



## A study on the personality traits of college students

Dr. Bhateri<sup>1</sup>, Nidhi<sup>2</sup>, Dr. Himanshu Kataria<sup>3</sup>

<sup>1</sup> Assistant Professor, Hindu Girls College, Sonipat, Haryana, India

<sup>2</sup> Student, Hindu Girls College, Sonipat, Haryana, India

<sup>3</sup> Assistant professor, Delhi Technical Campus, Bahadurgarh, Haryana, India

### Abstract

The present study attempted to contribute to the existing research on personality traits particularly towards the INFJ traits of an individual. A sample of 100 students consisted of all female students of college located in the Haryana. Descriptive statistics was employed by the researcher to find out the mean of the sample. It was found that the girl students have more of sensing, feeling, thinking and intuitive traits.

**Keywords:** INFJ, personality, sensing, thinking, intuitive

### Introduction

We all are different individuals, striving to find a way of our own in the world. We have our traits, our persona, which distinguishes us from rest of the world. Every single thing that we possess, every equality that resides inside our being, reflects the uniqueness that makes us. Through this study we have talked about INFJ personality (most rare personality) and other personalities because

“Knowing others is intelligence;  
Knowing yourself is true wisdom.  
Knowing others is strength;  
Knowing yourself is true power.  
If you realise that you have enough, you are truly rich.”

Personality is the characteristic set of behaviours, cognitions, and emotional patterns that evolve from biological and environmental factors. While there is no generally agreed upon definition of personality, most theories focus on motivation and psychological interactions with one's environment. Trait based personality theories such as those defined by Raymond Cattell defined personality as the traits that predict a person's behaviour. On the other hand, more behaviourally based approaches define personality through learning and habits. Nevertheless, most theories view personality as relatively stable.

INFJ (introversion, intuitive, feeling, judging) is an initialism used in the publications of the Myers –Briggs Type Indicators (MBTI) to refer to one of the sixteen personality types. The MBTI assessment was developed from the work of prominent psychiatrist Carl Jung in his book *Psychological Types* in 1920s. Jung proposed a psychological typology based on the theories of cognitive functions that he developed through his clinical observations. From Jung's work, others developed psychological typologies. Jungian personality assessment includes the MBIT instrument, developed by Isabel Briggs Myers and Katharine Cook Briggs in 1940s, and the Keirsey

Temperament sorter, developed by David Keirsey. Keirsey referred to the INFJs as counsellors, one of the 4 types belonging to the temperament he called the idealist. INFJs are the rarest type, and make up about 1-3% of the general population. According to Jung, sensing, intuition, thinking, and feeling can be directed inwardly or outwardly. Here is a list of eight functions. Introverted Sensing (Si); Introverted Intuition (Ni); Introverted Thinking (Ti); Introverted Feeling (Fi); Extraverted Sensing (Se); Extraverted Intuition (Ne); Extraverted Thinking (Te); Extraverted Feeling (Fe)

**INFJ = Ni – Fe – Ti – Se**

INFJ personality type is very rare, making up less than one percent of the population, but they nonetheless leave their mark on the world. As diplomats, they have an inborn sense of idealism and morality, but what sets them apart is the accompanying judging (J) trait – INFJs are not idle dreamers, but people capable of taking concrete steps to realize their goals and make a lasting positive impact. INFJs tend to see helping others as their purpose in life, but while people with this personality type can be found engaging rescue efforts and doing charity work, their real passion is to get to the heart of the issue so that people need not be rescued at all.

INFJs indeed share a unique combination of traits: though soft-spoken, they have very strong opinions and will fight tirelessly for an idea they believe in. They are decisive and strong-willed, but will rarely use that energy for personal gain – INFJs will act with creativity, imagination, conviction and sensitivity not to create advantage, but to create balance. Egalitarianism and karma are very attractive ideas to INFJs, and they tend to believe that nothing would help the world so much as using love and compassion to soften the hearts of tyrants. INFJs find it easy to make connections with others, and have a talent for warm, sensitive language, speaking in human terms, rather than with pure logic and fact.

It makes sense that their friends and colleagues will come to

think of them as quiet extraverted types, but they would all do well to remember that INFJs need time alone to decompress and recharge, and to not become too alarmed when they suddenly withdraw. INFJs take great care of other's feelings, and they expect the favour to be returned – sometimes that means giving them the space they need for a few days. To INFJs, the world is a place full of inequity – but it doesn't have to be. No other personality type is better suited to create a movement to right a wrong, no matter how big or small. INFJs just need to remember that while they are busy taking care of the world, they need to take care of themselves too.

The MBTI describes 4 basic areas of personality:

1. Extraversion Vs. Introversion  
Describes how a person gets energized.
2. Sensing Vs. Intuition  
Describes how a person takes in information.
3. Thinking Vs. Feeling  
Describes the means a person uses to make decision.
4. Judging Vs. Perceiving  
Describes the speed with which a person makes decision.

