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**Dr. Parminder Kaur Laroia**

Assistant Professor,

Prof. Gursewak Singh Govt.

College of Physical Education-

Patiala, Punjab, India

## Journey of introversion/extroversion to ambiverts through yoga

**Dr. Parminder Kaur Laroia**

### Abstract

Personality is the complex combination of characteristics or qualities that form an individual's distinctive character which develops gradually between ages of 14 to 18 years. This time is very crucial to shape personality (ambivert) of young adolescents.

**Methodology:** - students of coeducation school of Patiala were selected for this study. Specific yogic session were given to the students. Results of personality traits were observed before and after yogic sessions.

**Results:** - Results obtained showed positive results in personality traits i.e. moving from introvert/extrovert to ambiverts.

**Keywords:** yoga, personality, introvert, extrovert

### Introduction

Personality is the overall behaviour of a person and is affected by heredity, environment & situations. It can be classified into various categories based on traits, temperament, physical structure, nature, etc.

Swiss Psychiatrist Carl Jung, in 1910, wrote a paper 'Psychic Conflicts in a Child' in which he introduced the term introversion for the first time. In this paper he classify personalities based on dimensions of attitude – Introvert Personality and Extrovert Personality. If we want to represent Introversion and Extroversion on a linear continuum, then they will be placed at the two extremes.

In her book 'The Introvert Advantage', Marti O. Laney used the word 'innie' for introvert and 'outie' for extrovert. Here, we are following her footsteps & doing the same.

It is hard to find a person who is pure innie and pure outie. But the traits which are more predominating in the person, he/she is said to have that personality type. Each personality has its own qualities and flaws. The Perfect balance of the traits of innies and outies is found to form third category called Ambiverts. They are in between the innies & outies. They display traits of both types in moderation.

Innies prefer to relax alone or with few close friends, whereas outies love to spend their time in large group and are talkative ones. They know a lot of people. Innies appear calm and are good listeners while Outies are more active. Innies are great observers, at the same time they are known for their over thinking. Innies are more prone to negative self talk and have low self confidence, being on the extreme end Outies may become over confident many a times.

We live in a society where outies are preferred over innies; innies feel that something is wrong with them. But this is not true, they have their own strengths. In such conditions, being an ambivert is the best way to survive in this world.

Ambiverts are more flexible ones. They think before speaking and show sufficient assertiveness and required amount of enthusiasm. The excitement level and confidence level, everything is in balance for ambiverts.

The major difference between innies and outies is based on the preference of using the sides of their nervous system. Innies prefer Parasympathetic (Rest and Digest) side of the Nervous system. This is the relaxing side of the nervous system and is associated with left nostril. Outies use the Sympathetic (Fight or Flight) Nervous system that is why they appear to be more active. This side is associated with right nostril.

**Corresponding Author:**

**Dr. Parminder Kaur Laroia**

Assistant Professor,

Prof. Gursewak Singh Govt.

College of Physical Education-

Patiala, Punjab, India

The balanced use of Nervous system is preferably done by the Ambiverts.

According to Hath Yoga Pradeepika, there are 72,000 nadis in our body. Most important of them are Ida, Pingla and Sushmna. Sushmna Nadi coincides to the physical spinal column. Ida Nadi is related to the left nostril and Pingla Nadi is to the right nostril. Yoga (Pranayama) may help in balancing the Ida and Pingla flow through Sushmna Nadi.

Yoga is the practice of ancient India, now-a-days it has been spread all over the world. It consists of Yama-Niyama (yogic attitudes), Asana (yogic exercises), Pranayama (breathing exercises), Bandhas (locks), Mudras (Hand Positions) and Dhyana (Meditation). Yoga helps in providing emotional balance of body and mind.

It may also assist in developing self-esteem, self-regulation & empowerment.

Children and adolescents are in developing stage of their lives, so they are in the process of developing their unique personalities and achieving balance between their own strengths and expectations of society.

### Aims & Objectives

1. To check the personality type of adolescents.
2. To develop personality of adolescents (by making them ambiverts) through yogic practices.

### Methodology

To conduct the study, a co-educational school at Patiala was selected. The students of class VI-XII were chosen to fill the questionnaire and undergo the yogic training. Mandatory permissions were taken from the school Principal, Parents, teachers and guardians of the students for the smooth conduct of study.

Personality was assessed using Personality Assessment Test from the book named 'The Introvert Advantage'. Students were explained about all the questions & were asked to answer these questions in True or False at their home so that they could fill whatever they feel like. This test was done twice: before yoga training and after yoga training of one month so as to analyze the change occurred. The data was collected and analyzed to obtain the results.

All the students and teachers were given training of yogic practices in a workshop. Training of various Asana, Pranayama, Surya Namaskar and knowledge about Yogic diet & Meditation is given to them. They are told to practice all this in school for 30 minutes every day for one month. They were supervised by the research team once a week. And counselling of innies was done so as to make them ambiverts. After a month, they are asked to fill the same questionnaire again and data as compared with the previous one to observe the changes in their personalities.

