

Extroverts And Quarantine A Survey

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ABSTRACT: *Based on how people mingle with the society they can be classified as introverts, extroverts and ambiverts. Extroverts are people who are basically more active socially and gain attention. Introverts are people who don't get mingled so much and they stay in a very small circle, they just live to show that they exist. Ambiverts are people who are not extroverts or introverts, they adapt and be how they have to be in places. This study is to know about the mindset of extrovert individuals at this time of lockdown and quarantine. A self structured questionnaire containing 19 questions was circulated through online google forms link. The survey population contained 100 people. The responses obtained were statistically analysed in SPSS software and the results were depicted in the form of pie charts and graphs. The overall result shows that it is getting tougher day by day for the extroverts to stay home during this lockdown in quarantine as they usually weren't this ideal. Hence this study can be used to plan for tasks that could keep these extroverts engaged and make it easy for them to abide by the laws in times of national emergencies and pandemics.*

Keywords: *Ambiverts, COVID 19, extrovert, introverts, pandemic, quarantine lockdown.*

1. INTRODUCTION:

Extroverts are socially outgoing and friendly people. They are more engaged, energised and also energise the people around them. The exact opposites of extroverts are introverts. The introverts always tend to stay alone in their closed space and circle. Ambiverts are people who are neither extrovert nor introverts. Extroverts are more happier and socialistic, they are optimistic with better mood regulation skills. They require social stimulation, they have strong leadership skills, and they gain knowledge from people around them. In times of such emergencies the extroverts have to stay in a place of isolation and have to face and go through restricted people movement, so that they can prevent the spread of pandemic diseases by staying home. Extroverts hate being alone, they are never afraid of taking risks, they become friends with many and they also thrive around people. This lockdown can help medical professionals to assess, control and treat the disease spread. It is said that extroversion existed from the biblical period itself.

Extroverts have more ability to speak in public, they learn more and have good communication skills. Not everyone has the same skills, some might feel shy to face the public, in that case higher the degree of extroversion, higher is their standard of public speaking (Rofi'i, 2018). Extroverts are less prone to pain, fatigue and they outgive more performance, they are less constrained and inhibited (Mesurado *e t al.*, 2014). Extroverts come out to give better performance in the presence of distractions, whereas the performance of introverts decreased when there were distractions(Furnham, Gunter and Peterson, 1994). In this long period of quarantine it must be known that, there had already been a situation like this for 40 days to prevent the spread of pneumonia in mediterranean port(Lamichhane *e t al.*, 2018). Extroverts are sometimes loud, they attempt to elicit responses, they are very easily influenced, their mood is affected due to external factors, sometimes they can be very annoying as they first prioritise to being liked by others. It is very hard for them to say no and they can do anything to seek attention, even if what they do is wrong. At this time there are high possibilities that they could break the law, and they could fail their duty as a citizen and they might lack the sense of self awareness.

Previous studies on cancer biology [(Ke *e t al.*, 2019), (Wang *e t al.*, 2019), (Priya, Jainu and Mohan, 2018), (Gan *e t al.*, 2019), (Ramya, V and Gayathri, 2018), (Menon, Priya and Gayathri, 2016)] , role of natural products in health and disease [(Ma *e t al.*, 2019), (Li *e t al.*, 2020), (Chen *e t al.*, 2019), (Wu *et al.*, 2019), (Rengasamy *e t al.*, 2016), (Mohan, Veeraraghavan and Jainu, 2015)] , metabolic disorders (Ponnulakshmi and Shyamaladevi, 2019), (Shukri *e t al.*, 2016), (Rengasamy *e t al.*, 2018) have enriched my knowledge and motivated me to pursue research. This epidemiological survey is the need of the hour during this quarantine lockdown. This study is required to gain knowledge about the behaviour and mindset of extroverts so that it is possible to provide knowledge and awareness about the importance and seriousness about following the law so that they can help the government as there is essentiality in being quarantined. It is important they change their ideas and to spread awareness, regarding the necessity to obey the government laws. The aim of this study is to assess the mindset of extroverts in quarantine during this lockdown period due to severe outbreak of the pandemic virus COVID-19.

2. MATERIALS AND METHODS:

A cross-sectional institutional based survey was conducted among 100 college students. A questionnaire containing 19 questions was circulated online through online google forms. The questionnaire was validated both internally and externally. The external validation was to gain knowledge about the extroverts behaviour and attitude during lockdown. The questionnaire was self structured. The results obtained were collected and they were statistically analysed in the SPSS software. The statistical datas were collected and the behaviour, attitude and awareness of extroverts during quarantine were assessed. The advantages are, it is economical, easy to create, and can have wide reach. The disadvantages are it has homogeneous population, survey fatigue and response bias.

3. RESULTS AND DISCUSSION:

The results were collected and the data was analysed. Majority of the students were found to be extroverts. They are aware of the reason for this quarantine initiative and a majority of them were mentally affected. On the positive side, this lockdown has helped them spend quality time with their family and they believe that being an extrovert is not a psychological problem.

44.66% of the population belonged to the age group of 18 to 20 years. 35.92% fell in the age group of 16 to 18 years and 13.59% of the population belonged to the age group of 20 to 22 years.(Fig 1). 38.83% of the population were male while 55.34% were females and 5.83% of the population belonged to other gender.

(Fig 2). It was observed that 74.76% of the total population were aware of the lockdown and the reason behind this initiative while 25.24% were unaware of the same. (Fig 3).

Among the survey population, 48.54% of students were extroverts, 27.18% of the students were introverts and the rest 24.27% are ambiverts. (Fig 4). From the survey population only 63.11 % were aware of the necessity, the need and reason for the lock down while 36.89% were unaware. Despite knowing the reasons for the lockdown, the population was unaware of the necessity and the need for this lockdown. (Fig 5).

42.72% of the population believe that this lockdown is effective whereas 38.6% believe that it was not effective and the remaining individuals were unsure about this. (Fig 6). 44.66% of the population were affected by the lockdown and 38.83% of them were not affected. But the rest of the population were in a state where they were unsure about being affected by the lockdown. (Fig 7). 38.83% of the population were extremely bored and 3.88% of the population remained active. On a scalar analysis, different sets of the population have opted for varying degrees of boredom. (Fig 8).

73.79% of the population have had the chance to spend quality time with their family whereas 26.21% of the population did not get this chance. (Fig 9). 72.82% of the population were engaged with online classes or work from home activities and 27.18 percent were not engaged with any work. (Fig 10). 34.95% of the population believed that they were being benefited by these programs while 48.54% believed that these programs were non beneficial. The remaining population were aware of being benefited or non benefited by these programs. (Fig 11).

48.54% of the population usually stay at home when they are free, 40.78 % went out with friends and 10.68 % of the population were busy with their hobbies. (Fig 12). 33.98% of students spent their holidays by eating and sleeping, 29.13% by playing video games, 30.10% of the population watching TV while 6.80% of the students spent holidays studying. (Fig 13).

41.75% of the population preferred to go out with their families after the termination of lockdown, 36.89% voted for going on a road trip and 21.36% of the population preferred to hangout with their friends. (Fig 14). 54.37% of the population ended up skyping their friends occasionally and 28.16% rarely involved in this activity while 17.48% frequently Skyped their friends. (Fig 15). 11.65% of the population were prone to anxiety because of their lonely tendency and their extrovert nature. 4.85% of the people did not get anxious and they were introverts. (Fig 16).