By using their preference in each of these areas, people develop what Jung and Myers called psychological types. People are like to develop behaviours, skills and attitude based on their particular type.

Each personality type has its own potential strengths as well as areas that offer opportunities for growth.

### **INFJ**

An INFJ is a person who is energized by time alone (introverted) who focuses on ideas and concepts rather than facts and details (intuitive), who makes decisions based on feelings and values (feelings), and who prefer to be planned and organised rather than spontaneous or flexible (judging).

As an introvert, they are primarily focused inward, on our own thoughts, feelings and experience. Most of the time, they find it more energising to be in quiet, peaceful surroundings than to be surrounded by noise or large groups of people. They tend to be reserved and keep their thoughts to themselves.

As an intuitive, they are primarily interested in ideas and possibilities. They prefer to look at the big pictures and understand how everything fits together. They really enjoy imagining the future. They naturally see pattern and connections and often have a "sixth sense" about things.

They are driven by values of operations. They put the needs of others above their own, always consider how to care for the people and accommodate them, and they feel most comfortable in the environment of positive emotions.

They prefer an approach their life with a sense of structure and order. They like things planned and scheduled and dislike unexpected changes.

### **Nature of INFJ**

INFJs are helpers who fight for what they believe in and who work to ensure the well-being and equality of others, but it can also leave them exhausted and stressed if they forget to practice self-care.

"INFJs are known for their abilities to read people with uncanny accuracy", says Green.

When someone challenges their values, they are likely to

receive an alarmingly strong response. They are vulnerable to criticism and don't like to be involved in conflicts. They are drawn to high quality things, like good food, nice clothes, and anything else that has good craftsmanship. As much as they hate to admit, the way things look is important to them. Artistic and creative, they live a world of hidden meanings and possibilities.

Their way of thinking is imaginative and transcendental. Sometimes people think that they say crazy things but that's just because they cannot see the world through INFJs creative and imaginative prospective. Them and circle it.

### **16 Myers Briggs personality types**

1. ESFJ (The Provider):- Extroversion sensing feeling judging. ESFJs focus on the outside world and assess their experiences subjectively. They largely base their judgements on their belief system and on the effects of action on people. ESFJs are literal and concrete trusting the specific factual information gathered through their physiological senses.
2. INFP (The Idealist):- Introversion intuitive feeling perceiving. INFPs focus much of their energy on intense feeling and deep ethics that dominate an 'inner world'. They seek an external life that keeps that values
3. ESTP (The Doer):- Extroversion sensing thinking perceiving. ESTPs are hands on learners who live in the moment seeking the best in life wanting to share it with their friends. They are active people who want to solve their problems rather than simply discuss them
4. ISFJ (The Nurturer):- Introversion sensing feeling judging. ISFJs are interested in maintaining order and harmony in every aspect of their lives. They are steadfast and meticulous in handling their responsibilities.
5. ESFP (The Performer):- Extroversion sensing feeling perceiving. ESFPs live in the moment experiencing life to the fullest. They enjoy people as well as material comfort. ESFPs take a hand on approach in most things.
6. ISTJ (The Inspector) - Introversion sensing thinking judging. ISTJs are logical organised sensible and earnest traditionalists who enjoy keeping their lives and environment well regulated. Typically reserved and serious individuals, they earn success through their thoroughness and extraordinary dependability.
7. ENFJ (The Giver):- Extroversion intuitive feeling judging. Extroverted feeling types seek continuity through harmonious relationships and collective values. They excel at picking up on values, simply because shared values are what create harmony.
8. INTP (The Thinker):- Introversion intuitive thinking perceiving. INTPs are quiet thoughtful analytical individuals who tend to spend long periods of time on their own, working through problems and forcing solutions.
9. ENFP (The Champion):- Extroversion intuitive feeling perceiving. ENFPs are initiators of change and keenly perceptive of possibilities. They energise and stimulate others through their contagious enthusiasm. They bring zest, joy, liveliness, and fun to all aspects of their lives.
10. ISFP (The Composer):- Introversion sensing feeling perceiving. ISFPs are peaceful easy going people who adopt a "live and let live" approach of life. Although quiet,

