

# PERSONALITY TYPES & INJURIES: ESSAY REVIEW

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## HOW DO PARTICULAR PERSONALITIES BELONG?

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**O**ne of the strongest motivations in life is to belong. Whether it means fitting into a workplace, a school, or a different social group, belonging impacts both the mental and physical health of an individual. Different personality types react to (not) belonging in different ways. I will explore the impact belonging has on the mental health of individuals.

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<sup>1</sup> Kelly Ann O’Brien, Terry Vincent Bowles, ‘The Importance of Belonging for Adolescents in Secondary School Settings’, *The European Journal of Social & Behavioural Sciences*, p.4.

<sup>2</sup> F. David Pierce, ‘Personality Types & Injuries’, *American Society of Safety Professionals*, p.42.

All humans have the desire to “fit in” throughout their entire life. It starts as early as secondary school and continues through adulthood. There are many definitions of the word “belong” but most describe it as a feeling of safety, happiness and involvement in a social group. Naturally, there is much more behind this strong human desire. Its lack “has been negatively associated with loneliness, emotional distress, psychosocial disturbance, suicide and mental illness.”<sup>1</sup> On the other hand, individuals who “belong” not only tend to live longer lives, but feel happier and handle stressful situations more easily. In other words, belonging is equal to life satisfaction.

It comes as no surprise that belonging is such an essential part of our life. However, different kinds of people try to achieve it in different ways. F. David Pierce, in his essay “Personality Types and Injuries” describes how different personality types react to their surroundings, which can affect their physical and mental health. Sorting individuals into groups – types, based on their differences “is as old as mankind.”<sup>2</sup> Among many different ones, the most well-known typology is perhaps the Myers and Briggs typology, which has developed testing. Based on which, it divides individuals into 16 different personality types. However, the author is mostly focusing on the Social style of individuals – “the most significant bridge between personality and behaviour.”<sup>3</sup> Whether a person is risk-taking or risk-avoiding, acting more on feeling (“going with the flow, automatically reacting”)<sup>4</sup> or thinking (“determine actions by carefully and meticulously thinking things through”)<sup>5</sup>, it

<sup>3</sup> F. David Pierce, ‘Personality Types & Injuries’, *American Society of Safety Professionals*, p.44.

<sup>4</sup> F. David Pierce, ‘Personality Types & Injuries’, *American Society of Safety Professionals*, p.44.

<sup>5</sup> F. David Pierce, ‘Personality Types & Injuries’, *American Society of Safety Professionals*, p.44.

affects their need to belong. For example, individuals who are risk-takers and feelers are more likely to seek out high-risk situations, and are moreover usually willing to do everything to fit in. On the other hand, the risk-avoiding individuals tend to be more careful when it comes to their peers and other social groups.

The desire to belong is oftentimes so strong that it “forces” the individual to adapt their personality in order to fit in. The constant yearning to be a part of a social group affects our mental health greatly. Its lack was described as a health risk, which can be equal to a lack of exercise or a poor diet. Therefore, the necessity of a sense of belonging in all individuals is undeniable.