

Personality Dynamics and the Impact of Life Events

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Abstract: *Understanding personality dynamics in response to life events is crucial for comprehending individual differences in social behavior. The introversion-extraversion spectrum, developed by Carl Jung, offers a framework to explore how individuals channel their energy. This spectrum, initially perceived as a dichotomy, is now recognized as a continuum, with most individuals exhibiting traits of both introversion and extraversion. Life events encompass significant occurrences or milestones that profoundly impact an individual's life, either positively or negatively. Despite the growing importance of this relationship, there is a lack of experimental research exploring the causal impact of life events on introversion-extraversion traits. This research aims to enhance understanding of how life events influence personality traits, with a particular focus on the interplay between intra-psychic and extra-psychic factors, and discussing how introverts and extroverts manage their behavior in different environments. Utilizing a questionnaire survey method and validated psychometric instruments, data from 203 participants will be analyzed to understand the complex interplay between personality traits and life events. The findings contribute to our understanding of personality dynamics and have implications for interventions aimed at promoting psychological well-being.*

Keywords: Personality dynamics, Introversion-extraversion, Life events, Psychological resilience, Social behavior.

1. INTRODUCTION

Personality psychology is significant in understanding how people differ in their social behavior. The introversion-extraversion spectrum is one of the theories that can be used to explain the above differences. This spectrum was developed by Carl Jung and explains where people are in regards to how they channel their energy (Jung, 1997). Introverts recharge through reflection and rumination while extroverts' recharge through social interaction. Jung at first perceived this as a dichotomy but evidence points to it being a continuum. It has been established that most individuals have both introvert and extrovert characteristics to different extents under different circumstances (Jung, 1997). It helps us to understand how people like to interact with others and how they deal with information and their surroundings. This understanding is useful in areas such as organizational psychology, education, and self-help where applying interventions based on personality types can be helpful.

1.1 Significance of Life Events in Personality Dynamics

There is a strong connection between life events and personality changes especially in reference to the introversion-extraversion dimension. This influence is becoming increasingly important in today's society which is dynamic and undergoes numerous life transitions. Major life changes from changing jobs to achievements, and accomplishments to losses and trauma can also alter the individual's level of introversion or extroversion (Personality psychology facts, 2024).

These events can potentially cause changes in where an individual is located on the spectrum and thus their social interactions, information processing, and attitudes towards relationships. For example, a transition from a single occupation to a managerial position may stimulate an introverted person to enhance his/her extroverted qualities in order to communicate with subordinates. On the other hand, a traumatic event may make an outgoing person more self-reflective and reserved as they go through the coping process (Bandura, 1986).

This shows that the traits of introversion and extraversion may be changeable depending on the major events in one's life. Moreover, studies indicate a correlation between the introversion-extraversion continuum and different aspects of life and quality of life. For example, extraversion is positively correlated with success in leadership positions, the size and satisfaction of social networks, and the frequency of positive affect and subjective well-being (Bandura, 2001). Thus, changes in the position of the individual on the spectrum as a result of life events can have a significant impact on his/her personal and professional life. Learning how these changes take place can provide useful information about how people respond to changes and possible long-term consequences on personality and health (Bandura, 2006).

1.2 Research Gap and Objectives

Even though there is a lot of literature available on the subject of introversion and extraversion, there is a lack of information on how certain major life events influence these characteristics. The current literature is primarily based on correlational studies that have demonstrated a positive relationship between extraversion and positive affect. But experimental studies in this area are rather scarce. This gap indicates the necessity of further experimental research focusing on the causal impact of life events on changes in introversion-extraversion traits.

1.2.1 Assess the effects of major life events on introversion-extraversion in adults

The first assumption is that these events cause a change in personality characteristics that can be quantified and last for a long time. This will include understanding how people's positions on the spectrum shift after experiencing certain events in their lives such as a career switch, family events, or other major events in their lives (Bandura, 2006). Explore the role of psychological aspects in these changes.

1.2.2 Discuss the ways in which introverts and extroverts manage their behavior and interaction in different working environments

This objective will seek to establish possible discrepancies in how these personality types modulate their interpersonal communication and social behaviors depending on the requirements of their working environment.