- they are pleasant, considerate, caring and devoted to the people in their lives.
11. ESTJ (The Supervisor):- Extroversion sensing thinking judging. ESTJs are practical realistic and matter of fact with a natural head for business. ESTJs make good administrators especially if they remember to consider others feelings and points of view which they often dismiss.
  12. INTJ (The Mastermind):- Introversion intuitive thinking judging. Hallmarks of the INTJ include independence of thought and desires of efficiency. They work best when give autonomy and creative freedom.
  13. ISTP (The Craftsman):- Introversion sensing thinking perceiving ISTPs excel at analysing situations to reach the heart of a problem so that they can swiftly implement a functional repair making them ideally suited to the field of engineering.
  14. ENTP (The Visionary):- Extroversion intuitive thinking perceiving ENTPs are quick to see complex interrelationships between people things and ideas. To the ENTPs competence and intelligence are particularly prized both in themselves and in other people.
  15. ENTJ (The Commander):- Extroversion intuitive thinking judging. ENTJs focus on the most efficient and organised means of performing a task. ENTJs tend to be fiercely independent in their decision making having a string will that insulates them against external influence.
  16. INFJ (The counsellor):- INFJs are visionaries and idealists who ooze creative imagination and brilliant ideas. They have a different, and usually more profound, way of looking at the world. They have a substance and depth in the way they think, never taking anything at surface level or accepting things the way they are. Others may sometimes perceive them as weird or amusing because of their different outlook on life.

### Review of literature

Forrester, W.R and Tashchian, A (2010) worked on the effect of personality on attitudes towards academic group work. They studied the five personality dimensions of openness, agreeableness, extroversion, conscientiousness and neuroticism. They took a sample of 225 business students. They found using the regression analysis that extroversion was the best predictor of respondent's attitudes towards academic group work. Individuals with high extroversion scores and positive attitudes towards academic group work. Neuroticism, agreeableness and conscientiousness were also related to respondent's performance for group work and discomfort with group work. Interestingly respondent's level of openness had no impact on any of the work group attitude variables.

Su Q. *et al.* (2017) <sup>[4]</sup> worked on the relationship between the self-concept and the personality traits. The researchers employed the Piers-Harris children's Self-Concept Scale and the Eysenck Personality Questionnaire on the 36 adolescent short-track skaters. The research question was to find out the overall situation of self-concept of adolescent athletes in short track speed skating team and the relationship between them. It was found that the self-concept score of the athletes was lower than the Chinese norm. It was concluded in this study that

self-concept and personality were mutually influenced in the process of development. However, physical appearance and attributes, anxiety and behaviours were the dominant factors in this study that influenced the extroversion-introversion, neuroticism and psychoticism scores. Moreover, extroversion-introversion and the psychoticism were the most important personality traits found by the researchers in this study that affected the development level of the self-concept.

Tatlilioglu, K. (2017) <sup>[5]</sup> worked on the effect of literature on personality development of individuals using soe variables. The researcher investigated whether the effect of literature on the personality development exists or not? They framed certain research questions, namely: literature effect on individual's general harmony level; personal harmony level; self-actualization level; emotional stability level; psychotic symptoms; family and social relations; and antisocial tendencies. Students of 12 secondary schools of Kirsehir City, Turkey were targeted by the researcher for this study through the disproportionate cluster sampling. It was found that literature does not have a significant influence on the general, social and personal neurotic and anti-social tendencies and family relations, but influence of literature was found on the social relations of individuals.

Obi T. *et al.*, (2013) <sup>[3]</sup> examined the influence of personality and age on the attitude towards crime among adolescents. They collected a sample of 176 participants out of which 110 were males and 66 females. The participants were of the age of 12 to 20 years, having mean age of 15 years. Big five inventory and attitude towards crime scale were employed by the researchers in this study. Cross sectional survey and regression analysis were employed in this study to interpret the data. Extroversion, agreeableness and conscientiousness personality were significant predictors of the attitude towards the crime, on the other hand, neuroticism and openness were not found to be significant predictors of the attitude of a person towards crime.

Nuckcheddy, A. (2018) <sup>[2]</sup> investigated the effect of personality on motivation and organizational behaviour. This research was based on the literature review. The researcher framed two research questions; 1. Whether personality affect motivation and organizational behaviour & 2. Whether personality affect organizational behaviour or not? The researcher reviewed the existing journals (Journal of personality and social psychology, journal of research in personality, academy of management review, journal of organizational behaviour and journal of applied psychology) for this research. It was found by the researcher that personality is an important topic and should be implemented in the management to improve the motivation of the employee and also to improve the behaviour of individual in the organization.

Liu L. *et al.*, (2016) <sup>[1]</sup> analysed the personality through the social media profile picture choices. The researchers analysed how the twitter profile images differ with the personality of the users. A sample of 66,000 users was used in this study whose personalities were estimated by the researchers based on the tweets. Aesthetic and facial features and control for demographic variation in image features and personality were selected as criteria in this study for analysis. It was found that significant differences exist between personality traits and the

choice of profile pictures; viz. agreeable and conscientious users display more positive emotions in their profile pictures, on the other hand, users who are high in openness prefer more aesthetic pictures.

**Research methodology**

This study is to find out the personality traits of college students (girls), more specifically the INFJ personality trait of the girls.

Sample – in this study the researcher took a sample of 100 college students (girls) out of the listed students of the college located in the Haryana.