47.57% of the population believed that they did not have to devote time for themselves and were extroverts. 38.83% of the population thought they had to devote time for themselves also. (Fig 17). 50.49% of the population believed that being an extrovert was not a psychological problem and 32.04% of the population believed that extrovert nature was a psychological problem while the remaining population did not process any idea on this concept. (Fig 18).

The extroverts are found to have better speaking skills than introvert students while the introvert students were good at grammar and comprehension(Rofi'i, 2018). Despite being good at expressing themselves through speaking, the extroverts were not as successful as introverts in writing(Boroujeni, Roohani and Hasanimanesh, 2015). The limitation of the study was the increase in sample size and inclusion of more criteria. With this survey, the mindset and psychology of extroverts can be assessed and preliminary measures could be taken to avoid bizarre behaviours during the time of a global pandemic.

4. CONCLUSION:

Extroverts are the most affected by the lockdown as they have always been self expressing and attention seeking. Lack of socialization has made them anxious by the day and has directed them from being hyperactive to remaining idle, which is an important quality during this pandemic situation.

CONFLICT OF INTEREST:

No conflict of interest declared.

AUTHOR CONTRIBUTIONS:

Obuli Ganesh Kishore.S: Literature search, data collection, analysis

V.Vishnu Priya: Data verification, manuscript drafting A.Jothi Priya: Data verification, manuscript drafting

R. Gayathri: Analysis, manuscript drafting.

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GRAPHS

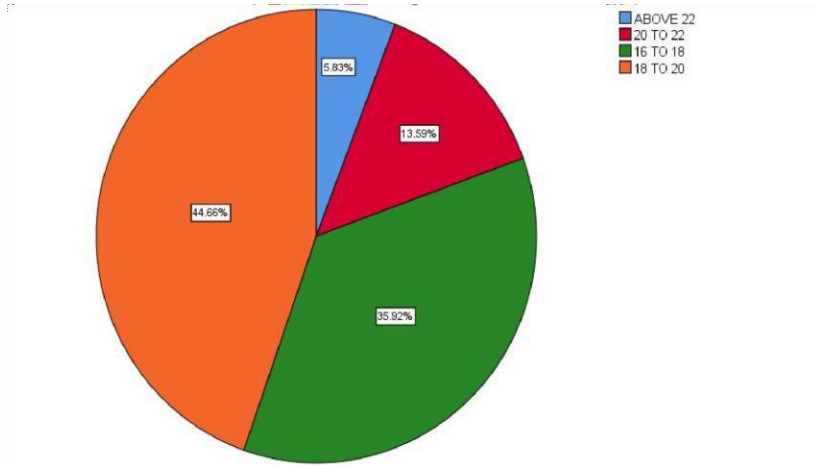


Figure 1:Pie chart showing percentage distribution of age among the participants. 44.66% (orange) shows ages 18-20 years, 35.92% (green) shows 16-18 years, 13.59% (red) shows 20-22 years and 5.83% (blue) shows above 22 years.

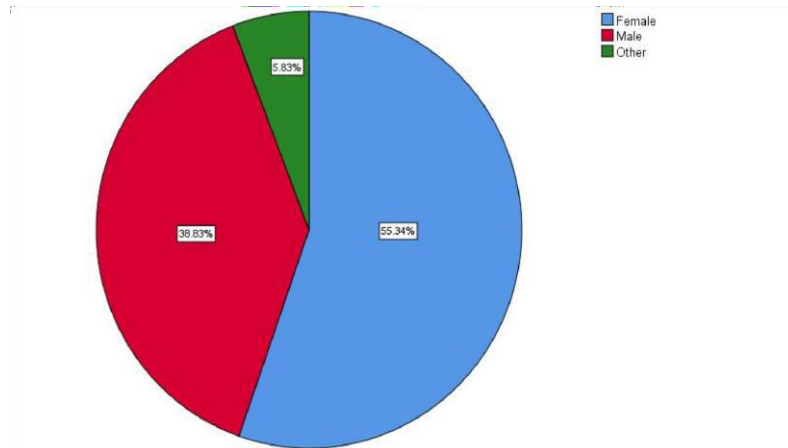


Figure 2:Pie chart showing the percentage distribution of gender among participants. 55.34% (blue) is female and 38.83% (red) is male and 5.83% (green) shows other gender.

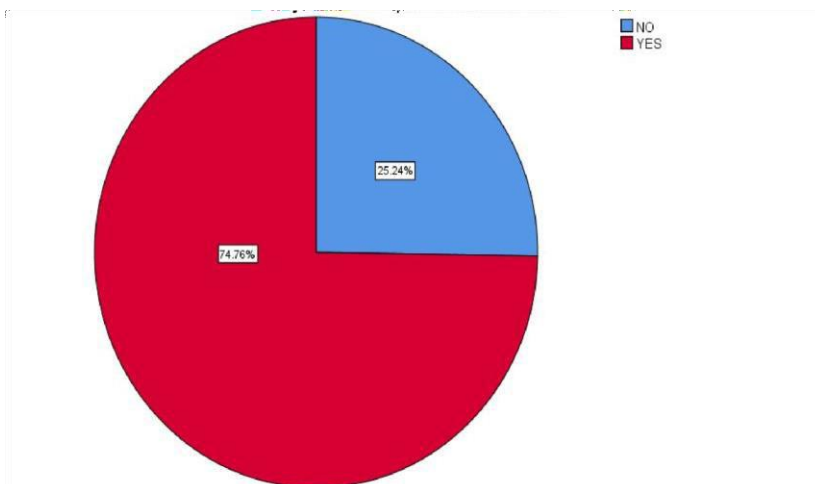


Figure 3:Pie chart showing percentage distribution of responses about awareness on quarantine and lockdown. 74.76% (red) are aware and 25.24% (blue) are unaware.

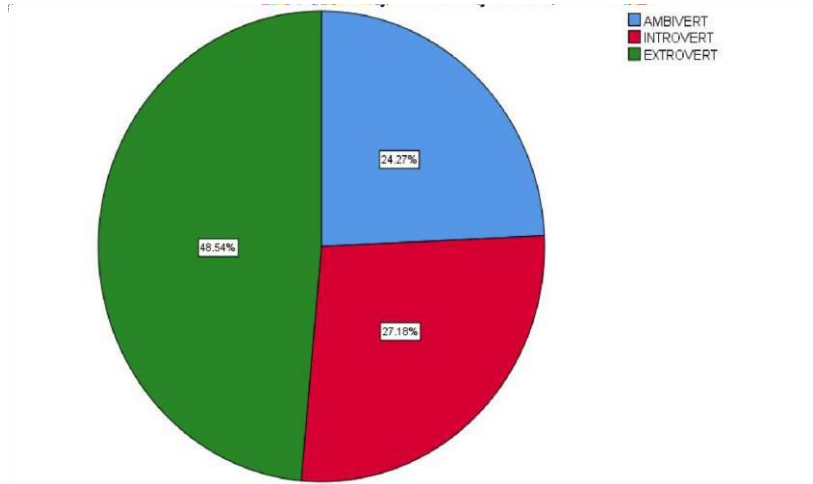


Figure 4: Pie chart showing percentage distribution of nature of the survey population. 48.54% (green) are extroverts, 27.18% (red) introverts and 24.27% (blue) are ambiverts.

