achieve more in life, if they believe that their fate is in their own hands. This, in turn, leads to good adaptation ability among internals, which was approved by many researchers (Parkes, 1984) [Hjelle, Ziegler, 1997].

The urgency of the issue, the goals and objectives of the research

Given the importance of the topic, we want to highlight and explore the personal features and the state of neuroticism (aggression, self-esteem, locus of control and social attitudes).

- 1) Aggression and self-esteem problems are demonstrated in each case of mental disorder, so when we talk about neurotisation of types, their role in this case will be special.
- 2) It is interesting that aggression as a feature is given in the description of extraversion characteristics, while it is said nothing at this point about introversion. Against this background, it is important to talk about the aggression shown in two forms: outside and inside directed aggression (hetero- and auto-aggression). As an extravert is a pronounced outdoor-oriented type, he/she may be characterised with out-directed (hetero) aggression and the aggression vector of an introvert, which is an inside-oriented type, may be directed inside (auto-aggression). An introvert's characteristics, steadiness and balance in appearance, do not necessarily mean that he/she is calm and free of aggression.
- 3) It is also important to study self-esteem in stable and neurotic types, what differences we see and how self-esteem is related to aggression.
- 4) There will be interesting news for searching the reference of typology of locus of control. It is considered that an extrovert is more stable, distinguished by a low level of neuroticism and much more adaptive in the environment. And in terms of locus of control, internal control is characterised by a low neuroticism rate, stability and adaptivity. Also, when Eysenck and Rotter tests adaptation and standardisation took place in Georgia, it revealed that the Georgians were mainly extraverts and, according to the locus of control, the Georgians were mainly characterised by external control [Uznadze, 1999]. So, it is interesting how extraversion – introversion come in correlation with the locus of control orientations.
- 5) It will also be interesting to explore social attitudes in terms of typology. How different will be the evaluations and the intensity of these evaluations towards some topics by extraverts and introverts?
- 6) It is necessary to determine the possible gender differentiation. What kind of differences do we meet between men and women in terms of personal characteristics?

In order to study the mentioned issues, we used the following methods:

- 1) Eysenck typology and neuroticism – stability determining questionnaire [Eysenck Personality Questionnaire (EPQ)] that clarifies extraversion – introversion and neuroticism – stability levels; Eysenck questionnaire adaptation-standardisation (Arutinova, Grigolava) [Ibidem];
- 2) Aggression research questionnaire to ascertain the level, intensity and direction of vectors of aggression; Bass and Dark aggression questionnaire adaptation – standardisation (Arutinova, Grigolava) [Norakidze, 1999];
- 3) Rotter locus of control study scale. Adaptation and standardisation of the method (Arutinova, Grigolava) [Uznadze, 1999];
- 4) Dembo-Rubinstein's self-esteem study method;
- 5) Likert Interval Scale. We have chosen the topic “attitude towards sports and sportsmen” for studying social attitudes. We used Likert interval scale for set scale composing from -3 to +3.

In accordance with the scale, we identified the opposite provisions about the sports topic.

190 respondents (40 men and 150 women) took part in the study. 85 typical and pronounced extraverts and introverts, 20 men and 65 women were selected.

The results are presented in the table below.

According to the general data of the respondents, the neuroticism rate is higher compared with the normative level and guilt feeling is much higher from aggression forms. The general indicator of locus of control is at the level of 9.1, which reflects the weak internal control. Current self-esteem corresponds to 6.2, a high level of self-esteem, and claims level is 7.7, the average level, so the quality gap (disparity) between the claims level and self-esteem is low (Table 1).

Table 1 – General data on neuroticism, aggression, self-esteem, locus of control and social attitudes

Neuroticism	Physical aggression	Indirect aggression	Irritation	Negativism	Resentment	Jealousy	Verbal aggression	Guilt feeling	Locus of control	Self-esteem (me)	Self-esteem (claims level)	Social attitude
12.8	5.2	5.3	5.4	3	3.2	3.9	7.4	6.6	9.1	6.2	7.7	0.7

According to the typology, there are some important differences between some options. It should be noted that the difference was not observed in the neuroticism indicator, although both figures are higher than the normative one.