Instrument – researcher employed the Keirseay Temperament Sorter, is a self-assessed personality questionnaire designed to help people better understand themselves and others. It was first introduced in the book “Please understand me” in 1978. It is one of the most widely used personality assessments in the world. The test consists of 70 questions that have two choices and b for each option. The subject has to select the option that best describes their behaviours.

Procedure – questionnaire were distributed among the subject. Instructions – it was told to the subject that this test will test the personality of the subject. There are 70 questions in this test with two options and b. the subjects have to select one choice which describes their behaviours. According to their answers, we will check their personality.

Objective - To find out the INFJ of the girl students.

**Data interpretation and analysis**

The researcher employed descriptive statistics to find out the mean of the various variables.

**Table 1: Descriptive Statistics**

	N	Minimum	Maximum	Mean	Std. Deviation
	Statistic	Statistic	Statistic	Statistic	Statistic
Extrovert	100	2.00	10.00	5.8800	.19451
Introvert	100	.00	8.00	4.1600	.19422
Intuitive	100	2.00	16.00	8.1400	.27155
Thinking	100	1.00	17.00	9.5000	.25879
Feeling	100	3.00	19.00	10.5000	.25800
Judging	100	5.00	15.00	10.7300	.21549
Sensing	100	.00	110.00	12.7600	1.02476
Perceiving	100	4.00	16.00	9.3200	.23220
Valid N (List wise)	100				

From the table above it is found that the college students (girls) have the following personality traits in the decreasing order of:

1. Sensing trait (12.76)
2. Judging trait (10.73)
3. Feeling trait (10.50)
4. Thinking trait (9.50)
5. Perceiving trait (9.32)
6. Intuitive trait (8.14)
7. Extrovert trait (5.88)
8. Introvert trait (4.16)

As this paper talks about the INFJ personality trait of the Myer and Briggs 16 personality traits.

$$INFJ = Ni - Fe - Ti - Se$$

Where; Introverted Intuition (Ni); Introverted Thinking (Ti); Extraverted Sensing (Se); Extraverted Feeling (Fe). So it is clear from the results that the girls students have more of sensing, feeling, thinking and intuitive traits.

**Suggestions**

**For Family**

1. **Provide them with Emotional support:** It is a simple as a hug or talking and listening to their worries. Make sure the child knows that you will always support them no matter what.
2. **Don't force them to be Extrovert:** Never do that to the child. They need a lot of personal space and me-time. It gives them some headspace to think and declutter themselves.
3. **Don't place expectation on them:** Everyone has their own strengths and weakness but INFJs have very high expectations and standards for themselves. For them best is always better than what they have done.
4. **Give them a chance:** To discover their dreams and ideas and then they will likely surprise you with how productive and through they can be with making their goals a reality.
5. **Don't criticise them:** They take it to the heart. It's as bad as a bullet wound. If you have an issue with them, then, talk it out don't put them down.

**For Friends**

To most friends and acquaintances the INFJ type seems very sociable and extroverted. This can cause confusion when INFJs overwhelmed and must with draw from people. In truth, INFJ are just like other introverts in the sense that they are very selective with whom they consider real friends.

They try to connect with them in any way possible because they know how it feels to stand alone. They don't want anyone to be in the same position. There are very few people who know about their most painful moments. Even fewer people have seen them cry. They yearn for long-term relationships. However, most of what they find is half-attempted friendships that leave them feeling drained. So, they end up keeping most of what they think and do to themselves. INFJs are deeply loyal and loving to friend they make. They see the best in their friends and they naturally understand them on deeper level.

1. **Don't take them for granted:** They use their strengths to extend themselves emotionally to their friends. They would do anything for them, as long as they understand not to take this for granted.
2. **Listen to them carefully:** They don't open-up easily, remember to listen to them who they open-up, give a genuine apology when you hurt their feelings and go along with their feelings, and go along with their whimsical ideas. These simple things mean a lot to them.

## References

1. Liu L, Preotiu-Pietro D, Samani Z, Moghaddam M, Ungar L. Analyzing personality through social media profile picture choice. Association fro the advancement of artificial intelligence, 2016.
2. Nuckcheddy A. The effect of personality on motivation and organizational behaviour. *Psychology and behavioural science*. 2018; 9(2):001-005.
3. Obi T, Nwankwo B, Agu S, Aboh J, Sydney-Agbor N. Influence of personality and age on attitude towards crime among adolescents. *IOSR Journal of humanities and social science (IOSR-JHSS)*. 2013; 17(1):80-86.
4. Su Q, Li T, Sun Y. The research on the relationship between the self-concept and the personality traits. *Journal of sport psychology*. 2017; 26(3):141-146.
5. Tatliioglu K. The effect of literature on personalidty development of individuals using some variables. *Educational research and reviews*. 2017; 12(6):295-302.