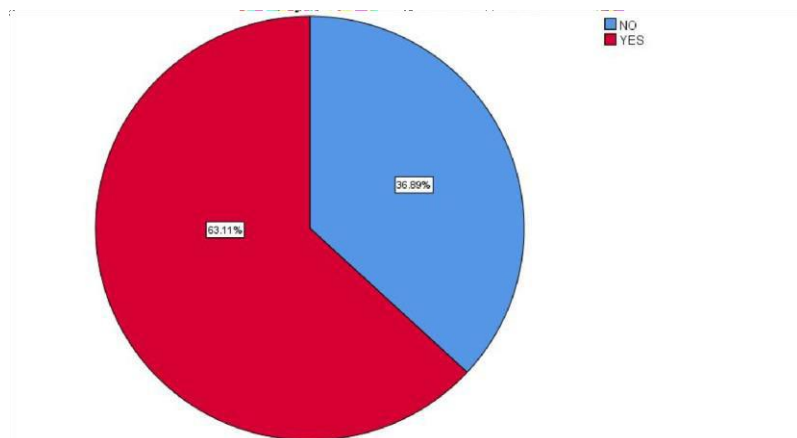


Figure 5: Pie chart showing percentage distribution of awareness on reason for lockdown. 63.11% (red) are aware of the reason whereas 36.89% (blue) are unaware.

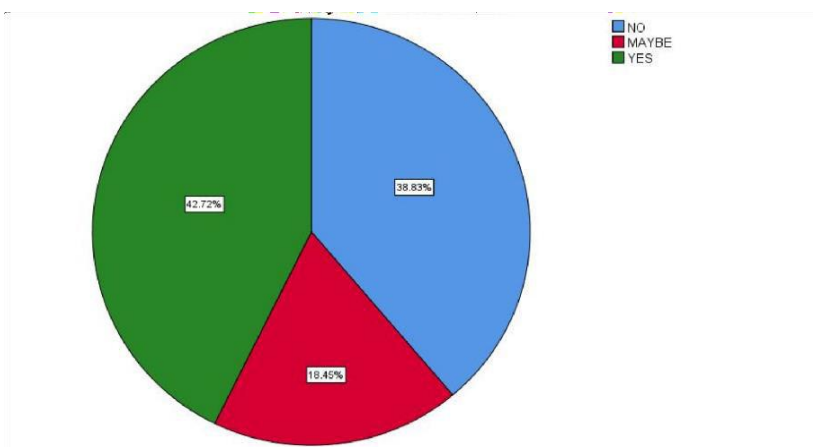


Figure 6: Pie chart showing percentage distribution of students' perspective on effectiveness of lockdown. 42.72% (green) agree that it is effective, 38.83% (blue) disagree and 18.45% (red) are unaware of their answer.

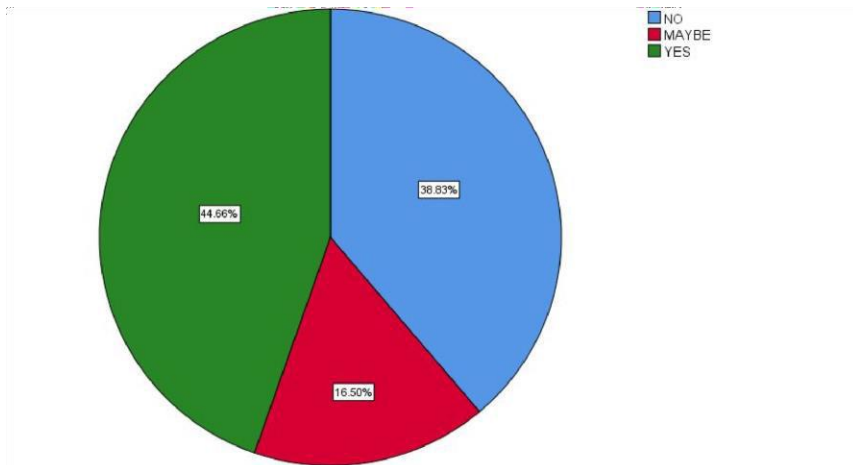


Figure 7: Pie chart showing percentage distribution of effect of quarantine on students. 44.66% (green) agree that quarantine has affected them, 38.83% (blue) disagree and the remaining 15.50% (red) are not sure.

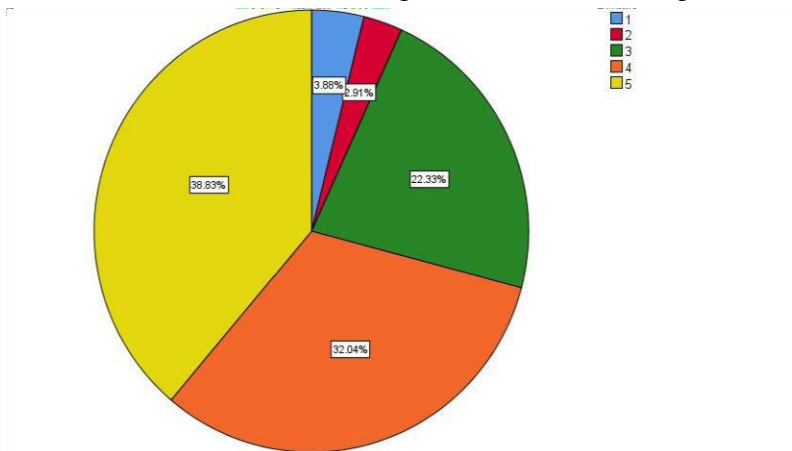


Figure 8: Pie chart showing percentage distribution of responses of awareness on boredom for students on a scale of 1 to 5. 3.88% (blue) responded 1 that is they aren't bored, 2.91% (red) responded 2, 22.33% (green) responded 3, 32.04% (orange) responded 4 and 38.83% responded 5 which is they are bored.

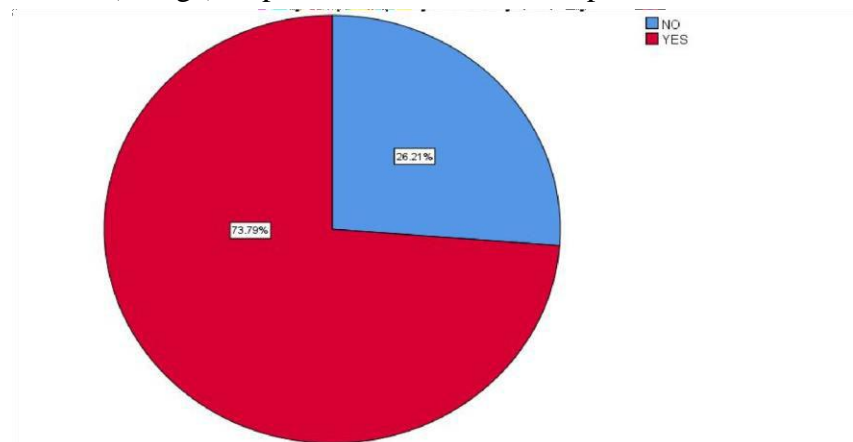


Figure 9: Pie chart showing percentage distribution of responses of whether the students spend quality time with their family. 73.79% (red) responded that they spend quality time with family and 26.21% (blue) don't spend.