**Study Tools:** Personality Assessment test was used to assess the personality of students so as to know their personality traits i.e. innie, ambivert or outie. Yogic Practices and counselling were used to transform their traits of innies and outies to ambiverts.

**Key:** Based on the number of TRUEs, student is said to have introvert traits if no. is among 20-29, ambivert if it is among 10-19 and extrovert if no. is among 1-9.

### Results

299 students were considered for the study. Among 299, 156(52.17%) were boys and 143(47.829%) were girls.

[Table1]

Students of VI & VII class are in their early adolescence thus are more prone to the changes in their personality. Their ambivert trait rises from 20.68% to 62.06% & from 25% to 60% respectively.

Before yogic training, the study shows that 25.08% of the total students are outies, followed by innies (27.75%) and 47.15% of them were ambiverts.

After the appropriate yogic training sessions, ambivert trait increased from 47.15% to 59.53%. This transformation is more seen in innies (from 27.75% to 17.72%) than outies (from 25.08% to 22.74%).[Table 2&3]

**Table 1:** Number of Boys & Girls in Classes VI-XII

| Class        | Boys (No.) | Boys (%)     | Girls (No.) | Girls (%)     | Total (No.) | Total (%)  |
|--------------|------------|--------------|-------------|---------------|-------------|------------|
| Vi           | 17         | 10.89        | 12          | 8.39          | 29          | 9.69       |
| Vii          | 25         | 16.02        | 15          | 10.48         | 40          | 13.37      |
| Viii         | 24         | 15.38        | 22          | 15.38         | 46          | 15.38      |
| Ix           | 33         | 21.15        | 30          | 20.97         | 63          | 21.07      |
| X            | 26         | 16.66        | 26          | 18.18         | 52          | 17.39      |
| Xi           | 21         | 13.46        | 28          | 19.58         | 49          | 16.38      |
| Xii          | 10         | 6.41         | 10          | 6.99          | 20          | 6.68       |
| <b>Total</b> | <b>156</b> | <b>52.17</b> | <b>143</b>  | <b>47.829</b> | <b>299</b>  | <b>100</b> |

**Table 2:** Distribution of students acc. To their personality before yogic training

| Class        | No. Of Students | Innies (%)        | Outies (%)        | Ambiverts (%)      |
|--------------|-----------------|-------------------|-------------------|--------------------|
| Vi           | 29              | 12(41.3%)         | 11(37.93%)        | 6(20.68%)          |
| Vii          | 40              | 20(50%)           | 10(25%)           | 10(25%)            |
| Viii         | 46              | 16(34.78%)        | 17(36.95%)        | 13(28.26%)         |
| Ix           | 63              | 12(19.04%)        | 15(23.80%)        | 36(57.14%)         |
| X            | 52              | 5(9.61%)          | 2(3.84%)          | 45(86.53%)         |
| Xi           | 49              | 8(16.32%)         | 10(20.40%)        | 31(63.26%)         |
| Xii          | 20              | 10(50%)           | 10(50%)           | -                  |
| <b>Total</b> | <b>299</b>      | <b>83(27.75%)</b> | <b>75(25.08%)</b> | <b>141(47.15%)</b> |

**Table 3:** Distribution of students acc. To their personality after yogic training

| Class        | No. Of Students | Innies (%)        | Outies (%)        | Ambiverts 12       |
|--------------|-----------------|-------------------|-------------------|--------------------|
| Vi           | 29              | 6(20.68%)         | 5(17.24%)         | 18(62.06%)         |
| Vii          | 40              | 10(25%)           | 6(15%)            | 24(60%)            |
| Viii         | 46              | 15(32.60%)        | 16(34.78%)        | 15(32.60%)         |
| Ix           | 63              | 8(12.69%)         | 17(26.98%)        | 38(60.31%)         |
| X            | 52              | 3(5.76%)          | 1(1.92%)          | 48(92.30%)         |
| Xi           | 49              | 4(8.163%)         | 11(22.44%)        | 34(69.38%)         |
| Xii          | 20              | 7(0.35%)          | 12(60%)           | 1(5%)              |
| <b>Total</b> | <b>299</b>      | <b>53(17.72%)</b> | <b>68(22.74%)</b> | <b>178(59.53%)</b> |

### Discussions & Conclusion

The study conducted on 299 school students show that yoga training consisting of Pranayama and Surya Namaskar helped adolescents modify their personality types. From two extreme ends of continuum, they come in the category of ambiverts, feeling more calm, compost & confident and less prone to negative self talk. Personality assessment test had helped them to do self-introspection.

Pranayama helps in making the flow of the Pranic energy through Sushmna Nadi thus balancing the nervous system. Meditation engaged them into positive self-talk which ultimately results in increased self-confidence.

Also, study shows that innies are the most affected ones, reason being the concentration power of innies is far better as compared to outies.

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