Through exploring these objectives, this research aims to contribute to the knowledge of how life events shape personality traits, focusing particularly on the relationship between intra-psychic factors and extra-psychic factors.

1.3 Theoretical Framework

This research uses a mix of theories to explain how life events affect the introversion-extroversion dimension in adults. At the heart of this framework is Jung's theory of introversion and extraversion which suggests that people vary in their use of energy. Introverts are inwardly focused and need time alone to recharge, while extroverts are externally focused and require social interaction to feel energized. Although Jung at first regarded these as completely different categories, the model later recognized that the introversion-extraversion scale is a continuum, with most individuals falling somewhere in the middle and having some characteristics of both types. According to this, Eysenck's Trait Theory introduces a biological factor and suggests that introversion correlates With low cortical activity and the need for less stimulation from the external environment in order to keep the optimal level (Belsky, Steinberg, & Draper, 1991).

2. LITERATURE REVIEW

2.1 Theoretical Frameworks

The first step in understanding introversion and extraversion is to understand the theories that were proposed by Carl Jung in the early 1900s. According to Jung's personality theory, people can be either introverts or extroverts: introverts are characterized by the fact that they are energized by their thoughts and are withdrawn; extroverts are energized by the external world and are outgoing. The introversion-extraversion dimension is not a true dichotomy; most people are not pure introverts or pure extroverts But have some characteristics of both extremes (Boivin, Hymel, & Bukowski, 1995). Eysenck's Trait Theory built on Jung's theory by focusing on the biological aspect of personality. Eysenck proposed three fundamental personality dimensions: of introversion-extraversion, neuroticism-stability, and psychoticism. He also related introversion to low levels of cortical activity and hypothesized that introverts have lower levels of cortical arousal than extroverts. This theory offered biological underpinnings for Jung's theories and also pointed to the possibility of the impact of interaction between intrapsychic and extrapsychic variables on personality.

2.2 Influences on Personality Traits

Personality is not a fixed characteristic but a changeable construct that can be shaped by different factors during lifetime. There are certain changes that occur with age; for example, introversion seems to increase with age, and extroversion may decrease slightly (Bosc, Dubini, & Polin, 1997). Moreover, both nature and nurture factors are involved. Research has also found some genes that may be associated with personality types, including

introversion and extraversion (Bouchard, 1994). But the environment is also very important. Personality development is the result of early life experiences, cultural influences, and social interactions. In addition, the influence of genetic factors and the role of environmental factors are vital.

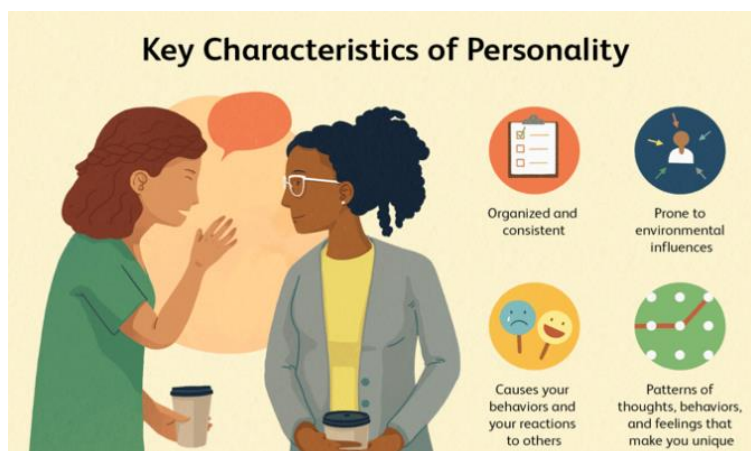


Figure 1: Key characteristics of personality (Cherry, 2023)

2.3 Longitudinal Studies

Longitudinal designs are suitable for examining the consistency and/or variability of personality traits. The Berkeley Study of Adult Development (BLSA), the Socio-Economic Panel (SOEP), and the Dunedin Multidisciplinary Health and Development Study are examples of longitudinal studies that have followed individuals from infancy or young adulthood into adulthood and that have collected rich data on personality development. These studies have suggested that although there is a core of stability in the basic temperaments of introversion and extraversion, personality does change during the life course of the individual. For example, it has been hypothesized that introversion may increase at midlife and extraversion may decrease somewhat with age (Cherry, 2023). In addition, these studies have revealed the influence of life events on personality trajectories. Shifts in the level of introversion-extraversion may result from some critical life events such as a change in the job, marriage or having children. This again highlights the plasticity of personality and the interdependence of traits and situations (Sangkala, 2024).

