

---

## ABSTRACT

The relationship between personality traits and physical movement: A focus on Jung's psychological types

SATOH, Utsuru

*Leading Mark, Inc., Organization Development Institute*

This study focused on the relationship between personality types and expressions of physical movement by determining the association between each of extraversion/introversion, thinking/feeling, and sensation/intuition in Jung's personality types and the degree to which emotions are expressed physically or the amount of influence someone else's emotions can have. The survey revealed that extraversion increased emotional expression and affect, while a thinking personality decreased affect. Extraversion also increased the frequency of emotional changes and the instantaneous physical expression of those changes, including faster drawing speed. Furthermore, a thinking personality increased continuous physical movements, while reducing and destabilizing drawing speed. Physical movements are classified as instantaneous associated with psychological changes and continuous associated with duress and anxiety in a situation; the results suggest that sensation/intuition functions are associated with actualizing these types of movements.

**Key Words:** personality traits, physical movement, psychological type

---