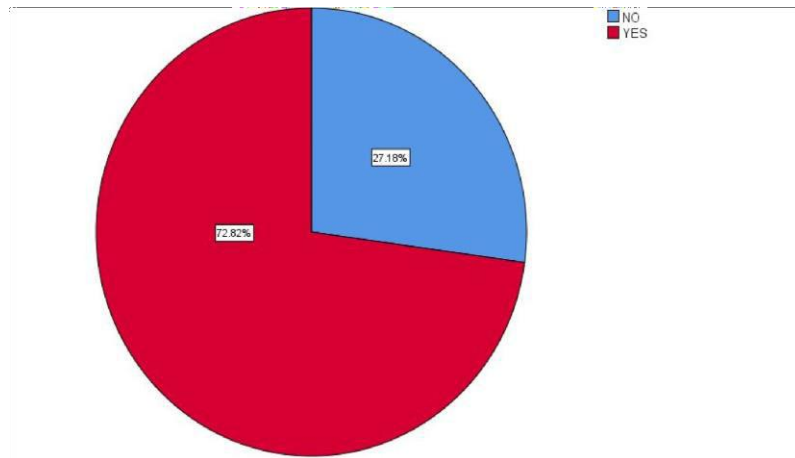


Figure 10:Pie chart showing percentage distribution of responses of whether the students are engaged with online classes or work programs. 72.82% (red) have online classes and work schedules, 27.18% (blue) don't have.

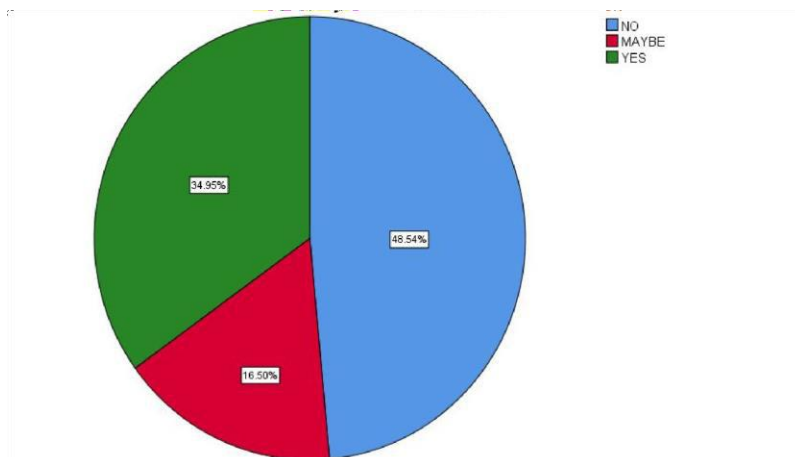


Figure 11:Pie chart showing percentage distribution of responses of perception of students in online classes. 34.95% (green) think that it is beneficial, 48.54% (blue) think it is not beneficial and the remaining 16.50% (red) are not sure.

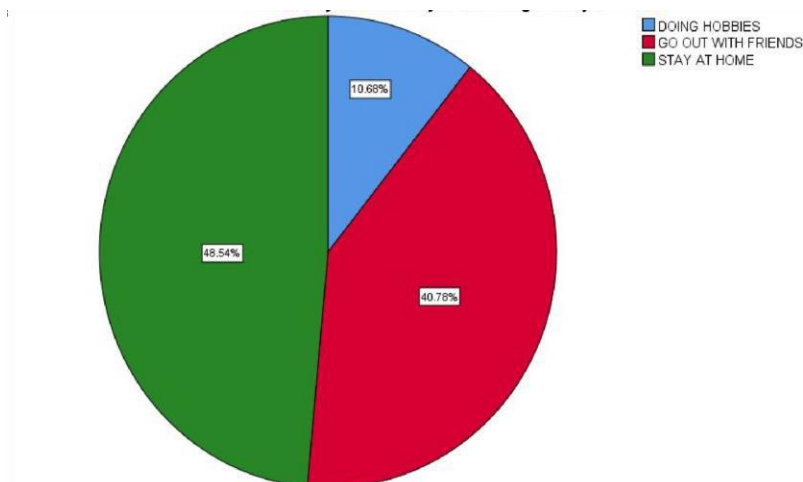


Figure 12:Pie chart showing percentage distribution of responses of awareness on students routine when they are free. 48.54% (green) stay at home, 40.78% (red) responded that they go out with friends and 10.68% (blue) do their hobbies.

Figure 13:Pie chart showing percentage distribution of responses of awareness on the routine of students during lockdown. 33.98% (orange) responded that they eat and sleep, 29.13% (green) responded they play

games, 30.10% (red) watch TV and 6.80% (blue) responded they study.

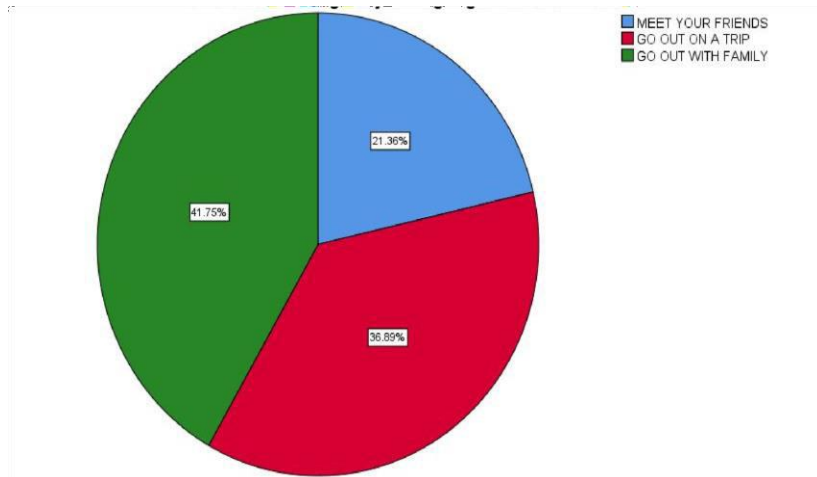


Figure 14:Pie chart showing percentage distribution of responses on what the students want to do after lockdown is over. 47.5% (green) would like to go out with their family, 36.89% (red) would like to go out on a trip and 21.36% (blue) would like to meet their friends.

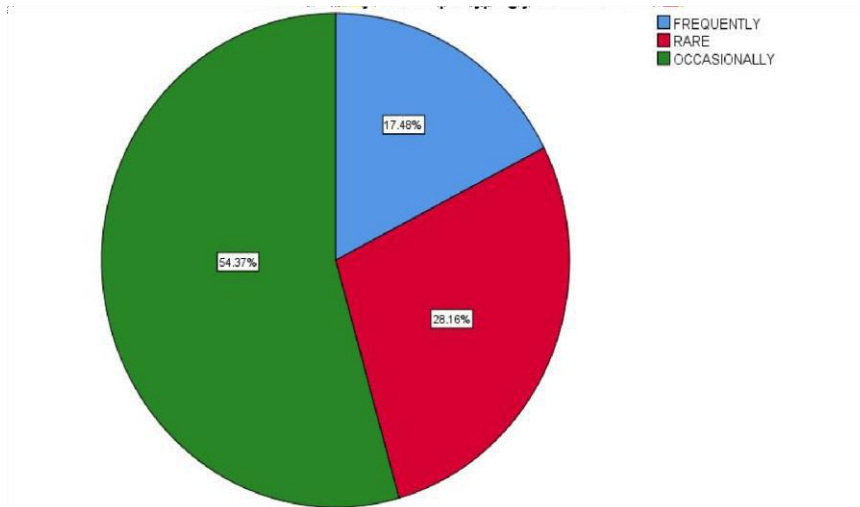


Figure 15:Pie chart showing percentage distribution of responses of awareness on how frequent the students skype their friends. 54.37% (green) end up skyping their friends occasionally, 28.16% (red) rarely skype their friends and 17.48% (blue) frequently skype their friends.

