

PERSONAL TYPES ACCORDING TO MBTI

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PERSONAL TYPES

During the history it has been noticed that human behavior is not accidental. Some persons are open, while others are more reserved. Some are good at working with details, others are good at working with concepts.

Many scientists up to day ask themselves and try to find answers to the question about the personal types. During the history there were many different attempts to create personal typologies.

Researches related with individual personal characteristics and discovering of differences between persons, have not only theoretical but also very practical reasons. Very first attempts for grouping people and creating specific types, as well as creating of the criteria for that reason, had a very distant roots.

Qualitative different categories that persons can be grouped are *types*. There are one-sided theories for personal types, that offer very low number of categories, but also theories that are very complex, who classified people in numerous categories.

H. Hayne speaks about the *Platonic type* (imaginative, mystic, profound nature), and *Aristotelian type* (practical, put in order, consistent system).

Vilhelm Ostvald (according to Prof. Milan Kochankovski, Ph.D., 1996) differentiates two personal types; *romantic type* (with phlegmatic and melancholic characteristics) and *classical type* (with sanguinic and choleric characteristics).

The very first attempts to make differences between personal types according to philosophy are connected with Dilthey (according to Prof. Milan Kochankovski, Ph.D., 1996). The starting point of his theory was the profound analysis of inner consistence, and he divided all the people in three groups: *sensitive persons* (with accent on enjoyment of what they have), *heroic persons* (with accent on activity of the will), and *contemplative persons* (with accent on emotionality).

Corporal structure and interrelation with psychological constitution, was very interesting field for many scientists. The most popular are the findings of Kretchmer and Sheldon (Hall and Lindzy, 1983).

Krechmer differentiates: *asthenic type*, *athletic type*, *picnic type* and another type – *dysplastic type*. Each of them has different characteristics and favors specific psychological illness.

Sheldon, in very similar way, supposes that according to corporal structure you can find constant substructures, needed to include regular and consistent to study human behavior. He discovers persistence of three personal types with specific characteristics: *endomorph*, *mesomorph* and *ectomorph*.

Studying of psychology of personality and grouping of it is related with Cattel and Aysenk, also.

But, Jung's typology has very remarkable meaning. In his book named "Psychological Types", he described his theory of types in detail.

Many different models were developed to describe these differences in personalities. The model of Carl Gustav Jung, that was introduced in 1920, speaks that differences in behavior are result of preferences, that are connected with out basic personal types.

Jung's original classification was converted in one concrete instrument - **Myers-Briggs Type Indicator (MBTI)**. At the time when the preferences will be identified, that are forming the type all together, it will be easier to understand why people behave in that way, in relation with different people and situations.

As we mentioned above, the roots of the personal type theory were in writings of Swiss psychologist Carl Gustav Jung. His ideas are the bases of the development of the Myers-Briggs Type Indicator (MBTI), one of the most reliable and widely used methods of appraising of the personal types. That is a method of understanding the human behavior, which is based on the ideas that:

- People develop their personal preferences early in their lives, and they have strongly influence on the way of behavior during their life. Although each person is unique, all of us have a personal type that describes us best.

- Personal type is a preference or a style of behavior. This means that there is no best or worst, healthy or unhealthy personal type. Each type has inseparable strong and weak characteristics, pro and con. Awareness of both can be used in the decision making during our life.

- Each type has own set of preferred behavior, personal functions. Our personal type has a contribution to every single behavior: our learning style, style of teaching, managing style, style of counseling, parental style, loving style, sexual style, style of humor etc.

Jung deeply believed that all of us were born with predisposition for one type. Environmental factors are very important, because they can accelerate the development of the type as well as to move away from their path.

Psychological type is only one aspect of personality. Because human type expresses them in many different aspects of their life, that's why types are usually called personal types. But, type is not synonymous of personality.

The meaning of Jung's "psychological types" is in essence, schemes, sets of the ways that people preferred to perceive and make decisions.