

INTROVERTS, EXTROVERTS, AND MEMORY

Personality types, the psychological classification of individuals based on their behavioral tendencies, are most often categorized by society as introvert or extrovert. Introverts are defined as “people who gets their energy from being in their own company, having time to ‘recharge’ on their own” (Guy-Evans). In contrast, extroverts are defined as “people who get their energy more. While extroverts have increased blood flow to areas of the brain responsible for senses and emotions from being around other people” (Guy-Evans). However, the differences can be paired down quite a bit, introverts have increased blood flow to the front lobe—an area responsible for memory (Guy-Evans). This implies the possibility that introverts may have differing memory capabilities from extroverts. While research indicates that introverts tend to do better in school overall, the extent to which their memory capabilities differ still remains to be seen.

To determine a person’s personality type, there is one research-based test widely accepted today, the Myers-Brigg Personality Type Indicator, MBTI. This self-assessment is an inventory designed to identify a person’s personality type, strengths, and preferences (Cherry). “The goal of the MBTI is to allow respondents to further explore and understand their own personalities” (Cherry). While this test does not allow us to understand the differences in capabilities of introverted and extroverted individuals, it will give us a good starting point to differentiate our experiment’s participants.

Thinking more precisely about the relationship between personality type might and memory, we have refined our focus to short-term memory- a necessity in school-age academics. Short term memory is responsible for temporarily storing information and determining whether it should eventually be moved to long term memory (Brain HQ). While our research does not specifically indicate whether introverts have better memories than extroverts, it does indicate that an important component of brain health is regular social interactions and meaningful relationships (Brain HQ). Perhaps, this implies that extroverts may have been capabilities overall due to an inclination towards more social interaction.

BIBLIOGRAPHY

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