

**Introversion & Extroversion Personality Types in University Students: A  
Psychometric Study**



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## DECLARATION

I, **Ms. Sana Shafique** ID: **15001257007** Student of MS Counseling Psychology in the subject of Counseling Psychology session 2015-2017, hereby declare that the matter printed in the thesis title **“Introversion & Extroversion Personality Types in University Students; A Psychometric Study”** is my own work and has not been printed, published and submitted as research work thesis or publication in any form in any university, research institution etc in Pakistan or abroad.

Dated:

Signature of Deponent

## Certificate of Approval

Accepted by the Faculty of Institute of Clinical Psychology, University of  
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## **Dedication**

*“Where there`s no struggle, there`s no strength”*

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## Abstract

The current study was aimed to develop the personality types; introvert, extrovert and to explore the relationship between personality types and interpersonal difficulties in university students. University students (N= 400) with the age between 18 to 25 years ( $M=21.12$ ,  $SD= 1.89$ ) were selected from different universities through stratified sampling strategy. To assess personality types, two indigenous scales were developed namely; Introvert Personality Scale (IPS) with the factors of “Self-absorbed”, “Neuroticism” and “Social with drawl” and Extrovert Personality Scale (EPS) with the factors of “Openness” and “Outgoing”. Interpersonal difficulty scale (IDS, Saleem & Mahmood, 2014) was used to assess the interpersonal difficulties among university students. The results showed that neuroticism and openness were found to be significant positive predictor of interpersonal difficulties among university students. The correlation results show positive correlation of scales with each other. The Analysis of variance (ANOVA) results shows the significant results in the number of siblings, as the university students with small family size showed significant higher scores on the factor II “outgoing” of extrovert personality scale. The results were discussed in terms for implications for counseling services.

*Key words.* Introvert, extrovert, interpersonal difficulties, self-absorbed, neuroticism, social withdrawal, openness, outgoing

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**Chapter 1****Introduction**

University life for students serves as a foundation of new start of life, as in the new start an individual need to make new friends. Sometimes, it is exciting, and sometimes can be overwhelming, as it can have an immense impact on person's personality and mental wellbeing. It is a place where students may face different challenges or issues in the form of distinct personalities, mainly introvert, extrovert, and interpersonal difficulties. Every individual's personality is different from others. Everyone's personality is their identity. Few people name it as personality and few name it as temperament (Rohm, 2013). In the starting, people feel shy and somehow it's a normal behavior. University student are actually at the point of life where they need to discuss and share all the activities and circumstances with the one who are trustworthy and close to them. This time period is quite stressing and challenging for them (Tennison & Rodgers, 2009).