

A Tentative Analysis on the Forming Factors of Introversion Psychology

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Abstract: Introverts differ in their behavior and emotional expression from extroverts. They tend to be more solitary and deliberate, and are relatively less involved in social activities. This individual difference has been a topic of concern in psychological research. Introverts need to understand that introversion is a trait, not a flaw. Exploring the causes of introversion can help people better understand themselves, their strengths and weaknesses, and cope more effectively with their emotions and behaviors. At the same time, analyzing the psychological causes of introversion can also help people better understand others and improve their communication and interpersonal skills. All in all, this kind of research can help us better understand human individual differences and improve individual development and mental health. This paper combs the concept and development of introversion psychology, analyzes the characteristics of introversion psychology, analyzes the formation factors of introversion psychology from internal and external causes, and summarizes the advantages of introversion psychology.

Keywords: introversion psychology, factor analysis, psychological advantage

1. Introduction

1.1. Research Background

Previous studies have found that introversion is linked to a variety of factors, including genetics and environment [1]. For example, parenting style, socioeconomic status, cultural background, and biological factors may all influence an individual's introverted personality traits. In addition, some studies have also found that introversion personality is associated with some negative psychological states such as depression and social anxiety [2], which further prompted researchers to explore the formation of introversion psychological factors. Studying the factors that shape introversion can help us better understand how individuals develop their personality traits and behaviors. These studies can reveal the differences between introverts and extroverts in social interaction, emotional expression, cognitive processing and other aspects, and help promote mutual understanding and communication between different people.

1.2. Research Significance

Studying the factors that shape introversion can help us better understand individual differences and mental health problems in humans. Introverts may face different challenges than extroverts, such as social difficulties, loneliness and depression. Studying the factors that shape introversion can help us better understand how individuals develop their personality traits and behaviors. These studies can reveal the differences between introverts and extroverts in social interaction, emotional expression, cognitive processing and other aspects, and help promote mutual understanding and communication between different people. The research significance of the formation of introversion psychology is also to understand the source and development mechanism of introversion, so as to better help those with introversion to adapt to the social environment. In addition, such research can also provide guidance for fields such as human resource management, education and career counseling. It can help promote the development of interpersonal relationships, help organizations better deal with the individual differences of employees or students, and improve overall performance and happiness.

2. Literature Review

2.1. Concept and Development of Introversion Psychology

Introversion refers to a person's tendency to focus on the internal world, such as their own feelings, thoughts and feelings, rather than the external world, and to be less adept at expressing themselves and interacting with others [3]. This type of person usually prefers to be alone and reflective, and is more inclined to think deeply and self-reflect when dealing with problems. They may feel uncomfortable or nervous in situations that require a lot of social, expressive, and external stimulation. Introversion is often considered a normal psychological type, as opposed to extroversion, which tends to seek external stimuli and social interaction [4].

The concept of introversion originated from the personality type theory of Swiss psychologist Carl Jung, who divided people into two types: introversion and extroversion [5]. According to Jung, there are two basic psychological orientations in individual human beings: introversion and extroversion. Introverts pay more attention to internal experience, self-reflection, independent thinking and deep exploration, and are usually quiet and reserved. Extroverts, on the other hand, focus more on external stimuli. Later, in the work of sociologist Max Weber, introversion was seen as an individual trait more inclined to introspection, self-reflection, and exploration of the inner world. At the same time, modern psychology defines an introvert as someone who prefers to spend time alone, thinking about problems, and paying attention to details [6]. Together, these theories shaped the concept of introversion and have had a profound impact on the study of human behavior and character.

2.2. Internal Causes of Introversion Psychology

The internal reasons of introversion may include individual personality traits, genetic inheritance, neurophysiological differences and other factors [7]. For example, some studies have shown that introverts may have higher pain sensitivity, cognitive control and other traits. Some people are genetically predisposed to more cautious and introverted responses to external stimuli, which is related to the composition and function of their genes and nervous system[8]. In addition, introverted people may be more focused on self-reflection and introspection, and tend to seek satisfaction and security from inner experiences.

