International Journal of Politics & Social Sciences Review (IJPSSR)

Altruism beyond Boundaries: Unpacking the Introvert-Extrovert Paradox

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Abstract

The study focused to find correlation between personality aspects (Extraversion and Introversion) and Altruism among University students. The research instruments for collecting data were psychological scales of items consist of 05-point Likert self-reported Altruistic scale (J. Philippe et all 1981), an 18 -items. The first scale focused on prosocial behaviour of the students through 05-point Likert scale with modes of Never, Once, more than once, often, and very often. The second personality type scale by (James C. MacCroskey) the responses were collected on 5-Likert's scale: e.g. 1. Strongly disagree, 2. Disagree, 3. Neither disagree nor agree, 4. Agree, 5. Strongly agree. These scales were data collecting tools for the study and personally administered to the targeted sample. A sample of 150 students was taken for convenience. The responses of the students were carefully analysed, calculated and tabulated in the light of the stated objectives. The statistical tool SPSS 21 version was used for analysis purpose. Descriptive statistics like Frequency, Percentage, Mean and Standard deviation were employed. Pearson co-efficient was used to investigate the correlation variables among analysis respectively. The study findings showed no significant difference of introverted and extroverted personality with altruism (helping others). The Cronbach's Alpha of Altruism scale is 0.8 which shows strong reliability.

Keywords   Altruism, Introvert, Extrovert, Paradox, Boundaries, Personality Aspects, Students, University

Introduction

The term altruism was coined by French philosopher and sociologist Auguste Comte (1798-1857). Altruism is derived from Italian word altui which literary means "to others". Later introduced into Britain ('altruism') by George H. Lewes (1817–1878). Mateer and Willover (1994) defined altruism as the behaviour of a person in which he or she helps other without any benefit or reward. In several theories altruism is considered as one of moral aspect of human beings. As an aspect of moral value altruism is an act of helping others in selflessness way a person has no greed for any kind of benefit or exploitation rather a person feels inner satisfaction and peace in spite of any relation to another person to whom he or she is helping. (Emic, 2014).

Monroe (2002) describes that altruism must have a sort of goal with action just a thought in mind is not sufficient. Although the goal to do prosocial act could be voluntary or involuntary. The act would not be considered altruistic if there is no goal or altruistic person has any primary intentions for self-benefit. Intentions are more important in altruistic behaviour rather than outcomes.

According to psychologists' personality is the overall development of different psychological aspects and traits. (Warren and Carmichael, 1930). If there were two people even having same age and gender would be different in many aspects i.e. physique, emotions, choices, problem solving, decision making and thinking. These all-overall traits contribute to form personality. (Kasschau,

2000). In conclusion personality can be defined as the dynamic organization of internal and external characteristics in a person which affect his or her behaviour and others in the same environment. (Allport, 1937; Bowers, 1973; John, 1990).

A study pointed out that prosocial behaviour (altruism) is linked with the rewarding area of the brain i.e. frontal cortex and ventral striatum. (Harbaugh, Mayr, & Burghart, 2007; Moll et al., 2006; Tankersley, Stowe, & Huettel, 2007), this study suggests that from year one the child of a human and chimpanzee will act altruistically when other is in trouble and will help even if a stranger will appear. (Zahn, Radke-Yarrow, Wagner, & Chapman, 1992), helping others for a child and chimpanzee may have rewarding inheritably. (Warneken & Tomasello, 2006).

A study suggested that altruism depends on mood and aspects of personality. In this case, one's personality characteristics may affect one's altruistic acts toward people who are in misery Altruistic people tend to take risks for others and self-sacrifice for the sake of other people's benefits. (Fehr & Schmidt, 2006). Another study suggests that altruistic individuals make sacrifices when it comes to intimidating relationships and get hurt or disadvantaged but improving other partner life. (Cox, 2007).

