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Memory and Personality Effects

2202

Evergreen Valley College

Abstract

The difference in memory between Introverts and Extroverts was investigated. Two different types of memory tests were also used, words and four digit numbers. The personality types were determined by using a Jungian Typology test.

Memory and Personality Effects

Many people have met others who seem to have an easier time remembering things. While intelligence may affect this, I also believe that personality could affect what you remember and how easy it is for you to remember. Memory, personality, behavior, and academic performance are common areas of study for psychologists. While psychologists have studied any combination of those variables, the combination that I find most interesting is memory and personality.

There are two systems when discussing memory the structure and control. The structure is the physical and wired in processes that will remain constant across experiences. The control varies across people and situations. Control also refers to the techniques that people use to recall information. Short term memory or short term store usually last for about 30 seconds before it dissipates, this can be avoided by repetition or with some aid or control device (technique for recall). If the sensory information makes it into the long term storage it is considered remembered and the individual can recall that information at a later date (Wood, Wood, & Boyd, 2005).

The two most common ways to measure personality are through the Big Five personality traits: openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism. The other is Jungian Typology which consists of two attitudes introversion and extroversion, and four functions of sensing, intuition, thinking, and feeling. Both introversion and extroversion are focuses of cognitive activity in individuals. Introversion is the focus on the internal representative of experiences. Extroversion focuses on the outside world (Derlega, Winstead, & Jones, 2005). The Jungian Typology test is used in many colleges and universities in the assessment of student's personality for potential strengths and weaknesses. This test has given

rise to a major standardized personality inventory the Myers-Briggs Type Indicator (Myers, 1962 as cited in Carlson & Levy, 1973).

In Study 1 of Carlson and Levy (1973) short term memory (STM) was tested by presenting subjects with a stimulus for a brief period of time, and then they were asked to recognize or reproduce stimulus content. Testing STM requires individual differences in cognitive orientation thus testing introversion and extroversion. In this study, they found that Introverts were significantly superior on digit span tasks and extraverted were significantly more accurate on facial expressions.

I theorize that introverted personality types will do better on number recollection, while extroverts will recall words better. Using a Jung Typology test, I will test individuals for their major personality type- introverted or extroverted. To see the difference between the two, I will use four memory lists, two will be words and the other two will be four digit numbers. With extroverts focus on the outside world, I believe the words will be easier because they represent things in the outside world, while numbers or digits will not have any reference to the outside world and will be easier to internalize. By changing between words and numbers, I hope to see a difference between personality types and recall accuracy.

Method

Participants

I used undergraduate students from Evergreen Valley College. These students were taken from introduction level psychology classes. The students were given extra credit for their participation, and the amount of extra credit was determined by the professor of the psychology classes.

Materials

For this experiment, I used a 72 question Jungian Typology Test from <http://www.humanmetrics.com/cgi-win/JTypes1.htm> to measure introversion and extroversion personality types. There were two word lists and two number lists used in this experiment. The two word lists had 10 random words each of which were chosen from a random word generator, zokutou.co.uk/randomword. The two number lists had 10 random numbers each ranging from 1000 – 9999 that were chosen from <http://www.random.org/nform.html>. The memory tests were presented by a power point presentation. I handed out data collection sheets to write down the information from the tests to the participants. At the top of these sheets, there were instructions on how to get to the personality test, as well as space to write down the results of the tests. An envelope big to fit an 8 ½ by 11 sheet of paper was used to put the data collection sheets in.

Procedures

Every participant received a data collection sheet that instructed them on how to obtain the Jungian Typology test. They were asked to go to <http://www.humanmetrics.com/cgi-win/JTypes1.htm> and click the button that says: do it! Once you have clicked on the button please fill out the questions. When you are done hit submit and you will be given four categories with a number below them. Please copy down the categories and their corresponding numbers in the space provided. Example – Sensing 15%. The following day, the psychology professor gave the participants the memory tests consisting of the four memory lists. The memory lists were given one at a time. The time for learning the lists was 40 seconds. That followed by 20 seconds of transition time, then a minute for recall. After the memory tests were completed, the participants were instructed to turn in their answer sheets to the instructor of the class and put the

data collection sheets in the appropriate sized envelope and sealed and given to me. The students were given extra credit at the time of the hand in, and only received the credit if they handed in the sheet with everything filled out.

References

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- Derlega, V., Winstead, B., & Jones, W. (2005). *Personality: Contemporary theory and research* (3rd ed.). Belmont: Thomson Wadsworth.
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