2.4 Adaptation Mechanisms

Personality traits also affect the way people accommodate cultural demands on their behavior. Another type of conflict that introverts may face is cultural conflict especially when they are brought up in a society that embraces sociable and extroverted individuals. On the other hand, cultures that promote silence and solitude might be better suited to the introverts' real self. These cultural factors are crucial to understanding the different ways individuals employ the introversion-extraversion dimension in dealing with social interaction.

Moreover, personality traits are highly associated with psychological factors like self-awareness and emotional stability in managing change. Self-aware introverts may use their ability to pay attention and think before acting to control social situations while self-aware extroverts may use emotion regulation to control situations that require high concentration. These individual differences must be established to understand the different coping mechanisms employed by people along the introversion-extraversion continuum (Sangkala, 2024).

2.5 Previous Studies on Introversion-Extraversion and Life Events

Nevertheless, there are still some controversies concerning this issue, although there is a general agreement that life events may influence personality. The first key concern relates to the problem of causality. To what extent do major events in life shape personality and to what extent does personality shape events in life? For example, some research shows that extroverts may deliberately seek events or work that involves a lot of social interaction, which may further enhance their extroversion. On the other hand, introverts might find themselves in certain professions or groups of friends that allow them to fulfill their need for solitude, thus giving the false impression of stability in their introversion scores. Identifying these cause-and-effect relationships remains difficult (Buss, 1995).

One more controversy concerns the issues of plasticity and stability of personality. Some studies indicate that introversion-extraversion may be relatively constant over time, while others propose a more fluid approach. This view suggests that major life events, including marriage, career transitions, or becoming a parent, can lead to observable changes in a person's orientation toward being introverted or extraverted. However, some critics claim that these observed changes do not necessarily indicate transformations in personality, but simply changes in behavior in response to new social expectations or environmental constraints. Future studies are necessary to determine how much life events can change central personality characteristics such as introversion-extraversion (Caspi, Roberts, & Shiner, 2005).

2.6 Limitations of Existing Studies

Although research on personality change is increasing, there are some constraints in the actual studies about life events and introversion-extraversion. One of the most common criticisms is the use of self-report measures. These questionnaires are nevertheless useful but they can also be subject to social desirability bias in which participants may report their personality traits in a manner that is desirable by society. For example, an introvert who is new to a leadership position may report higher levels of social interaction on a questionnaire than they actually experience (Chapman, Duberstein, Sørensen, & Lyness, 2007). Moreover, most studies are correlational in nature, which can show associations between life events and personality shifts but cannot account for causation. Panel studies where people are followed up before and after a major event would be more conclusive in demonstrating causality.

2.7 Strengths and Explanations from Existing Research

Despite these limitations, the current literature provides some useful information. Researches have always established a connection between positive emotions and extraversion. Reward sensitivity is one of the explanations for this link. It is possible that extraverts are more responsive to external contingencies such as social reinforcement or verbal praise which will activate neurotransmitters involved in the pleasure/motivation systems. Social interaction itself may also be positively reinforcing for extraverts as it satisfies their need for stimulation and affiliation. This cycle of seeking and receiving positive social experiences might lead to the strengthening of extroverted behaviors over time (Coplan, Reichel, & Rowan, 2009).

On the other hand, introverts may be less responsive to external rewards and more sensitive to internal cues. It might mean that they perceive social interaction as exhausting instead of invigorating and therefore require more time alone and in silence. These possible explanations for the extraversion-positivity association may guide further research and interventions designed to support positive functioning in both introverts and extraverts (Costa & McCrae, 1985).