Jung (1976) introduced two aspects of personality one is introverted personality, and one is extroverted personality. An introvert is a type of personality in which people use energy from outside to inside. Introverted people are often coy, idealistic, and imaginative. Introverts are often characterized with less socialization and try to understand things before jumping for experience. (Tieger & Barron-Tieger, 1995). Extroverts on the other hands get their energy from the outside world. They are more expressive, loud, and interactive with people. Extroverts tend to take experiences from the outside world and people. Extroverts are assertive and practical. They often get experience through reflections and observations. Extroverts pass through trial and error in their learning journey. (Jensen and Ditiberio ,1984, Eysenck & Chan, 1982).

Altruistic individuals are lacking to take benefits when helping others therefore psychologists, educationists, sociologists, philosophers and anthropologists are keenly interested in altruism. (Dovidio, Piliavin, Schroeder, & Penner, 2006; Oakley, in press). Humans' revolutionary history put light on altruistic behaviour. According to revolutionary point of view when a person is in distress it influences the altruistic person who is in result help a distressed person to reduce his own feelings of discomfort which is ultimately rewarding for an altruistic person. On the other hand, when a distressed person feels comfortable and contented it gives ultimate pleasure and satisfaction to an altruistic person. This study highlighted that empathy plays an important role in altruism. (Preston & de Waal, 2002).

The big five models had theorical construct and one advantage it has is that they measured six facet traits in personality. (McCrae & Costa, 2008). Big Five-factor model is measuring some aspects and traits in personality which is more acceptable and widely used model. (Somer, Korkmaz and Tatar, 2002) there are some dimensions in the model which are Extraversion, introversion, agreeableness, conscientiousness, open to experience and neuroticism. Extroversion includes qualities i.e. outgoing, talkative, good communication and sociable. Introversion have traits, i.e. deep, quite types like opposite to extroverts. Agreeableness refers to the traits i.e. honest, easy-going, avoiding conflict type. Conscientiousness are traits in which a person is more disciplined, goal oriented and focused. Neuroticism reflects anxiousness and emotional disturbance. Openness to Experience refers to creativity and open to changes. (Andrews, Saklofske, & Janzen, 2001).

Different studies have looked at the association of victimization and altruism. It is concluded from one study that altruistic people are the easiest targets for criminal because of their empathic and helpful nature. (Cohen & Felson, 1979; Felson, 2002). One study pinpointed that if an in-emergency situation someone has force to act altruistically will increase chances to help others by reinforcing the act. (Staub & Vollhardt ,2008).

Heredity vs environment has an important debate on personality and its development. It is suggested that if there is a major role of genetics in personality then there would be harmony in the personalities of individuals even in different societies but if nurtures plays a role, then in same society there would be diversity in traits of personality. (Rutter, Moffitt, & Caspi, 2006). (Chiu, Kim, & Wan, 2008).

The relationship of altruism and selfishness is incompatible one of study revealed altruism and selfishness as on two opposite poles. (Dennett, 1984). One exploration suggested that altruism

and subjective happiness has a strong positive correlation. It is also revealed that helping others in old age reduced risk of deaths (Brown, Consedine, & Magai, 2005; Brown, Nesse, Vinokur, & Smith, 2003).

Every individual prosocial behaviour is different from other person even in the same culture. Several studies explored altruism relationships with different personality (Oda et al., 2014). Each personality trait is uniquely forming relationship with other variables in society. (Bekkers 2006). A study revealed that donation of blood or organ is positively associated with agreeableness in personality whereas donation of money is related to extroversion and openness. (Oda et al. 2014).

Objective of the Study

The purpose of this study was to investigate the relationship between Extrovert personality and introvert personality with altruism among the university students. The direct relationships among altruism and introvert and extrovert personality was measured.

Hypotheses

H0$_1$: Altruism is associated positively strong with "extroverted" personality type.

H0$_2$: Altruism is associated positively strong with "introverted" personality type.

