



# GEN 0104

## Self - Development



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# **Basic Principles of Human Behavior**

## **Part 3: Social Activities & Personality Development**

[https://youtu.be/8gJsI\\_MwHVA](https://youtu.be/8gJsI_MwHVA)

# Learning Objectives

1. Define the concepts of social activities and personality development.
2. Point out the factors that influence the development of personality.
3. Select social activities that influence the development of personality.

# Social Activities



**Sport participation**



**Volunteering**

**Social activities** are considered appropriate on social occasion that are linked to better physical and mental health, and a longer lifespan.

# Personality Development



**Personality development** is the development of the organized pattern of the thoughts, feelings and behaviors that distinguish individuals from one another.

# Nature and Nurture for Personality

The word **nature** refers to all of the genes and heredity factors that influence to a person's personality.

The word **nurture** refers to all the environmental variables that impact a person's personality involving his/her early childhood experiences, how the parents raised the child, social relationships, and surrounding culture.

# Factors Affect Personality

1

Environmental  
Factors

2

Physical Factors

3

Situational factors

4

Hereditary

5

Family and  
Social Factors

6

Identification  
Process

## Factors Affect Personality (cont.)

7

Cultural Factors

9

Sex Differences

8

Intelligence

10

Psychological  
Factors

Source: <https://www.iedunote.com/personality>

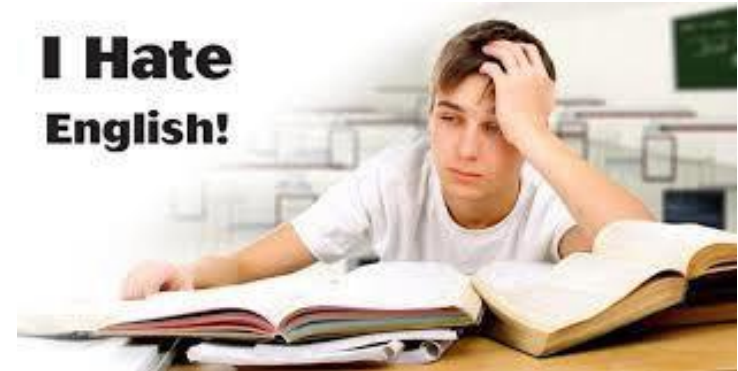


# Environmental Factors



**The environment includes home, school, or other places that people spend a lot of time affects their personality.**

# Situational Factors



Everything from happy times, successful work, or dislike language fit into the "situations" category of shaping one's personality.

# Family and Social Factors



Family and social factors help a person be self- confident, self-esteem, proactive and emotionally stable.

# Cultural Factors



Customs



Religion



Nationality

The essence of culture is the collective programming of the mind. It relates to a shared system of beliefs, attitudes, possessions, attributes, customs, values of religion, and nationality.

# Dimensions of Personality

Code	Dimension
I / E	Introversion or Extraversion
S / N	Sensing or Intuition
T / F	Thinking or Feeling
J / P	Judging or Perceiving

Isabel Briggs Myers and her mother, Katharine Briggs, developed four dimensions of personality in the 1960's based on Carl C. Jung Theory in the 1920's.

Source: <https://www.truity.com/page/16-personality-types-myers-briggs>

# Introversion or Extraversion (I / E)



An introvert person tends to be more reserved and thoughtful.



An extravert person tends to be more expressive and outspoken.

# Sensing or Intuition (S / N)



Sensing personality tends to be interested in information they can directly feel.



Intuition personality focuses on a more abstract level of thinking often described as "creative".

# Thinking or Feeling (T / F)



Thinking personality tends to be interested in finding the most logical, reasonable choice.



Feeling personality tends to make decisions with their hearts.



# Judging or Perceiving (J / P)



Judging personality tends to be systematic planning, early starting, and schedule.



Perceiving personality tends to leave things open so they can change their minds.

# THE 16 PERSONALITY TYPES

This is the ultimate overview of the 16 personality types by Isabel Briggs Myers and Katharine Cook Briggs, based on the work of Carl Jung. See which type sounds most like you, then take our free test to see if you're right!