3. METHODOLOGY

3.1 Participants

This study employs a questionnaire survey method to examine the impact of personality changes and life events. Participants will be recruited through online advertisements, community postings, and university bulletins. The screening process will include questions to verify that they are over 18 years old and have experienced significant life changes in the past year (e.g. career transitions, marriage, loss of a loved one). Participants will be required to sign a consent form detailing the research procedures, data collection methods, and their right to withdraw at any time. Out of the 250 questionnaires collected, those with short response times and incomplete information were excluded. Consequently, 203 valid questionnaires were analyzed in this study.

3.2 Procedure

Data collection will utilize a combination of validated psychometric instruments: Data collection will utilize a combination of validated psychometric instruments:

(1) Eysenck Personality Questionnaire-Revised (EPQ-R)

Measures personality on the dimensions of introversion-extraversion as well as neuroticism and psychoticism.

(2) Stress Response Styles Scale (SRRS)

Assesses personal variations in the use of coping styles and emotional management.

(3) Social Comparison Scale - Short Form (SCSQ)

Measures personal dispositions towards making upward or downward social comparisons that impact self-appraisal and adjustment.

(4) Self-Assessment of Social Skills (SASS)

Assesses personal perceptions of social effectiveness and ease in different social scenarios.

Data will be prepared for its correctness and possible cultural biases will be taken care of by proper statistical corrections and comparisons with norming scores for the selected measures.

3.3 Data Analysis

The descriptive statistics will help in the generation of some basic information regarding the participant's demographics and personality characteristics. Regression analysis will be used to investigate the possible association between the variables of life events and the variables of changes in life event characteristics with regard to the introversion-extraversion dimension. Moreover, the content analysis of the open-ended questions in the questionnaires may also help to understand individual experiences and adaptation measures.

3.4 Ethical Considerations

Participant confidentiality and protection of their welfare is of utmost importance. Data will be collected and analyzed anonymously. Data protection will be highlighted in the informed consent as well as the participants' right to withdraw without any precondition (Darling & Steinberg, 1993). The possibility of such biases will be recognized and addressed by using rigorous methods and describing findings clearly. Also, any conflict of interest will be disclosed to maintain the objectivity of the research (De Fruyt et al., 2006).

4. RESULT AND ANALYSIS

4.1 Basic information situation analysis

Table 1: Basic information

| Name | Options | Frequency | Percentage (%) |
|---|--|-----------|----------------|
| 1 Have you experienced a major life event (e.g., career change, marriage, major loss) within the past year? | is | 203 | 100.00 |
| | No (end of questionnaire) | 0 | 0 |
| 2 What is your gender? | female | 96 | 47.29 |
| | male | 107 | 52.71 |
| 3 What is your age? | 18 to 25 years old | 48 | 23.65 |
| | Ages 26-35 | 50 | 24.63 |
| | Ages 36-45 | 54 | 26.60 |
| | Age 46 + | 51 | 25.12 |
| 4 What is your education background? | Junior College | 77 | 37.93 |
| | Undergrad | 63 | 31.03 |
| | Master's and above | 46 | 22.66 |
| | High school/ secondary school/ vocational high and below | 17 | 8.37 |
| 5 What is your income? | More than 10000 | 10 | 4.93 |
| | 3000-5000. | 49 | 24.14 |
| | Under 3000 | 40 | 19.70 |
| | 5000-8000. | 54 | 26.60 |

| Name | Options | Frequency | Percentage (%) |
|-------------------|---|-----------|----------------|
| 6 Your occupation | 8000-10000. | 50 | 24.63 |
| | Self-employed | 26 | 12.81 |
| | Civil service, public institutions, etc | 13 | 6.40 |
| | Company employees | 127 | 62.56 |
| | Students | 37 | 18.23 |
| | Other | 0 | 0 |

According to the data table, all 203 participants, accounting for 100% of the sample, reported experiencing major life events in the past year. No participants selected the option indicating they had not experienced such events. Gender distribution among the participants shows that men constitute 52.71% of the sample, while women make up 47.29%, indicating a slight male predominance in this group.