Statement of the Problem

To inquire about the prosocial behaviour in personality type (Introvert, Extrovert) among university students have great significance to improve the prosocial behaviour and social well-being of the students. Penner, Dovidio, Piliavin, and Schroeder (2005) found strong positive relationship of altruism with mental health and adjustment in society. According to this study, altruistic people had high self-esteem, successful interpersonal relationships and high level of trust linked with them. On the other hand, altruistic people are avoiding self- harm, crimes, drug abuse and arrest.

Nature of Research

The study was descriptive research, and the survey method was used to collect data. Two different psychological scales were used for research purpose among students.

Population and Sample

The population of the study included around 9000 students at the University of Malakand. The sample of 150 students was taken for convenience. As to concern the student's population, the study was confided to 150 students from natural sciences and social sciences.

Variable Definitions

Altruism

Theoretical Definition

Altruism is an act of helping others without any reward or expectation. It is prosocial behaviour which is carried out as a selfless act.

Operational Definition

Altruism is operationally defined as the total scores on the twenty items the self-report altruism scale. (Rushton, J. P., Chrisjohn, R. D., & Fekken, G. C.1981)

Personality

Theoretical Definition

Allport et al. present the concept of personality as the assembling of psychological and physical traits which enable a person to harmonize himself to the environment (Allport, 1937; Robbins et al., 2009).

Operational Definition

The personality defined as a total score on 18 -item measures Eysenck, H. J. (1970).

Studying Instruments

Altruistic Scale

Self-report altruistic scale (J. Philippe et all 1981) was used to score student's altruism. This scale consists of 20 items 05-point Likert scale with modes of Never-1, Once-2, more than once-3, Often-4, and very often-5 regarding very aspect of the students to be helpful in different aspects of life i.e. Helping a stranger in need, helping a classmate in need, contribution in charity and donation work etc. This test was easy to administer. The scale was data collecting tools for the study and administered personally to the sample. The students' responses were carefully analysed, calculated and tabulated in the light of the stated objectives of the study.

Personality Scale

The second personality type scale (Extrovert type and introvert type) was used. This was developed by James C. MacCroskey. The readymade scale was used. The scale consists of 18 items on

introversion extracted from Eysenck work. Students scored 48 or high on scale were introverted, students scored below 24 were extroverted according to the scale. The scale was data collecting tools for the study and administered personally to the sample. The students' responses were carefully analysed, calculated and tabulated in the light of the stated objectives of the study. The responses were collected on 5-Likert's scale: e.g. 1. Strongly disagree, 2. Disagree, 3. Neither disagree nor agree, 4. Agree, 5. Strongly agree.

Inform Consent

The students were clearly told about the purpose of the research and its background. The students must have the option of voluntary participation. For this reason, they were told with detail and then asked to decide whether they were ready to share their opinion or not. No participant was harmed in any manner such as personally, emotionally or professionally. The information shared by the participants were only used for the purpose of research. Not only the information but also the identity of participants was kept anonymous.

Data Analysis

The required data was treated according to the objectives of the studies. Two scales, self-reported altruism scale (J. Philippe et all 1981) and introversion personality test (James C. Macroskey) were used to score students for prosocial behaviour and personality type. The responses of the students were carefully analysed, calculated and tabulated. The statistical tool SPSS 21 version was used for analysis purpose. As the study follows descriptive method and the data collected were mainly of quantitative type, the descriptive statistics like 'Frequency', 'Percentage', 'Mean' and 'standard deviation' were employed. Pearson co-efficient was used to investigate the correlation variables among analysis respectively. The scales range from 1 to 5. For all sections, five-point response mode was employed. Instructions were written and direction for the participants to how to fill up the questionnaires. It was said that all data will be kept confidential and will be used only for research purpose.

Results

The interpretation of data is presented in the following tables;

Table # 1 Correlations

		ALT	Extrovert
ALT	Pearson Correlation	1	-.102
	Sig. (2-tailed)		.214
	N	150	150
Extrovert	Pearson Correlation	-.102	1
	Sig. (2-tailed)	.214	
	N	150	150

Table # 2 shows a negative weak correlation between independent variable (extroverted personality) and dependent variable (altruism). The significant level of the study is 0.2.