## ISFJ *The Nurturer*

The Nurturer is always thinking of others and gives out in any way they can. Their warm and sensitive nature makes them excellent caretakers. They're considerate, loyal and unselfish.



## ISFP *The Composer*

Great listeners and excellent friends. Sometimes struggling to initially connect with people, The Composer places great value on being at peace with themselves and nature. They are spontaneous, fun and lovers of life.



## ENFP *The Champion*

Focused on creating their own way in life, The Champion lives from their intuition, feelings, and strong new projects and are great at seeing the potential in others. They are thoughtful, perceptive and optimistic.



## INFJ *The Counsellor*

This Personality Type has a caring and reflective nature. Brimming with creativity and never taking anything at surface value, they hold firm to idealistic values. The Counsellor is reflective, eloquent and visionary.



## ESFJ *The Provider*

The Provider feels most alive when they're centre-stage. Comfortable being in the spotlight, they are energised through social interactions and love to be active. They are gracious, thoughtful and harmonious.



## ENTP *The Visionary*

Not lovers of small-talk, The Visionary seeks out people with whom they can have intellectual, theoretical conversations. Lovers of learning, they welcome new challenges, they're inventive, logical and energetic.



## INTP *The Thinker*

Constantly taking in and analysing information, The Thinker has the ability to quickly analyse people and situations. They enjoy independence and achieve high standards in everything they do. They are insightful, logical and observant.



## ISTJ *The Inspector*

Highly organised and hard-working, The Inspector pays great attention to upholding social and cultural responsibilities. They are deep-thinkers with clear views of right and wrong. The Inspector is trustworthy, intimidating and reserved.



## *The Performer* ESFP

The life and soul of any party! Thriving from being with others, their strong interpersonal skills make them fun to be around. The Performer is lively, sympathetic and thoughtful.



## *The Craftsman* ISTP

Here is a Personality Type that is very down to earth and rational. Living in concrete situations, they are ready for almost anything! The Craftsman is spontaneous, enthusiastic and pragmatic.



## *The Giver* ENFJ

A highly principled and charismatic Personality Type who relates easily to others. They're both idealistic and caught up in small complexities. The Giver is imaginative, accepting and outspoken.



## *The Doer* ESTP

Focused on spending time with others and trying out new experiences, The Doer is frustrated by details. Pragmatic problem-solvers and good at negotiating, they're unconventional, impulsive and active.



## *The Supervisor* ESTJ

Their strong traditional values make them a role model for others. The Supervisor is happy taking a leadership role and is often sought out for their advice. They are orderly, highly-productive and results-orientated.



## *The Idealist* INFP

Focused on finding meaning in the world around them, The Idealist has a sensitive nature. They find happiness in solitude and allowing their imagination to run freely. They are earnest, value-driven and creative.



## *The Mastermind* INTJ

The Mastermind steps back and considers wider patterns, able to develop ingenious plans, they don't always find social situations easy. They are skeptical, strategic and competent.



## *The Commander* ENTJ

Unafraid to take charge, here is an effective organiser who sees opportunities in everything. They are ambitious and have strong leadership skills. The Commander is optimistic, decisive and independent.



Which of the 16 Personality Types do you think you are?  
Take Our Free Personality Test Now @  
[www.personalityperfect.com](http://www.personalityperfect.com)

# 16 Personality Types

Here's are the eight Myers-Briggs **J** personality types:

- ESTJ: Extroverted, Sensing, Thinking, **Judging**
- ISTJ: Introverted, Sensing, Thinking, **Judging**
- ENTJ: Extroverted, Intuitive, Thinking, **Judging**
- INTJ: Introverted, Intuitive, Thinking, **Judging**
- ESFJ: Extroverted, Sensing, Feeling, **Judging**
- ISFJ: Introverted, Sensing, Feeling, **Judging**
- ENFJ: Extroverted, Intuitive, Feeling, **Judging**
- INFJ: Introverted, Intuitive, Feeling, **Judging**