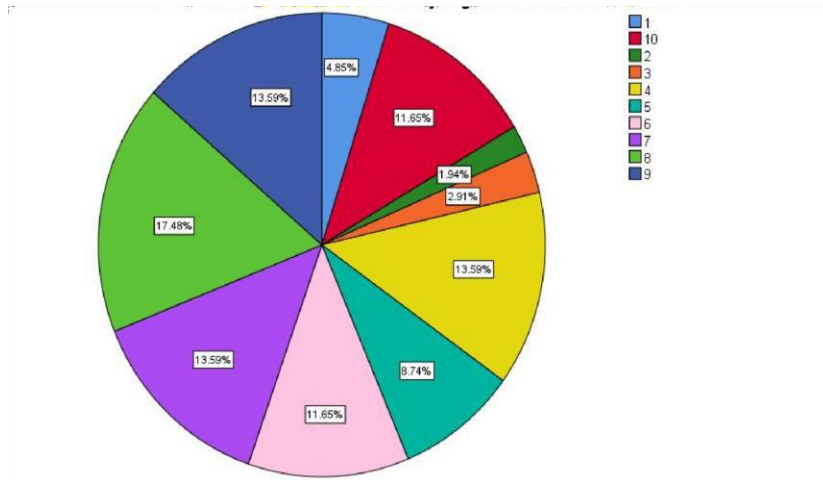


Figure 16: Pie chart showing percentage distribution of responses of awareness on anxiousness of the students due to lack of socialisation. 4.85% (blue) are not at all anxious, 1.94% (green) are least anxious, 13.59% (dark blue) are highly anxious and 11.65% (red) are extremely anxious.

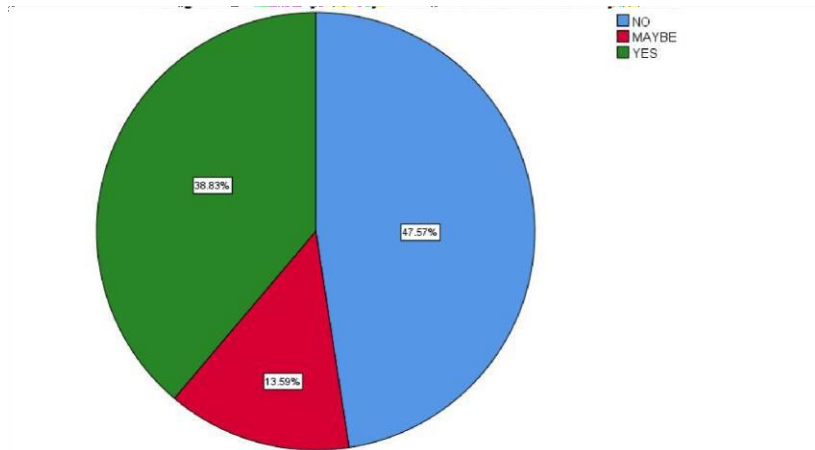


Figure 17: Pie chart showing percentage distribution of whether the students think they have to devote more time for themselves being an extrovert. 47.57% (blue) don't think they have to devote time for themselves, 38.83% (green) think that they have to devote time for themselves and 13.59% (red) are unaware of their answer.

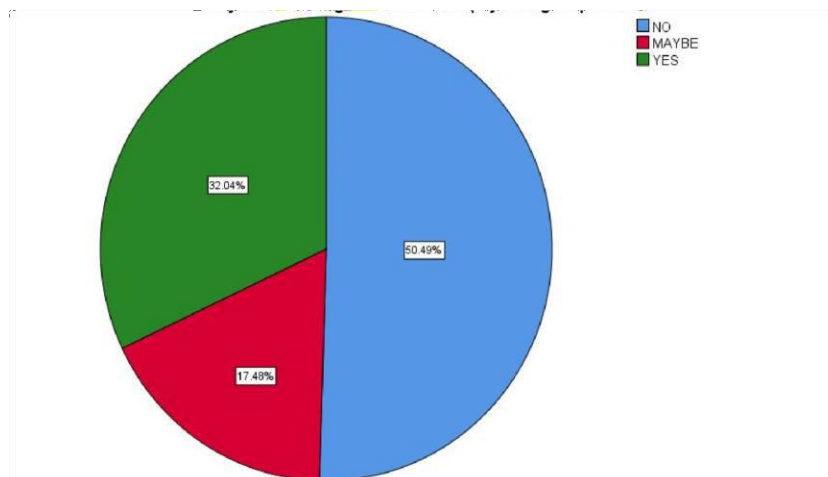


Figure 18: Pie chart showing percentage distribution of responses of awareness on whether the students think extrovertism is a psychological problem. 50.49% (blue) agree that it is a problem, 32.04% (green) disagree with that and 17.48% (red) are unaware of their answer.

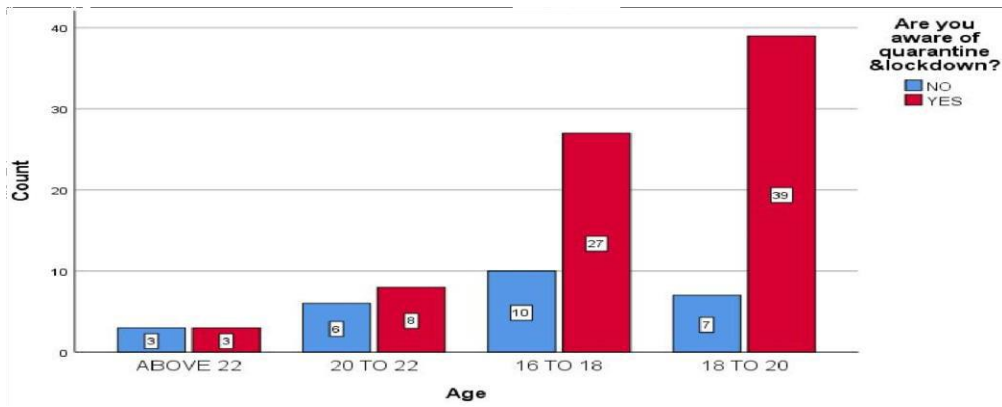


Figure 19: Bar graph showing the association between age and responses of awareness on quarantine and lockdown. x-axis represents age of participants and y-axis represents number of participants responded. Red colour represents the number of participants who were aware and blue colour represents the number of participants who were unaware. However association between age and awareness about quarantine and lockdown is statistically not significant. Chi square analysis shows $p=0.080$ ($p>0.05$ which is statistically not significant).