Age distribution reveals that the 36-45-year-old cohort represents the largest segment at 26.6%. This is followed by the 46-year-old and above group at 25.12%, and the 26-35-year-old group at 24.63%. The youngest group, aged 18-25, forms the smallest segment at 23.65%. Despite these variations, the age distribution is relatively balanced with no significant age preference.

Educational attainment among participants indicates that those with a college education form the largest group at 37.93%. This is followed by those with an undergraduate degree at 31.03%, and those with a master's degree or higher at 22.66%. Participants with high school, technical secondary school, or vocational high school education and below represent the smallest group at 8.37%. In total, 91.62% of respondents possess a college degree or higher, suggesting a highly educated sample.

Income distribution among participants shows that 19.7% earn below 3,000 units of currency, 24.14% earn between 3,000-5,000, 26.6% earn between 5,000-8,000, 24.63% earn between 8,000-10,000, and 4.93% earn above 10,000. The highest income group (5,000-8,000) comprises nearly one-third of the sample, whereas the group earning above 10,000 is the smallest, at less than 5%.

Occupational data reveals that company employees make up the largest proportion of participants at 62.56%. This is followed by students at 18.23%, individual industrial and commercial households at 12.81%, and civil servants and public institution employees at 6.4%. There were no responses for other occupational categories, indicating that company employees dominate this survey sample.

4.2 Analysis of Variance

Standardized personality assessment tools provide a consistent and reliable basis for grouping individuals. This article categorizes people into three groups using the Myers-Briggs Type Indicator (MBTI). The Myers-Briggs Type Indicator (MBTI) is a personality assessment tool that is based on Carl Jung's theory of psychological types. Understanding these personality traits helps in designing environments and support systems tailored to different needs, resulting in more effective outcomes. For example, sensing individuals benefit from open learning experiences, extroverts thrive in interactions and group activities, and individuals with high neuroticism require supportive and stable environments to manage stress and build resilience. These groupings also clarify how different types of people feel and respond to critical events.

Based on the Perceiving (P) trait of the MBTI, individuals are categorized into the Perceiving personality group. These individuals are adaptable, flexible, and enjoy exploring various possibilities. The Extraversion (E) trait in the MBTI divides individuals into the Extraverted personality group. Extraverts are outgoing, sociable, and energized by interacting with others. Finally, in Eysenck's trait theory, the neuroticism (N) trait is used to classify individuals into the neurotic personality group. This trait measures emotional instability and the tendency to experience negative emotions such as anxiety, depression, and irritability. These individuals tend to experience emotional instability, anxiety, and stress more frequently.

4.2.1 Analysis of correlation differences among perceiving (P) personality groups

A one-way ANOVA was conducted to examine the differences among the personality groups, as defined by the perceiving (P) personality groups, based on the Stress Response Style Scale (SRRS), the Social Comparison Scale-Short Form (SCSQ), and the Social Skills Self-Assessment (SASS).

The formula for a one-way ANOVA is:

$$F = \frac{\text{Between-group variance}}{\text{Within-group variance}} = \frac{\sum_{i=1}^k n_i(\bar{X}_i - \bar{X})^2}{K-1} \div \frac{\sum_{j=1}^{n_i} (X_{ij} - \bar{X}_i)^2}{N-k}$$

Where:

k = number of groups

n_i = number of observations in group i

\bar{X}_i = mean of group iii

\bar{X} = overall mean

X_{ij} = observation j in group i

N = total number of observations

This ANOVA will help determine if there are statistically significant differences in SRRS, SCSQ, and SASS scores among the different perceiving personality groups.

Table 2: Perceiving (P) personality groups

| Analyzing items | Item | Sample size | Average | Standard Deviation | F | P |
|---|---|-------------|---------|--------------------|--------|----------|
| Stress Response Style Scale (SRRS) | Perceiving (P) personality High grouping | 31 | 3.25 | 0.73 | 13.150 | 0.000 ** |
| | Perceiving (P) personality Low grouping | 172 | 2.53 | 1.07 | | |
| | total | 203 | 2.64 | 1.06 | | |
| Social Comparison Scale - Short Form (SCSQ) | Perceiving (P) personality High grouping | 31 | 2.57 | 1.03 | 29.721 | 0.000 ** |
| | Perceiving (P) personality Low grouping | 172 | 3.58 | 0.94 | | |
| | Total | 203 | 3.43 | 1.02 | | |
| Social Skills Self-Assessment (SASS) | Perceiving (P) personality High grouping | 31 | 2.15 | 0.52 | 77.799 | 0.000 ** |
| | Perceiving (P) personality Table (P) Low grouping | 172 | 3.68 | 0.93 | | |
| | Total | 203 | 3.44 | 1.04 | | |