## 16 Personality Types (Cont.)

Here are the eight Myers-Briggs **P** personality types:

- ESTP: Extroverted, Sensing, Thinking, **Perceiving**
- ISTP: Introverted, Sensing, Thinking, **Perceiving**
- ENTP: Extroverted, Intuitive, Thinking, **Perceiving**
- INTP: Introverted, Intuitive, Thinking, **Perceiving**
- ESFP: Extroverted, Sensing, Feeling, **Perceiving**
- ISFP: Introverted, Sensing, Feeling, **Perceiving**
- ENFP: Extroverted, Intuitive, Feeling, **Perceiving**
- INFP: Introverted, Intuitive, Feeling, **Perceiving**

# Myers-Briggs J personality types: ESTJ

ESTJ: Extroverted, Sensing, Thinking, Judging

## Common Personality Traits for the Supervisor



- Extremely loyal to the group
- Highly ethical, hardworking, dedicated, and honest
- Responsible and would rather plan and strategize before acting
- Etc.

Read More: <https://www.personalityperfect.com/16-personality-types/>

# Myers-Briggs J personality types: ISTJ

ISTJ: Introverted, Sensing, Thinking, Judging

Common Personality Traits for the **inspector**



*The Inspector*  
ISTJ

- Excellent planning skills and highly intellectual
- Calm and clear-headed during tense situation
- Love to memorize details and facts
- Etc.

Read More: <https://www.personalityperfect.com/16-personality-types/>

# Myers-Briggs J personality types: ENTJ

ENTJ: Extroverted, Intuitive, Thinking, Judging

## Common Personality Traits for the Commander



*The Commander*  
ENTJ

- Logical and thoughtful before taking action
- Well-developed communication skills
- Self-confident and sure of themselves and their abilities
- Etc.

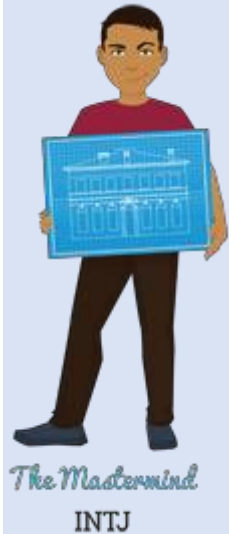
Read More: <https://www.personalityperfect.com/16-personality-types/>

# Myers-Briggs J personality types: INTJ

INTJ: Introverted, Intuitive, Thinking, Judging

## Common Personality Traits for the Mastermind

- Supreme strategists who are logical, rational, and future-oriented
- Strong insights and intuitions, can easily see the big picture
- Reserved and detached from others, but values close friendships
- Etc.



Read More: <https://www.personalityperfect.com/16-personality-types/>



# Myers-Briggs J personality types: ESFJ

ESFJ: Extroverted, Sensing, Feeling, Judging

## Common Personality Traits for the Provider



*The Provider*  
ESFJ

- Popular and well-liked
- Always ready to listen with warmth and genuine sensitivity
- Prefer to live in the real world rather than in own imagination
- Etc.

Read More: <https://www.personalityperfect.com/16-personality-types/>

# Myers-Briggs J personality types: ISFJ

ISFJ: Introverted, Sensing, Feeling, Judging

## Common Personality Traits for the Nurturer



- Kind and considerate, and highly aware of people's feeling
- Stable, practical, and down-to-earth
- Enjoys creating structure and values security
- Etc.

Read More: <https://www.personalityperfect.com/16-personality-types/>

# Myers-Briggs J personality types: ENFJ

ENFJ: Extroverted, Intuitive, Feeling, Judging

Common Personality Traits for the Giver



*The Giver*  
ENFJ

- Highly intuitive and reflective
- Warm, caring, generous, and people-focused
- Open-minded, and highly accepting of others
- Etc.

