

Jung's & Kretchmer's: Classification of personality

Kretchmer's Classification

Ernest Kretchmer, a German Psychiatrist, has classified personality in his book - 'Physique and Character - 1925, into the following four types on the basis of Physical constitution

Asthenic	<ul style="list-style-type: none"> The Asthenic persons are thin and lean and are very delicate. They are short - shouldered and narrow chested. Their body is slender. Their body parts are long and thin. They are physically not strong. They are used to talking about others, finding faults in them; but they do not like being criticised. They are pessimistic
Athletic	<ul style="list-style-type: none"> The Athletic persons are of a strong built and are muscular and energetic. They are broad - shouldered and have long hands. All the parts of their body are long and strong. They are physically attractive. They have strong determination and are optimistic by nature
Pyknic	<ul style="list-style-type: none"> The Pyknic person's physique is round, fat and short. They are strong and healthy. They are round shouldered and round chested. They have a short and fat neck and a plump face. They are sociable and easy - going
Dysplastic	<ul style="list-style-type: none"> The Dysplastic persons combine the qualities of all the three types mentioned above.

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Jung's Classification

Carl G. Jung was a Swiss Psychiatrist. He has classified personality into the following three types on the basis of social traits

Introvert	<ul style="list-style-type: none"> • Introvert persons talk less and are reserved and shy. • They lack flexibility and are prone to worries. • They lack sociability and have few friends. • They are not popular and are self – indulgent. • They are least concerned with the world outside of them. • They are good writers but not good speakers. • They like solitude and loneliness. • They are good thinkers and not expressive of their feelings and are secretive of them. • The poets, philosophers, scientists belong to this category
extroverts	<ul style="list-style-type: none"> • The extroverts are interested in the outside world. • They are courageous and nothing daunts them. • They are optimistic • They have the ability and the capacity to adjust to the environment. • They are not thinkers and always adopt those ideas that occupy a special place in the society. • They change their views and idea with the passage of time. • They are popular, make friends easily and are extremely social. • They are not good at writing but are good speakers. • They are carefree. They are given to flattery. • They learn to adopt those qualities that are popularly admired and act accordingly. • The politicians and the social workers belong to this class.
Ambiverts	<ul style="list-style-type: none"> • Ambiverts are persons who are neither completelyverts nor completely extroverts. • An ambivert person combines the qualities of both the introverts and the extroverts. • Some people are introverts and some extroverts to a great degree. But in some cases introversion and extroversion are balanced. Most people in the world belong to this class.

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