Table # 2 Correlations

		ALT	Introvert
ALT	Pearson Correlation	1	.202[*]
	Sig. (2-tailed)		.013
	N	150	150
Introvert	Pearson Correlation	.202[*]	1
	Sig. (2-tailed)	.013	
	N	150	150

Table # 2 shows positive weak correlation between independent variable (introverted personality) and dependent variable (altruism). The results show high significance (0.01) of the study.

Table # 3 Reliability Statistics of Altruism

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.811	.804	20

The Cronbach's Alpha of Altruism scale is 0.8 which shows positive and greater acceptable reliability. The number of items for Altruism scale were (n=20).

Reliability Statistics Personality Test

Cronbach's Alpha	N of Items
.696	18

The Cronbach's Alpha of Personality scale (Introverted and Extroverted) is 0.6 which shows positive acceptable reliability. The number of items for Personality scale were (n=18).

Delimitation of the Study

This study had delimited to only graduate students and no post graduate students were taken in the sample. Altruism could be studied with other personality traits i.e. agreeableness, conscientiousness, neuroticism, self-actualization etc. The sample could be leaders, administrators, housewives or children.

Discussion

The purpose of this study was to explore the association of personality types (extroverted and introverted) with altruism. The correlation of extroverted personality as an independent variable was found weak and negative with 0.2 significant level. As null hypothesis of the study $H0_1$ Altruism is associated with "extroverted" personality type is rejected as there is negative weak correlation between extroverted personality type and altruism. This study reveals that may or may not an extrovert will show altruism if needed. An investigation suggested an extroversion has no relationship with altruism among young students which further explained that it could be because of less opportunity and exposure for students to help others. (K. K. injari et al., 2019). Although one study revealed that altruism has a strong positive correlation with altruism which contradicts this study and suggests that extroverts are more outgoing and easier with people around them, they have less hesitation to be helpful with others. On the other hand, extroverts have a happier appearance in society, so they avoid distress and try to help others for feeling better by themselves. (Sunil kumar et al., 2019).

The association between introverted personality type has a positive weak correlation with altruism. The correlation between two variables (introverted and altruism) showed a high level of significance with 0.01. null hypothesis Ho_2: Altruism is associated positively strong with "introverted" personality type is rejected as correlation between introverted is weak positive with altruism. This study suggested that introverted people are mostly coy and less sociable in society which can hinder in their helping behaviour with other people. Introverted people have often hesitated in the quick decision-making process which can lead them to avoid such emergency situations where instant help is needed. Research showed that students with introverted personality traits are often disengaged in social interaction which makes them less cooperative with other fellow students. These introverted students hesitate in receiving and giving help either sharing their ideas or ideas of other fellows. (Sanna Tuovinen et al., 2020) The reliability of altruistic scale was 0.8 which is greater and acceptable. Cronbach's Alpha for personality scale was 0.6 which is moderate and acceptable.

Conclusion

The responses of the students were carefully analysed, calculated and tabulated in the light of the stated objectives. The statistical tool SPSS 21 version was used for analysis purpose. The results were tabulated in different tables. The first scale focused on prosocial behaviour of the students through 05-point Likert scale with modes of Never, Once, more than once, often, and very often. The second personality type scale (Extrovert type and introvert type) Strongly Disagree, Disagree, undecided, Agree, Strongly Agree. Data collected from the questionnaire were analysed using descriptive and inferential statistics including mean, and frequencies, percentage, correlation and t-test using SPSS. The findings of research showed negative association with personality which rejects 1st hypothesis (null hypothesis) of the study. The findings in the 2nd hypothesis showed a weak positive association between introverted personality and altruism. The research concluded that it is not necessary to have a personality type (extroverted or introverted) for pro social behaviour. It may be possible that a person is quiet shy and isolated and cannot help others in need or may be someone assertive behaviour hinders in pro social behaviour.

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