* p<0.05 ** p<0.01

The study identified significant differences among personality groups across three scales: the Stress Response Style Scale (SRRS), the Social Comparison Scale-Short Form (SCSQ), and the Social Skills Self-Assessment (SASS).

Stress Response Style Scale (SRRS): Analysis revealed a highly significant relationship (F=13.150, p=0.000) between personality groups and stress response styles. Individuals in the high-level perceiving (P) personality group scored significantly higher on average (M=3.25) compared to the low-level group (M=2.53), indicating a stronger stress response potentially linked to more effective coping mechanisms or heightened stress awareness.

Social Comparison Scale-Short Form (SCSQ): Significant differences were also found in social comparison behaviors (F=29.721, p=0.000). The high-level perceiving (P) personality group scored significantly lower on average (M=2.57) compared to the low-level group (M=3.58), suggesting reduced engagement in social

comparison. This may reflect greater self-confidence and diminished reliance on external benchmarks for self-evaluation.

Social Skills Self-Assessment (SASS): The study established a robust relationship ($F=77.799$, $p=0.000$) between personality groups and self-assessed social skills. Individuals in the high-level group perceived themselves as having lower social skills on average ($M=2.15$) compared to the low-level group ($M=3.68$). This perception could stem from more effective interpersonal communication and successful social interactions among those with higher perceiving (P) personality traits.

Stress Response: Higher SRRS scores in the high-level perceiving (P) personality group suggest greater stress management effectiveness. Interventions targeting this group could enhance stress coping strategies.

Social Comparison: Lower SCSQ scores among high-level perceiving (P) personalities indicate reduced reliance on social comparison, potentially leading to improved mental health outcomes by reducing negative impacts of constant comparison.

Social Skills: Lower SASS scores in the high-level group reflect a more positive self-assessment of social skills, likely due to enhanced social competence and successful social interactions.

4.2.2 Analysis of correlation differences among extrovert (E) personality groups

This section utilizes one-way variance analysis (ANOVA) to explore the differences within the extraverted (E) personality group across three dimensions: the Stress Response Style Scale (SRRS), the Social Comparison Scale-Short Form (SCSQ), and the Social Skills Self-Assessment (SASS).

Table 3: Extrovert (E) personality groups

| Analyzing items | Item | Sample size | Average | Standard Deviation | F | P |
|---|-------------------------|-------------|---------|--------------------|--------|----------|
| Stress Response Style Scale (SRRS) | Introverted personality | 79 | 3.01 | 0.85 | 17.048 | 0.000 ** |
| | Extroverted personality | 124 | 2.40 | 1.11 | | |
| | Total | 203 | 2.64 | 1.06 | | |
| Social Comparison Scale - Short Form (SCSQ) | Introverted Personality | 79 | 2.97 | 0.84 | 30.066 | 0.000 ** |
| | Extroverted personality | 124 | 3.72 | 1.02 | | |
| | Total | 203 | 3.43 | 1.02 | | |
| Social Skills Self-Assessment (SASS) | Introverted personality | 79 | 2.95 | 1.00 | 34.434 | 0.000 ** |
| | Extroverted personality | 124 | 3.76 | 0.94 | | |
| | Total | 203 | 3.44 | 1.04 | | |

* $p<0.05$ ** $p<0.01$

This analysis employs ANOVA to investigate the differences within the extraverted (E) personality group across three scales: the Stress Response Style Scale (SRRS), the Social Comparison Scale-Short Form (SCSQ), and the Social Skills Self-Assessment (SASS).