Extraversion is distinguished with physical, verbal aggression and guilt feeling forms, and introversion – with guilt feeling. The types differ from each other with the rest of aggression forms as well. According to the dispersion analysis, there are statistically significant differences between types in terms of physical, verbal aggression and irritation.

Dispersion analysis showed that the current self-esteem data are different between the types.

In the parameter of social attitudes, extraverts have much more positive attitudes towards sports and sportsmen than introverts. This difference is significant (Table 2).

Table 2 – Indicators of neuroticism, aggression, locus of control, self-esteem and social attitudes according to the typology and gender factor

Options	Extraversion	Introversion	Women	Men
Neuroticism	12.7	12.9	12.6	13.3
Physical aggression	5.7	4.5	4.9	6.3
Indirect aggression	5.5	5.1	5.3	5.3
Irritation	4.8	6.1	5.6	4.5
Negativism	3.2	2.7	2.9	3.4
Resentment	3.8	4	3.9	3.8
Jealousy	3.5	4.4	3.9	3.8
Verbal aggression	8.2	6.4	7.2	8.2
Guilt feeling	6.4	6.8	6.6	6.3
Locus of control	9	9.3	9.3	8.6
Self-esteem (me)	6.3	6	6.2	6.2
Claim levels	7.7	7.7	7.7	7.6
Social attitudes	1	0.4	0.7	0.7

According to the gender factor, the neuroticism level is higher than the normative one with both genders, although the difference is not statistically significant. In terms of aggression, physical, verbal aggression and the sense of guilt are leading in men, while in women the feeling of guilt is the leader. Dispersion analysis showed in the aggression study that the only difference between men and women is in physical aggression.

As for the level of self-esteem and social attitudes, the indicators are identical, and the locus of control data are not statistically significantly different (Table 3).

Table 3 – Indicators of neuroticism, aggression, locus of control, self-esteem and social attitudes in case of high and low neuroticism

Options	High neuroticism	Low neuroticism
Average indicator of neuroticism	19.5	6.6
Physical aggression	6.6	5.4
Indirect aggression	6.4	4.8
Irritation	7.5	4.3
Negativism	3.5	3.3
Resentment	5.1	3.8
Jealousy	5.7	3.3
Verbal aggression	8.7	6.8
Guilt feeling	8.1	5.3
Locus of control	10.4	7.1
Self-esteem (me)	5.7	6.6
Claim levels	7.6	7.7
Social attitudes	0.7	0.4

It should be noted that in case of high neuroticism, there are higher indicators on almost every scale of aggression compared to normative rates, leading with physical, verbal aggression, irritation, resentment and guilt feeling, while in case of low neuroticism only guilt feeling is expressed, which is also significantly lower comparing to the same index of high neuroticism. According to dispersion analysis, we find the significant differences between the following forms of aggression: indirect aggression, irritation, negativism, resentment, jealousy, guilt feeling.

Locus of control data are significantly different as well. The internal figure is far weaker in case of high neuroticism compared to low neuroticism and this difference is statistically reliable.

As for the characteristics of self-esteem, real self-esteem is lower in case of high neuroticism and is indicated as the average level, while the current self-esteem is high in low neuroticism cases. In case of high neuroticism, the quality gap (disparity) between the current self-esteem level and claims level is 2 points higher, while the same rate in low neuroticism case is lower and includes 1 point. All the differences of these data are statistically reliable (Table 4).

