
How Quietness Works: Social Misconceptions and the Truth about Introvert Personality

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Abstract:

Our popular social conception of the introvert personality consists of multiple misconceptions. Often seen as quiet, withdrawn and self-centred individuals reluctant to participate actively in social gatherings, introverts are taken for shy, selfish or sometimes even arrogant. But this is not really how introversion works. First of all, the term “introversion” is quite different from mere shyness and social awkwardness. Scholars have studied and reflected on the science behind introversion and explained how it is frequently misrepresented. In fact, introversion is just a personality trait, and not a defect to overcome. Like other traits, it also has its pros and cons, and it needs to be nurtured accordingly. This paper is a semi-academic work comprising the first-hand experience of introversion of its author and some references to scholarly works done in this context.

Key Words: introvert, misconceptions, personality-trait, inner world, anxiety, capable, accept.