

Application of Psychological Tests (Myer-Briggs Personality Indicator) in Homoeo Practice – A New Paradigm

Abstract: *Using the modern universally acceptable psychological test in determination of personality and using this concept in Homoeopathic practice. Sounds great, read it and try it!*

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HOMOEOPATHY AND PSYCHOLOGICAL EXPRESSIONS

Homoeopathy is the branch of modern medicine which was the first science which believed mental expressions of the patient is equally important as his physical symptoms. HAHNEMANN collected these mental expressions from his provers evolved in the process of proving. Inclusion of mental expressions for framing the totality is the outcome of HAHNEMANN'S conviction of holistic approach projected by Greco-Roman schools especially by HIPPOCRATES. If holism is a part of formation then individualization is the part of practicability. If holism is a concept, then individualization is the basis of Homoeopathic prescription. The expression of the disease though occurs through a part but the whole person is sick, the sickness of an individual is the basic phenomenon having its final expression occurs at its part or Homoeopathy treats the patient not the disease – are the various phrases - the outcome of the very distinct and scientific concept.

ALEXIE CARRELL, in his master piece "Man the Unknown", said, "Human beings are not found anywhere in nature. There are only individuals. Individual differs from the human being because he is a concrete event. He is the one who cares, loves, suffers, fights and dies".

As psychology became more analytical it became more interested in the abnormal, in neurosis and dreams, in the techniques of hypnosis and the kind of experience induced by drugs. When FREUD spoke

of religion as an illusion, he maintained that it is a fantasy structure from which a man must be set free if he is to grow to maturity and in his treatment of the unconscious he moved toward atheism. The study of the unconscious by the Swiss psychiatrist JUNG, however, suggested that dominant archetypes (implying innate tendencies to form symbolic images) are supplied by a racial unconscious, thus providing a psychological approach to belief in God.

In classifying individuals, psychology has distinguished between religious people who are: "extrovert" or "introvert" (JUNG), "healthy minded" or "sick" (WILLIAM JAMES), and "objective" or "subjective" worshippers (J B PRATT). There is always the danger, however, that psychological distinctions may beg too many philosophical questions.

One of the most widely accepted studies of religious experience in regard to feelings was written by the modern German Protestant theologian RUDOLF OTTO. In his *Idea of the Holy*, OTTO analyzed what is distinctively religious in terms of the unique concept of the "numinous"; *ie*, something both awesome and appealing, both fearful and attractive.

Psychology, however, is concerned not only with individuals but also with what is known about group behaviour, which can also be of importance in any study of the Christian Church or other religious institutions regarded as communities of

religious people. The authority of a religious leader, like that of all leaders, is derived from his symbolic character and the extent to which the leader and his followers share a common ideal.

The word "Individualization" is derived from the Latin root, 'individuous' means in (not) and "dividuis" (Divisible). The nearest English is Individuality. In the light of study of human life, the term Individual signifies a unique human being, distinct from general class and not further classifiable in his essence of being. In its fundamental nature, an individual represents indivisibility not from the anatomical point of view but rather from the aspect of his real essence that is his innermost self.

So, an individual is that who is indivisible, indivisible not in the sense that it is incapable of being divided into parts, but that it cannot be divided in its nature and remains what it is. Essentially an individual is one, not as the numerical concept of the one but as the Greek "Monas" or unity by virtue of its oneness is distinct and simple. An individual is a distinct and indivisible entity, uniting within itself, all possible modes of unity – unity of intrinsic form, cause, purpose and action.

As a philosophy, individualism involves a value system, a theory of human nature, a general attitude or temper, and belief in certain political, economic, social and religious arrangements. The value system may be described in terms of three propositions: all values are man-centered—that is, they are experienced (but not necessarily created) by human beings; the individual is an end in himself and is of supreme value, society being only a means to individual ends and all individuals are in some sense morally equal, this equality being best expressed by the proposition that no one should ever be treated solely as a means to the well-being of another person.