Read More: <https://www.personalityperfect.com/16-personality-types/>

# Myers-Briggs J personality types: INFJ



INFJ: Introverted, Intuitive, Feeling, Judging  
Common Personality Traits for the **Counselor**

- Warm, caring, and approachable
- Tactful, helpful, sensitive, and cautious
- Are visionaries who always try to make sense of life
- Etc.

Read More: <https://www.personalityperfect.com/16-personality-types/>

# Myers-Briggs P personality types: ESTP

ESTP: Extroverted, Sensing, Thinking, Perceiving

## Common Personality Traits for the Doer



The Doer  
ESTP

- Strong flair for drama and style
- Lives in the present moment and likes to see immediate results
- Loves to have fun and to be the center of attention
- Etc.

Read More: <https://www.personalityperfect.com/16-personality-types/>

# Myers-Briggs P personality types: ISTP

ISTP: Extroverted, Sensing, Thinking, **Perceiving**

## Common Personality Traits for the **Craftsman**



*The Craftsman*  
ISTP

- Constantly gathers facts about the environment and stores them away for later
- A risk taker who loves variety and new experiences
- Highly practical, realistic, and results oriented
- Etc.

**Read More:** <https://www.personalityperfect.com/16-personality-types/>

# Myers-Briggs P personality types: ENTP

ENTP: Extroverted, Intuitive, Thinking, Perceiving



*The Visionary*  
ENTP

Common Personality Traits for the Visionary

- Likes to create ideas and theorize
- Doesn't like to be controlled
- Innovative and ingenious at problem-solving
- Etc.

Read More: <https://www.personalityperfect.com/16-personality-types/>

# Myers-Briggs P personality types: INTP

INTP: Introverted, Intuitive, Thinking, Perceiving

Common Personality Traits for the Thinker



*The Thinker*  
INTP

- Highly intelligence and knowledge
- Loves new ideas and is excited about theories
- Usually very independent, unconventional, and original
- Etc.

Read More: <https://www.personalityperfect.com/16-personality-types/>



# Myers-Briggs P personality types: ESFP

- ESFP: Extroverted, Sensing, Feeling, **Perceiving**
  - **Common Personality Traits for the Performer**
    - Strong interpersonal skills and enjoys being the center of attention
    - Talent for entertaining those around them
    - Lives in the here-and-now and loves excitement
    - Etc.



The Performer  
ESFP

Read More: <https://www.personalityperfect.com/16-personality-types/>

# Myers-Briggs P personality types: ISFP

ISFP: Introverted, Sensing, Feeling, **Perceiving**

**Common Personality Traits for the Composer**

- Love adventure, craves thrilling activities, and is free-spirited
- Dislikes restrictions
- Love to try new experiences and get bored easily with routines
- Etc.



*The Composer*  
ISFP

Read More: <https://www.personalityperfect.com/16-personality-types/>

# Myers-Briggs P personality types: ENFP

ENFP: Extroverted, Intuitive, Feeling, Perceiving

## Common Personality Traits for the Champion



The Champion  
ENFP

- Enjoy being around people
- Usually able to grasp difficult concepts and theories with ease
- Future oriented and focused on long term goals over short term goals
- Etc.

Read More: <https://www.personalityperfect.com/16-personality-types/>

# Myers-Briggs P personality types: INFP

INFP: Introverted, Intuitive, Feeling, **Perceiving**

**Common Personality Traits for the Idealist**



*The Idealist*  
INFP

- Loves life and all the good that comes with it
- Highly intuitive and perceptive, good at making people feel comfortable
- Are good mediators and avoid conflicts
- Etc.

**Read More:** <https://www.personalityperfect.com/16-personality-types/>

## Summary

There are many factors involved in shaping a personality. These factors come from heredity and the environment. Physical growth, mental growth, and social activities can help for personality development. Myers and Briggs developed four dimensions: introversion/extraversion, sensing/intuition, thinking/feeling, and judging/perceiving. The combination of these dimensions creates 16 personality traits for testing self-personality development.

# Activities

Plan for developing your behavior and personality according to the survey results from week 1 to week 3.