Table 4 – Correlations

Options	Positive correlation	Negative correlation
Extraversion	Physical aggression; Negativism; Verbal aggression; Self-esteem (me)	
Neuroticism	Physical aggression; Indirect aggression; Resentment; Jealousy; Verbal aggression; Guilt feeling; Locus of control; Self-esteem level and claims level disparity	Self-esteem (me)
Physical aggression	Extraversion; Neuroticism; Indirect aggression; Irritation; Negativism; Resentment; Verbal aggression	Self-esteem (me)
Guilt feeling	Neuroticism; Irritation; Resentment; Jealousy; Locus of control; Self-esteem level and claims level disparity	Self-esteem (me)
Self-esteem (me)	Extraversion; Negativism; Self-esteem claims level	Neuroticism; Physical aggression; Irritation; Resentment; Guilt feeling

Options	Positive correlation	Negative correlation
Self-esteem level and claims level disparity	Neuroticism; Irritation; Resentment; Jealousy; Guilt feeling; Locus of control	Self-esteem (me)

Conclusion

- 1) According to the general indicators of the research, the guilt feeling and neuroticism upward trend is observed, which supports the facts that psychiatric research reveals rapidly increasing depression and suicide cases. Guilt feeling, inside directed aggression, is one of the main factors in depression and suicide challenges.
- 2) In terms of the neuroticism level between extraversion – introversion, we do not have different indicators, they are almost identical. So, when some searches and theoretical reviews talk about extraversion stability and negative correlation between extraversion and neuroticism, our data do not confirm this. Both types may be neurotic or stable.
- 3) Our hypothesis became partly true, due to the view that outside directed aggression forms are characteristic of extraversion (verbal and physical aggression), while introversion is connected to inside directed forms (the feeling of guilt). We are talking about the partial justification of the hypothesis because guilt feeling is still characteristic of extraversion in addition to the out-forms. Dispersion analysis also shows that there are important differences between the forms of aggression: physical aggression, irritation (it is higher in introverts), verbal aggression.
- 4) The locus of control research justifies our hypothesis that external – internal orientations are not related to extraversion – introversion as much as to neuroticism-stability level. Both types are characterised by weak internal control and higher external control has a place at time of high neuroticism rather than low neuroticism time. Figure differences are reliable. Neuroticism is in positive correlation with locus control, so neuroticism growth leads to external level growth.
- 5) As for the self-assessment, as we had expected, higher self-esteem is characteristic of extroverts than of introverts. The data are significantly different. Self-assessment is also in positive correlation with extraversion, self-esteem growth leads to an increase in the extraversion level.
- 6) The gender factor does not give significant differences between the parameters. In general, the difference between men and women is in physical aggression.
- 7) As we expected, we have a significant gap between high and low neuroticism in almost all parameters. Neuroticism is in positive correlation with physical, indirect aggression, irritation, verbal aggression, guilt feeling; with locus control and the disparity between the actual self-esteem and the claims level. It is negatively correlated with self-esteem. Our data contradict such searches and views, as if out-directed aggression forms (physical, indirect, verbal aggression) are positive and are not related to the state of neuroticism. Our research revealed that both outside and inside directed aggression forms are in positive correlation with neuroticism and so we can consider both of them negatively.
- 8) Social attitude research proved that generally extraverts have more positive attitudes towards certain themes than introverts. These figures are undoubtedly related to an introvert's features. They are more critical and pretentious. Social attitudes are in positive correlation with extraversion.

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Исследование личностных особенностей в типологическом разрезе

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Аннотация

Установление типологических особенностей человека имеет большое практическое значение во всех сферах нашей жизнедеятельности. Поскольку люди разного типа характеризуются отличными друг от друга параметрами, отношение к ним и предъявленные им требования должны быть дифференцированными. Целью исследования является установление личностных особенностей и невротического статуса в типичных экстравертах и интровертах. Агрессия, самооценка и локус контроля имеют особую связь с невротическим статусом. Эти параметры играют значительную роль в выражении психических расстройств и невротизации типологий. Также в статье показано, как коррелируют типологические особенности с ориентациями локуса контроля (экстернальность – интернальность). Исследованием была установлена значимая корреляция личностных особенностей с социальной установкой. Экспериментальные исследования показывают интересные соотношения между типологическими и гендерными факторами.

Для цитирования в научных исследованиях

Мерабишвили Т.Г. Исследование личностных особенностей в типологическом разрезе // Психология. Историко-критические обзоры и современные исследования. 2018. Т. 7. № 4А. С. 3-11.

Ключевые слова

Типология, невротизм, агрессия, самооценка, локус контроля, социальная установка.

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