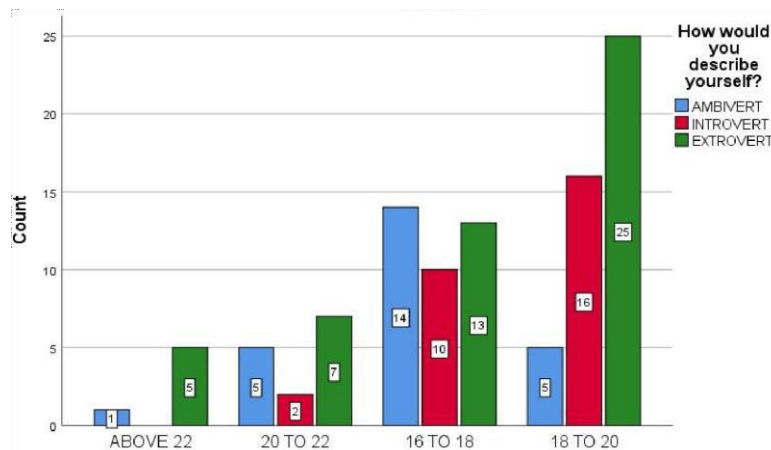


Figure 20: Bar graph showing the association between age and responses of awareness on their nature. x-axis represents age of participants and y-axis represents number of participants responded. Red colour represents the number of introverts, green colour represents the number of extroverts and blue colour represents the number of ambiverts. However association between age and their nature is statistically significant. Chi square analysis shows $p=0.032$ ($p<0.005$ which is statistically significant).

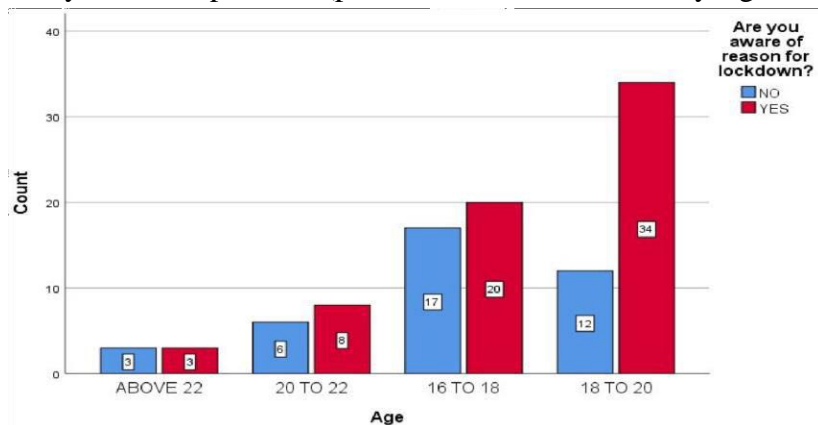


Figure 21: Bar graph showing the association between age and responses of awareness on the reason for lockdown. x-axis represents age of participants and y-axis represents number of participants responded. Red colour represents the number of participants who were aware and blue colour represents the number of

participants who were unaware. However association between age and awareness on the reason for lockdown is statistically not significant. Chi square analysis shows $p=0.234$ ($p>0.05$ which is statistically not significant).

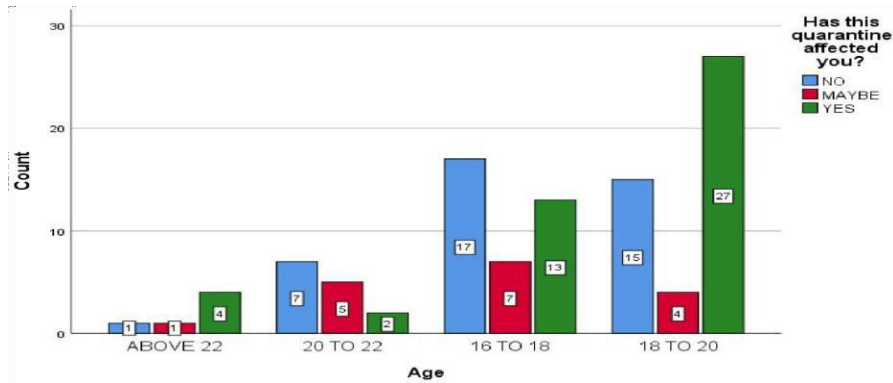


Figure 22: Bar graph showing the association between age and responses of awareness on effects of quarantine. x-axis represents age of participants and y-axis represents number of participants responded. Green colour represents the number of participants who said yes, blue colour represents the number of participants who said no and red colour represents the number of participants who were unaware of their answer. However, the association between age and effect of quarantine on an individual is statistically significant. Chi square analysis shows $p=0.037$ ($p<0.05$ which is statistically significant).

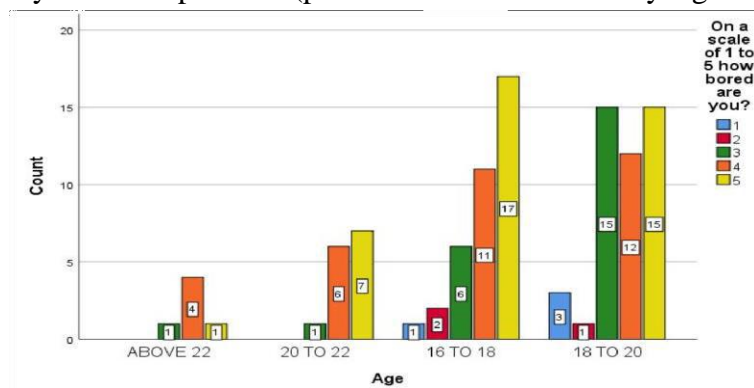


Figure 23: Bar graph showing the association between age and responses of awareness on their scale of boredom. x-axis represents age of participants and y-axis represents number of participants responded. Blue colour represents 1 which represents participants who are least bored, red represents 2, green represents 3 which represents participants who are bored, orange represents 4 and yellow represents 5 which represents participants who are extremely bored. However association between age and scalar measurement of boredom is statistically not significant. Chi square analysis shows $p=0.369$ ($p>0.05$ which is statistically not significant).

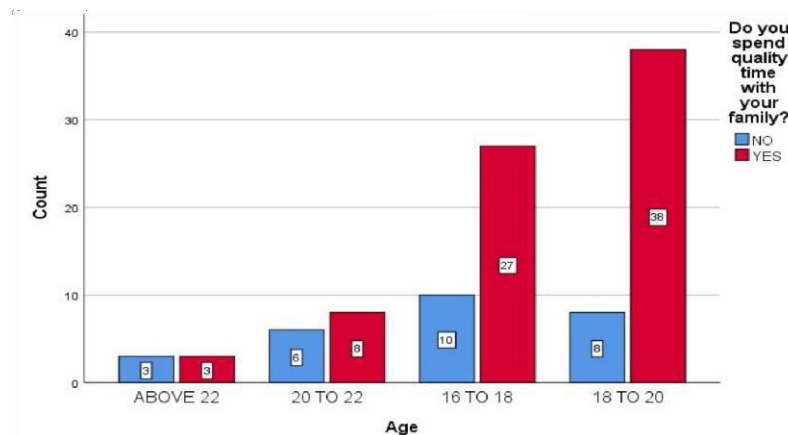


Figure 24: Bar graph showing the association between age and responses of awareness on spending their quality time with family. x-axis represents age of participants and y-axis represents number of participants

responded. Red colour represents participants who responded yes and blue colour represents participants who responded no. However association between age and spending time with family is statistically not significant. Chi square analysis shows $p=0.131$ ($p>0.05$ which is statistically not significant).