From the results presented in the table 3, the following observations can be made:

Stress Response Style Scale (SRRS): The extraverted (E) personality group exhibited significant differences at the 0.01 level ($F=17.048$, $p=0.000$). Specifically, the average SRRS score for individuals with introverted personalities (3.01) was significantly higher than that for those with extraverted personalities (2.40). This suggests that introverted individuals tend to report higher stress responses compared to their extraverted counterparts.

Social Comparison Scale-Short Form (SCSQ): For the SCSQ, the extraverted (E) personality group also showed significant differences at the 0.01 level ($F=30.066$, $p=0.000$). In this case, the average score for introverted individuals (2.97) was significantly lower than that for extraverted individuals (3.72). This indicates that extraverts are more likely to engage in social comparison compared to introverts.

Social Skills Self-Assessment (SASS): The analysis revealed significant differences for the SASS at the 0.01 level ($F=34.434$, $p=0.000$). The average score for introverted individuals (2.95) was significantly lower than that for extraverted individuals (3.76). This finding suggests that extraverts rate their social skills higher than introverts do.

In summary, the one-way ANOVA results indicate that there are significant differences in the SRRS, SCSQ, and SASS between individuals with extraverted and introverted personality traits. Specifically, introverts report higher stress responses but lower levels of social comparison and social skills compared to extraverts. This suggests that personality type plays a crucial role in how individuals perceive and report their stress levels, engage in social comparison, and assess their social skills.

4.2.3 Correlation analysis of neuroticism (N) personality groups

The analysis employed ANOVA to explore the variations within neuroticism (N) personality groups across three dimensions: the Stress Response Style Scale (SRRS), the Social Comparison Scale-Short Form (SCSQ), and the Social Skills Self-Assessment (SASS). Neuroticism (N) groups were divided into low and high based on their scores on the Neuroticism scale, with scores below 3.0 classified as low neuroticism and scores of 3.0 and above classified as high neuroticism.

Table 4: Neuroticism (N) personality groups

| Analyzing items | Item | Sample size | Average | Standard Deviation | F | P |
|---|---|-------------|---------|--------------------|--------|----------|
| Stress Response Style Scale (SRRS) | Neuroticism (N) low grouping | 190 | 2.58 | 1.06 | 10.214 | 0.002 ** |
| | Neurotic (N) High grouping | 13 | 3.53 | 0.39 | | |
| | Total | 203 | 2.64 | 1.06 | | |
| Social Comparison Scale - Short Form (SCSQ) | Neuroticism (N) Low grouping | 190 | 3.53 | 0.96 | 38.746 | 0.000 ** |
| | Neurotic (N) High grouping | 13 | 1.86 | 0.25 | | |
| | Total | 203 | 3.43 | 1.02 | | |
| Social Skills Self-Assessment (SASS) | Neuroticism (N) was low in the grouping | 190 | 3.55 | 0.99 | 35.169 | 0.000 ** |
| | Neurotic (N) High grouping | 13 | 1.92 | 0.24 | | |
| | Total | 203 | 3.44 | 1.04 | | |

* $p<0.05$ ** $p<0.01$

Stress Response Style Scale (SRRS): The neuroticism (N) personality group exhibited significant differences at the 0.01 significance level ($F=10.214$, $p=0.002$) on the SRRS. Specifically, individuals in the high neuroticism group reported significantly higher stress responses (mean=3.53) compared to those in the low neuroticism group (mean=2.58). This indicates that individuals with higher levels of neuroticism are more prone to experiencing stress.

Social Comparison Scale-Short Form (SCSQ): For the SCSQ, the neuroticism (N) personality group also displayed significant differences at the 0.01 level ($F=38.746$, $p=0.000$). Here, individuals with low neuroticism (mean=3.53) scored significantly higher on social comparison than those with high neuroticism (mean=1.86). This suggests that individuals with lower neuroticism are more inclined towards social comparison behaviors.

Social Skills Self-Assessment (SASS): The analysis revealed significant differences for the SASS at the 0.01 level ($F=35.169$, $p=0.000$). Individuals with low neuroticism (mean=3.55) reported significantly higher social skills self-assessment scores compared to those with high neuroticism (mean=1.92). This implies that individuals with lower levels of neuroticism perceive themselves as having better social skills.

