INTROVERSION-EXTROVERTION

- As a lay definition, Introverts tend to prefer their own company and are reserved with others. It takes a lot for them to open up.

- Extroverts enjoy being in the midst of the action and are very people-orientated. They can become easily bored and tend to enjoy change.

STABLE – NEUROTIC

- Those dominant in the ‘Stable’ dimension are laid-back, easy-going and not easily phased.

- Those dominant at the ‘Neurotic’ end are easily made anxious and prone to worrying.

- S-N is determined by the activity of the ANS.

- By NEUROTIC Eysenck didn’t mean clinical neurosis.
INTROVERSION – EXTROVERSION

This is determined by the Reticular Activating System (RAS) and a ‘rough’ guide to how this works can be demonstrated through the Necker cube exercise. This is a Necker cube:
The Necker Cube Experiment

• Your brain can make the Necker Cube flip between these two different views:

Let your eyes 'settle' on the cube and every time it changes its orientation – i.e. the back becomes the front or the front the back – record the change.

• On your marks!
Working out your results

• Low scores suggest an Introvert tendency and high scores an Extrovert tendency.

• Before looking at your Necker cube results we need to understand the role of a critical brain region – the Reticular Activating system (RAS)
Evidence in relation to Eysenck

- Speilman's (1963) repetitive tasks study.
- Shield's Twin study and concordance rate.
- Eysenck's Eye blink and buzzer test:

  \[ UCS \rightarrow UCR \]
  \[ NS + UCS \rightarrow UCR \]
  \[ CS \rightarrow CR \]

Green's (1975) study of hyperactive children.

Evaluation

Heim (1975) has reviewed Eysenck’s personality theory extensively:
1. She challenges his biological explanation.
2. Accuses his explanation of being reductionist.
3. Ecological validity.
4. Plays down the role of social influences.

5. Reductionism - Eysenck claims the RAS can ultimately account for a range of complex personality behaviours and yet is located in a brain region that relates to our most primitive behaviours.