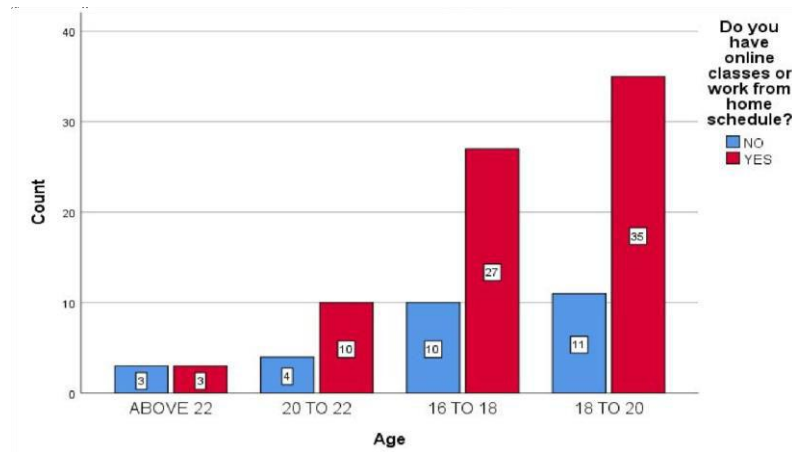


Figure 25: Bar graph showing the association between age and responses of awareness on engaging with online classes or work programs. x-axis represents age of participants and y-axis represents number of participants responded. Red colour represents participants who responded yes and blue colour represents participants who responded no. However association between age and engaging in online classes or work is statistically not significant. Chi square analysis shows $p=0.606$ ($p>0.05$ which is statistically not significant).

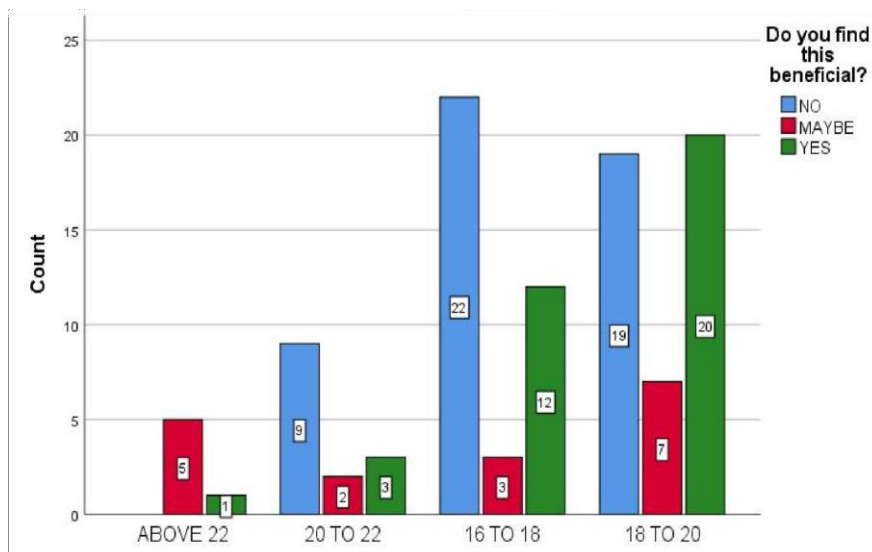


Figure 26: Bar graph showing the association between age and responses of perception of students in online classes. x-axis represents age of participants and y-axis represents number of participants responded. Green colour represents the number of participants who said yes, blue colour represents the number of participants who said no and red colour represents the number of participants who were unaware of their answer. However, the association between age and perception about online classes and work of an individual is statistically significant. Chi square analysis shows $p=0.00$ ($p<0.05$ which is statistically significant).

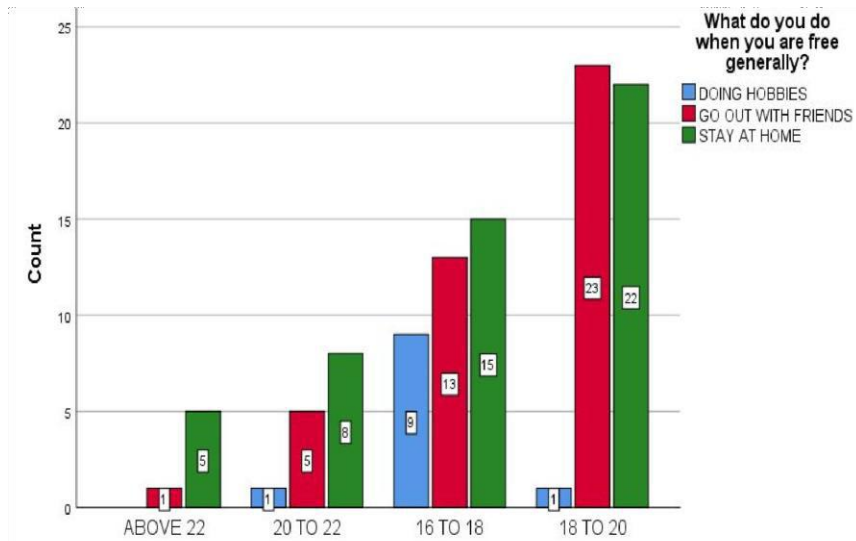


Figure 27: Bar graph showing the association between age and responses of awareness on students routine when they are free. x-axis represents age of participants and y-axis represents number of participants responded. Red colour represents going out with friends. Green colour represents staying at home and blue colour represents doing hobbies. However association between age and students routine when they are free is statistically significant. Chi square analysis shows $p=0.022$ ($p<0.05$ which is statistically significant).

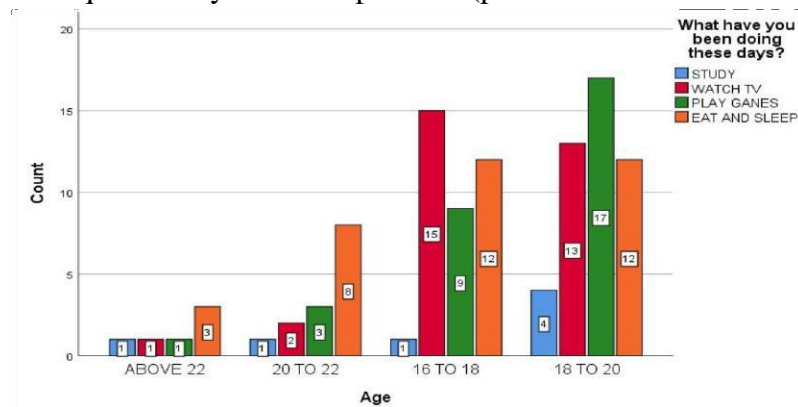


Figure 28: Bar graph showing the association between age and responses of awareness on students routine during lockdown. x-axis represents age of participants and y-axis represents number of participants responded. Red colour represents watching tv, green colour represents playing games, orange colour represents eating and sleeping and blue colour represents studying. However association between age and daily routine during lockdown is statistically not significant. Chi square analysis shows $p=0.324$ ($p>0.05$ which is statistically not significant).