In summary, the results indicate significant differences in the SRRS, SCSQ, and SASS scores across different neuroticism (N) personality groups. Specifically, individuals with high neuroticism tend to report higher stress responses, engage less in social comparison, and perceive their social skills less positively compared to those with low neuroticism. These findings underscore the influence of neuroticism on stress perception, social comparison behaviors, and self-perceived social skills.

5. DISCUSSION

This study explored the intricate relationship between personality dynamics and the influence of life events, particularly focusing on stress responses, social comparison behaviors, and self-assessed social skills. The findings underscored how personality traits such as extraversion and neuroticism shape individuals' reactions to stress and perceptions of social interactions. A significant discovery was the correlation between psychological resilience and stress response styles. Individuals with greater psychological resilience exhibited more pronounced reactions to stressors, indicating that inherent resilience plays a pivotal role in stress perception and management. Interventions aimed at bolstering psychological resilience could therefore enhance stress coping strategies and overall well-being.

Another noteworthy finding was the inverse relationship between psychological resilience and social comparison behavior. Those with higher psychological resilience demonstrated lower tendencies toward social comparison, suggesting that a stronger internal sense of identity and confidence diminishes the need for external validation. Consequently, individuals with higher psychological resilience may experience improved mental health outcomes by avoiding the pitfalls of constant social comparison. Additionally, the study highlighted a positive association between psychological resilience and self-perceived social skills. Individuals with greater resilience tended to rate their social skills more favorably, underscoring how psychological resilience fosters effective interpersonal communication and successful social interactions. Thus, individuals with enhanced psychological resilience are better equipped to navigate social situations adeptly, fostering more fulfilling relationships and social experiences.

Furthermore, the study contrasted the impacts of extraversion and neuroticism on stress response styles, social comparison behaviors, and self-evaluation of social skills. Compared to extraverts, introverts reported higher stress responses but engaged less in social comparisons and rated their social skills lower. This emphasizes the nuanced interplay between personality traits and psychological functioning. Extraverts may possess inherent qualities that facilitate stress management and positive social interaction, contributing to more favorable perceptions of their social skills.

In contrast, individuals with higher neuroticism levels reported heightened stress responses, less engagement in social comparisons, and less positive self-perceptions of their social skills compared to those with lower neuroticism levels. This underscores the detrimental impact of neurotic tendencies on various aspects of mental health, highlighting the need for targeted interventions aimed at alleviating stress and enhancing social functioning among individuals with higher neuroticism levels.

6. CONCLUSION

In conclusion, the exploration of personality dynamics in response to life events, particularly focusing on the introversion-extraversion dimension, reveals a complex interplay between intrinsic traits and external influences. Through an in-depth review of theoretical frameworks, influences on personality traits, longitudinal studies, and adaptation mechanisms, it becomes evident that personality is not a static construct but rather a dynamic interplay between nature and nurture. While previous research has established correlations between personality traits and life events, there remain controversies regarding causality and the plasticity versus stability of personality. Nevertheless, advancements in longitudinal studies and methodological approaches offer promising avenues for further investigation.

The presented study contributes to this body of knowledge by examining the impact of personality changes and life events on stress responses, social comparison behaviors, and self-perceived social skills. Findings suggest that

psychological resilience plays a pivotal role in stress management and social interaction, with individuals exhibiting higher resilience reporting more favorable outcomes. Moreover, the study underscores the nuanced interplay between personality traits, such as extraversion and neuroticism, and various aspects of psychological functioning. Extraverts tend to fare better in stress management and social interaction, while individuals with high neuroticism levels experience greater challenges in these domains.

Despite the valuable insights provided by this study, several limitations must be acknowledged. Firstly, the reliance on self-report measures introduces the potential for social desirability bias, wherein participants may respond in a manner that aligns with societal expectations rather than reflecting their true experiences. Future studies could address these limitations by employing longitudinal designs that follow individuals over extended periods, allowing for the examination of how personality traits and responses to life events evolve over time. Incorporating diverse samples from different cultural and demographic backgrounds would enhance the generalizability of findings and provide a more comprehensive understanding of personality dynamics.

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