We know from HAHNEMANN'S Paris casebooks that HAHNEMANN studied HIPPOCRATIC temperaments, the choleric, phlegmatic, sanguine or melancholic constitutions. We also find the term 'temperament' in the *Materia Medica Pura* in his lecture on

Pulsatilla and in *The Organon* and *The Chronic Diseases*. The word temperament has several different levels of meaning.

The word is originated from 'temperare' to temper, restrain, compound, moderate. So Temperament; an internal constitution or state, a disposition, a combination or predominance of qualities. The HIPPOCRATIC temperaments, choleric or bilious, phlegmatic, sanguine, melancholy. Temperament is also a musical term; system of compromise in tuning; equal temperament is a compromise in tuning by which the octave is divided into 12 equal intervals.

Temperament, constitution, the spiritual body organism, body and soul-constitution are synonyms for the same living whole represented by the mind/body complex. It is no accident that the word organism (musical instrument) and temperament (division of the scale into 12 notes) and stimmung (tuning, voice, pitch and mood) can be found in HAHNEMANN'S writings. When temperament is used in a general way it means the mental and emotional disposition, mood, composure, etc. When temperament is used specifically it means the Hippocratic constitutional temperaments. HAHNEMANN studied the Hippocratic temperaments and diathesis within the Homoeopathic paradigm. This further expands the study of constitution in Homoeopathy because it includes the art of physiognomy and the natural groupings of human beings. There are four major and twelve mixed constitutional temperaments.

In HAHNEMANN'S literature sometimes the word constitution fuses with temperament and personality. This is true that he did not classify constitution in any categories. Hahnemann used the term **organism** and **constitution** very often in the *Organon* and *The Chronic Diseases* and his *Lesser Writings*. We know from HAHNEMANN'S Paris casebooks he studied the constitution very closely. In the *Organon* he uses terms like the 'erkennbare Leibes-Beschaffenheit' (ascertainable bodily constitution §5), **Leibes und Seelenbeschaffenheit** (the make-up of the body and soul §136) and the **angeborenen Körper-**

constitutionen (the congenital bodily constitution §81) throughout his works. Such terms represent the human organism which symbolizes the living whole. This includes diathetic constitutions such as the scrofulous, nervous or lymphatic as they are observable physical constitutions. The Introduction to the ORGANON page narrates, “It was next to impossible for them [the materialists] to acknowledge the nature of the ‘spiritual-body organism’ as a highly potentized **wesen**, to acknowledge that the changes of its life in feeling and function, which one calls **disease**, had to be determined and produced mainly (in fact almost solely) through dynamic (spirit-like) impingements and could not be produced differently.

THE MODERN UNDERSTANDING OF PERSONALITY:

As per origin is concerned the word is derived from the word “*Persona*” which means mask. In old Roman Theater, the mask used by the actors used to be called “*Persona*”. So, genius of the word actually used to indicate some thing that is false. Or, in real life situation we play many roles as a son, father, mother, daughter, friend, foe and so many supporting the idea of many roles. But with the change of time it includes all the features of the individual.

Many definitions have been submitted for personality. It is, “the sum total of all the biological innate dispositions, impulses, tendencies, appetites and instincts of the individual, and the acquired dispositions and tendencies” (MORTON PRINCE) or “The individual’s characteristic reaction to social stimuli and the quality of his adaptation to the social features of his environment” (F ALLPORT). The most accepted definition comes from G ALLPORT which says “Personality is the dynamic organization within the individual of those psychophysical systems that determines his unique adjustment to his environment”.

The study of personality can be said to have its origins in the fundamental idea that people are distinguished by their characteristic individual patterns of behaviour—the distinctive ways in which they walk, talk, furnish their living quarters,

or express their urges. Whatever the behaviour, personologists—as those who systematically study personality are called—examine how people differ in the ways they express themselves and attempt to determine the causes of these differences. Although other fields of psychology examine many of the same functions and processes, such as attention, thinking, or motivation, the personologist places emphasis on how these different processes fit together and become integrated so as to give each person a distinctive identity, or personality. The systematic psychological study of personality has emerged from a number of different sources, including psychiatric case studies that focused on lives in distress, from philosophy, which explores the nature of man and from physiology, anthropology and social psychology.

THEORIES OF PERSONALITY

Following is a list submitted of the modern concepts for defining personality.