The influence of genetic factors on introversion is complicated, but research suggests that genetic factors play a role in introversion [9]. These genetic factors may include genes,

neurotransmitters and neural circuits. For example, research suggests that genetic variants associated with introversion may affect the level of dopamine in people's brains, which can affect emotional regulation and behavioral control [10]. Some research suggests that the brains of introverted people may be less responsive to stimulation, possibly due to a thicker cortex [11]. Introverts, meanwhile, may be more likely to use the left hemisphere of their brain when performing cognitive tasks, which is associated with language and logic [12]. In addition, the study suggests that the internal nervous system anatomy of individuals may also influence whether they are more likely to exhibit introverted traits [13].

However, neurobiological factors alone are not enough to explain introversion. Environmental and socio-cultural factors are equally important.

2.3. External Causes of Introversion Psychology

External causes of introversion include the influence of environment, education and culture, such as lack of social experience, over-protection and control, and culture that values independent thinking and self-expression.

Research shows that the environment of growth has an important influence on the formation and development of introversion psychology [14]. Family, education, social experience and other aspects can affect individual character development. Some studies have pointed out that family environment [15], such as parenting style, marital stability and parent-child relationship, has a significant influence on introversion psychology. Introversion may develop in an environment where a person is chronically socially inexperienced, overprotected and controlled, or in a culture that values independent thinking and self-expression. An individual's family and social environment can influence the formation of introversion. For example, people who have experienced negative experiences such as bullying, isolation or neglect are more likely to develop introversion traits. In addition, childhood stress and trauma can also lead to introversion [16]. Therefore, the growth environment has a great impact on the formation and development of introversion psychology.

Education can influence the formation of introversion psychology. For example, providing the right curriculum and environment and encouraging students to actively participate in class discussions and group activities can help introverted students increase their self-confidence and social skills. Education can also promote the positive development of introversion by emphasizing independent thinking, self-expression and self-esteem. However, if education overemphasizes competitive and extroverted traits, it may cause stress and discomfort for introverted students, thus exacerbating their introverted emotions and behaviors.

Cultural background has a significant influence on introversion psychology. For example, in Western cultures, introversion is often seen as an abnormal or a trait that needs to be improved, whereas in Eastern cultures, introversion is seen as a quality to be respected and nurtured. In addition, the relationship between individuals and groups in different cultures also affects the performance of introversion psychology. In individualistic cultures, introverted individuals are more likely to suffer from social stress and anxiety, whereas in collectivist cultures, introverted individuals are better able to fit in and fit in with the group. Therefore, it is important to understand how cultural differences affect introversion.

2.4. Advantages of Introversion Psychology

Introverts tend to be more sensitive, think more deeply, pay more attention, and have an advantage in processing information and solving problems [17]. Specifically, the advantages of introversion are shown in the table 1.

Table 1: Psychological advantages of introversion.

deliberate	Introverts are better at thinking deeply and reflecting on problems because they tend to make decisions after thinking rather than rushing into action.
independence	Introverts are often more independent[18], less susceptible to external pressure or groupthink, and have greater self-awareness and self-challenge.
creativity	Introverts are often highly creative and imaginative because they immerse themselves more in their thoughts and feelings and get inspiration and ideas from them.
introspection	Introverted individuals are better at self-reflection and self-observation[19], can better understand their own emotions and needs, and better understand and handle their own emotions and relationships.
better focus	Introverts are often better at focusing on a task, exploring and learning more deeply in areas of interest, and accumulating more knowledge and skills.

The advantages of introversion psychology can help individuals perform well in study, work and interpersonal communication. At the same time, introverts can achieve better team effectiveness by cooperating with extroverts in a complementary manner [20]. Therefore, introverts should accept their personality traits and learn to use their strengths to achieve a successful and happy life.

3. Conclusion

Society tends to recognize extroverts and ignore introverts, but by analyzing the advantages introverts have over extroverts, this article shows that introverts have a superior nature -- introverts are more likely to succeed. The fact also shows that from history to the present, there have been prominent introverted personalities. Albert Einstein, who proposed the theory of relativity, Bill Gates, the founder and chairman of Microsoft, and J.K. Rowling, the creator of Harry Potter, are all outstanding representatives of introverted personalities. Of course, compared with extroverts, introverts have certain disadvantages, such as the traditional view that introverts are more pessimistic and solitary, but this is not because of the disadvantages of introversion itself, but because introverts themselves and others lack of understanding of introversion. Comprehensive consideration of the internal and external causes of introversion should be based on a full understanding of introversion. Introverts should not only avoid self-isolation, anxiety, inferiority, self-esteem, etc., but also avoid external introvert's criticism and misunderstanding, to a certain extent, give play to human nature.

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