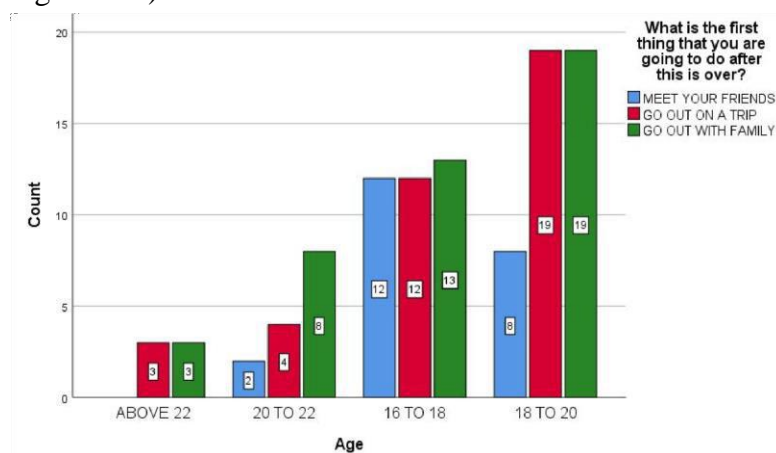


Figure 29: Bar graph showing the association between age and responses of awareness on what the students want to do after lockdown is over. X-axis represents age of participants and y-axis represents number of participants responded. Blue colour represents the number of participants who think about meeting their friends, red colour represents the number of participants who would go out on a trip and green colour represents the number of participants who would go out with family. However, association between age and what the students want to do after lockdown is statistically not significant. Chi square analysis shows $p=0.386$ ($p>0.05$ which is statistically not significant).

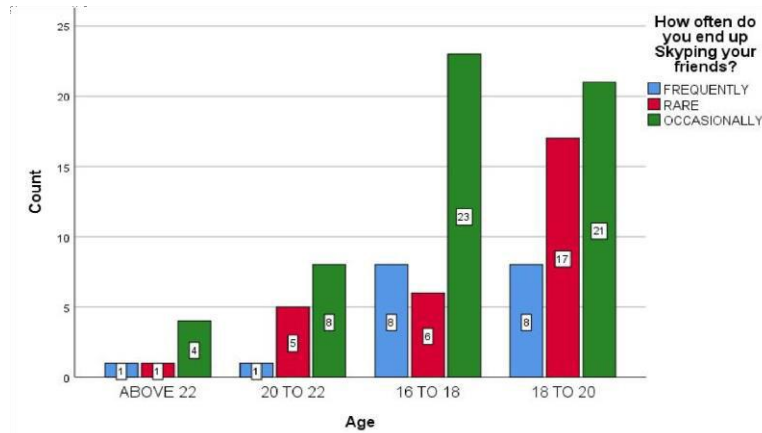


Figure 30: Bar graph showing the association between age and responses of awareness on how frequently the students skype their friends. X-axis represents age of participants and y-axis represents number of participants responded. Blue colour represents the number of participants who frequently skyped their

friends, red colour represents the number of participants who rarely skyped their friends and green colour represents the number of participants who occasionally skyped their friends. However, association between age and how frequently the students skype their friends is statistically not significant. Chi square analysis shows $p=0.405$ ($p>0.05$ which is statistically not significant).

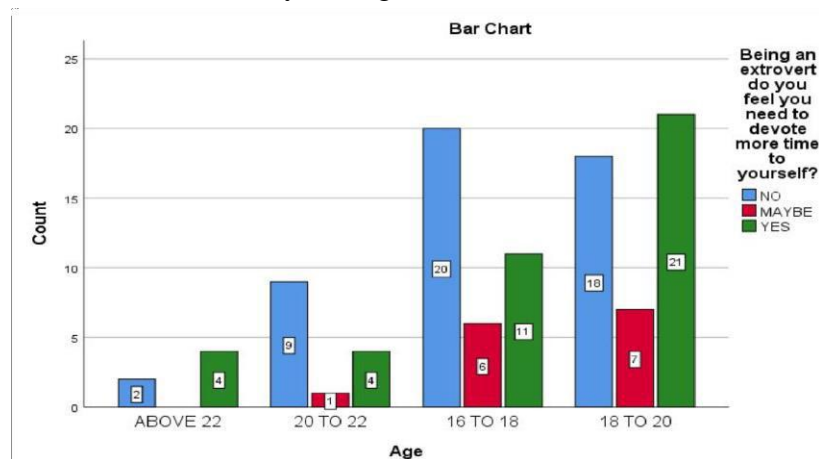


Figure 31: Bar graph showing the association between age and responses of awareness on devoting more time for themselves being an extrovert. X-axis represents age of participants and y-axis represents number of participants responded. Blue colour represents the number of participants who chose that they did not have to devote more time, red colour represents the number of participants who chose that they might have to devote more time and green colour represents the number of participants who chose that they have to devote more time. However, association between age and whether the students think they have to devote more time for themselves being an extrovert is statistically not significant. Chi square analysis shows $p=0.366$ ($p>0.05$ which is statistically not significant).

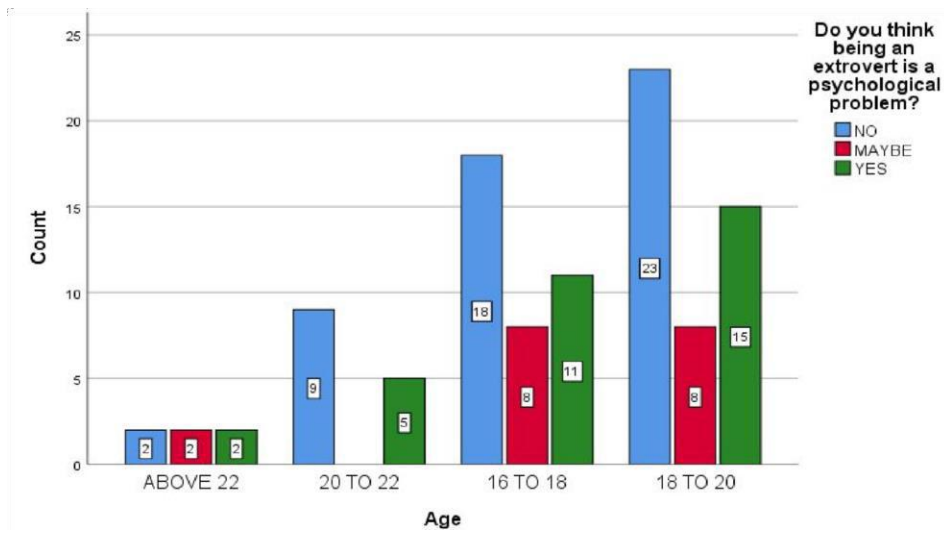


Figure 32: Bar graph showing the association between age and responses to awareness on whether the students think extrovertism is a psychological problem. X-axis represents age of participants and y-axis represents number of participants responded. Blue colour represents the number of participants who chose that extrovertism is not a psychological problem, red colour represents the number of participants who chose that extrovertism may be a psychological problem and green colour represents the number of participants who chose that extrovertism is a psychological problem. However, association between age and whether the students think extrovertism is a psychological problem is statistically not significant. Chi square analysis shows $p=0.582$ ($p>0.05$ which is statistically not significant).