- A) Psychoanalytic theory: FREUD
- B) Jung’s analytic theory: JUNG
- C) Social psychological theories: ADLER
- D) Psychosocial theories: ERIK EIKSON
- E) Transactional theories: ERIC BERNSTEIN
- F) Need theory: H A MURRAY
- G) Phenomenological theory: CARL ROGERS
- H) Cognitive theory: GEORGE KELLY
- I) Trait Theory: Gordon W ALLPORT
- J) Humanistic theory: ABRAHAM MASLOW
- I) Behaviorist theory: B F SKINNER
- K) Factor theory: RAYMOND B CATTELE

In this discussion we focused on psychoanalytic theory of Freud and analytic theory of JUNG.

FREUD’S CLASSIFICATION ON BASIS OF CHILDHOOD EXPERIENCE

The name of SIGMUND FREUD (1851 AD) must be ever remembered in the history of Psychology as the father of some new branch of explanation of mental phenomenon called Psychoanalysis. The school of thought formed by FREUD is based on the concept that all the mental activities are libidinous or erotic. Mind is never a static issue; desire, wish, greed, sex – all are all the expression of mind. The



social system doesn't allow always fulfilling these desires and so, all these remain repressed into the mind. These repressed desires never pass away from mind and they remain hidden in the unconscious state and expose in mental diseases and dreams.

FREUD divided the mind at three levels viz conscious, preconscious and unconscious stages. The knowledge of any level can travel to any of the levels. In another perspective he had classified mind at three segments, say, Ego, Id and Super Ego.

Freudian concept of analyzing and classification of personality is based on the experience childhood. FREUD says that the attitude of the parents actually determines the future personality of the child. The attitude of parents or any other person can deviate the libido of the child to a different way and it may be fixed at a certain thing which in turn determines the future life of the baby. From this level they can be divided into three types viz.

1. ANAL- EROTIC TYPE = Due to increased practice of toileting in early child hood. The obsession prototype forms are then Parsimony, Obstnacy, over fussiness about details.

2. ORAL EROTIC TYPE = They are again of the following types as

a. Sadistic: they are disappointed from the love of mother or father. They in later life become either pessimistic or malicious

b. Passive: Sucking type. They are optimist and immature in attitude.

3. GENITAL TYPE / PHALLIC TYPE =Over ambitious and narcissist and want to draw attention of every one.

JUNG'S CLASSIFICATION ON MENTAL FUNCTION

He was born July 26, 1875, KESSWIL, Switzerland and died in June 6, 1961 at KÜSNACHT. This Swiss psychologist and psychiatrist who founded analytic psychology, in some aspects a response to SIGMUND FREUD'S psychoanalysis. JUNG proposed and developed the concepts of the extroverted and introverted personality, archetypes and the collective unconscious. His work has been influential in psychiatry and in the study of

religion, literature and related fields.

His first achievement was to differentiate two classes of people according to attitude types: extroverted (outward-looking) and introverted (inward-looking). Later he differentiated four functions of the mind—thinking, feeling, sensation and intuition—one or more of which predominate in any given person. The results of this study were embodied in *Psychologische Typen* (1921; *Psychological Types*, 1923). JUNG'S wide scholarship was well manifested here, as it also had been in *The Psychology of the Unconscious*.

KARL GUSTAV JUNG (1875 AD) classified the personality as per the mental function. Though he began his practice as a follower of FREUD, but soon mastered in the field of Psychology. His famous book titled, "**Psychology of the Unconscious**" directly opposed the theory of 'Libido', proposed by FREUD. JUNG said, 'when the orientation of the object and to objective facts is predominant – one speaks of an extrovert attitude. When that is habitual one speaks on an extrovert type'.

As per JUNG, the human race, as per the attitude is concerned are divided into two basic types viz Extroversion and Introversion. The basic feature of these two types are as follows:

EXTROVERSION: Outwardly directed energy needed to move into action. Responsiveness to what is going on in the environment. A natural inclination to converse and to network. The expression of extraversion is: I like getting my energy from active involvement in events and having a lot of different activities. I'm excited when I'm around people and I like to energize other people. I like moving into action and making things happen. I generally feel at home in the world. I often understand a problem better when I can talk out loud about it and hear what others have to say.

