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EN 121: Writing About Writing

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Annotated Bibliography on Writing and Introversion

Mathur, Preeti and Hemlata. "Study of Youth Problems as Related with Personality Type." *Indian Journal of Health and Wellbeing,* vol. 8, no. 6, 2017, pp. 551-553. *Academic Search Complete.*

This study, done by the J.N.V. University Department of Psychology, defines introversion, extroversion, and the psychologically scientific stereotypes of each as theorized by Carl Jung. For extroversion, the personality behaviours and traits included: outgoing, talkative, energetic, enthusiastic, assertive, gregarious, finding pleasure in large social gatherings, wearing more decorative clothing, more energetic music selections, and being in the fields of politics, teaching, sales management, and brokering. The introversion perception included: reserved, solitary behaviour, reflective, less outspoken, pleasure in reading, writing, using computers, hiking,and fishing, observant, analytical, overwhelmed by too much stimulation, dressing in practical, comfortable clothes, less decorative and socially discouraging workspaces, and participating in the fields of the archetypal artist, writer, sculptor, engineer, composer, and inventor. It was also noted that introverts are misread as being shy and developing social phobias. The research question of the study was that youth problems are influenced by personality type. However, the results showed that there is no significant difference between introverted youth and extroverted youth and the problems they face as general adolescents.

This study is helpful in my research because it reminded me of the psychologist Carl Jung and his theories on introversion and extroversion (ambiversion is also implied). While it is not based on writing in particular, it shows that for other aspects, introversion and extroversion do not have a major effect. They are merely personality traits that reflect one's preferred lifestyle.

This is a credible source because it is a university based study.

I agree with the findings.

Riley, Mary Ellen P. "The Quiet Majority: Introversion and Gifted Students." *Curriculum Methods for Gifted and Talented Students.* 26, June 2017.

In this research paper, Mary Ellen P. Riley, a student, writes on how to treat introverted students in a social classroom setting. Riley does this by explaining the differences between introverts and extroverts and offering some solutions to help introverts succeed in a social setting like a classroom (ex. Pause before accepting class answers, group/independent projects, "brainwriting," and quiet spaces). Carl Jung and Susan Cain are mentioned and cited frequently. Introversion appears to be displayed as a negative personality trait, as Riley even mentions the Introverted Personality Disorder that was an actual diagnosed disorder for a while under the established American Psychological Association. Like Cain, Riley writes that introverts are more creative and better thinkers (gifted students), if a little slower to process an answer. Something new in the research compared to my other sources was that introverts and extroverts have physical differences. This is supposed to explain why introverts are less outspoken: it takes them

longer to generate an answer because they are more complex thinkers. Riley does say that introverted does not mean shy, introverts just have preferences on how they socialize.

This research paper can help my own research paper because there are some overlapping points that I saw in Stewart's article and with the stigmas I know about being introverted. I can use the sources cited in this paper for more research and compare Riley's points to my Stewart's, Cain's and my own.

I definitely need to read Susan Cain's books now and refresh on the psychologist Carl Jung.

I agree with some of the points that Riley makes and am skeptical of some others.

Stewart, Erin. "Leave Us Introverts Alone, We're Fine." *Age* [Melbourne, Australia], 20 June, 2016, p. 17. *Opposing Viewpoints In Context,* http://link.galegroup.com/apps/doc/A455681014/OVIC?

This article, which is written by Erin Stewart, a freelance author, cites and replies to a book published by Susan Cain titled, *Quiet: The Power of Introverts in a World That Can't Stop Talking.* Stewart speaks on being an introvert and disagrees with Cain's claim that introverts "are likely to be creative and form deep friendships. Introverted leaders often deliver better outcomes because they're thoughtful," (qtd. in Stewart). Instead, Stewart writes that "Introversion is a preference for solitude, it doesn't describe someone's whole personality" and "Spending time alone as an introvert doesn't guarantee quality of thinking," (Stewart, "Leave Us Introverts Alone"). Stewart disbands the idea that introverts are surreal beings on a higher level of mentality than those who are not introverted. "And the notion of the lone creative is a myth," Stewart also includes in the

article (Stewart, “Leave Us Introverts Alone”). An example of famous playwright Shakespeare and his social collaborative personality is given. The article simplifies introversion as being less of a personality trait and more of a lifestyle preference.

This article may be helpful in my research paper by providing counter theories and evidence against the overgeneralization that all introverts are writers or intellectuals and vice versa.

This source is credible because the book *Quiet:The Power of Introverts in a World That Can’t Stop Talking* is well-known and respected. Stewart disagrees with some of what Susan Cain writes, but does not slander her work. While this is a short and not very scientific source, I plan to read part of Susan Cain’s book.

At the moment, I agree with Erin Stewart.