INTROVERSION: Inwardly directed energy needed for focused reflection. Stability from attending to enduring ideas. A natural tendency to think and work alone. The expression of introversion is; I like getting my energy from dealing with the ideas, pictures, memories and reactions that are inside my head, in my inner world. I often prefer doing

things alone or with one or two people I feel comfortable with. I take time to reflect so that I have a clear idea of what I'll be doing when I decide to act. Ideas are almost solid things for me. Sometimes I like the idea of something better than the real thing.

As observed, JUNG identifies two broad categories of personality. Then he entered into the domain of traits when he classified personality using primary characteristics because a simple introversion-extroversion dichotomy is unlikely to be descriptive enough due to the tremendous variability among people. JUNG introduced four so-called functions;

SENSING Vs INTUITION

SENSING: A mastery of the facts. Knowledge of what materials and resources are available. Appreciation of knowing and doing what works. Paying attention to physical reality, what I see, hear, touch, taste and smell. I'm concerned with what is actual, present, current and real. I notice facts and I remember details that are important to me. I like to see the practical use of things and learn best when I see how to use what I'm learning. Experience speaks to me louder than words.

INTUITION: Insight and attention to meanings. A grasp of what is possible and what the trends are. Appreciation of doing what hasn't been tried before. Paying the most attention to impressions or the meaning and patterns of the information I get. I would rather learn by thinking a problem through than by hands-on experience. I'm interested in new things and what might be possible, so that I think more about the future than the past. I like to work with symbols or abstract theories, even if I don't know how I will use them. I remember events more as an impression of what it was like than as actual facts or details of what happened.

THINKING Vs FEELING

THINKING: Analysis of the pros and cons of situations, even when they have a personal stake. An ability to analyze and solve problems. Want to discover the "truth" and naturally notice logical inconsistencies. When I make a decision, I like to

find the basic truth or principle to be applied, regardless of the specific situation involved. I like to analyze pros and cons and then be consistent and logical in deciding. I try to be impersonal, so I won't let my personal wishes—or other people's wishes—influence me.

FEELING: Knowledge of what is important to people and adhere to that in the face of opposition. The ability to build relationships and to be persuasive. Desire to uncover the greatest good in a situation and notice when people may be harmed. I believe I can make the best decisions by weighing what people care about and the points-of-view of persons involved in a situation. I am concerned with values and what is the best for the people involved. I like to do whatever will establish or maintain harmony. In my relationships, I appear caring, warm, and tactful.

JUDGING Vs PERCEIVING

JUDGING: Organization, planning and follow through on projects. Push to get things settled and decided. Appreciation of well-organized efficiency. I use my decision-making (Judging) preference (whether it is Thinking or Feeling) in my outer life. To others, I seem to prefer a planned or orderly way of life, like to have things settled and organized, feel more comfortable when decisions are made and like to bring life under control as much as possible.

PERCEIVING: Quickly and flexibly responding to the needs of the moment. Strive to keep things open so new information may be gathered. Appreciation of the need for spontaneity and exploration. I use my perceiving function (whether it is Sensing or Intuition) in my outer life. To others, I seem to prefer a flexible and spontaneous way of life and I like to understand and adapt to the world rather than organize it. Others see me staying open to new experiences and information.

Now there may be the combined picture formed by permutation and combination of these types. MYERS- BRIGGS TYPE INDICATOR (MBTI) is an abridged version of it. There may be sixteen types of combinations. They are like the following:

ISTJ: Quiet, serious, earns success by thoroughness

and dependability. Practical, matter-of-fact, realistic and responsible. Decide logically what should be done and work toward it steadily, regardless of distractions. Take pleasure in making everything orderly and organized – their work, their home, their life. Value traditions and loyalty.

ISFJ: Quiet, friendly, responsible and conscientious. Committed and steady in meeting their obligations. Thorough, painstaking and accurate. Loyal, considerate, notice and remember specifics about people who are important to them, concerned with how others feel. Strive to create an orderly and harmonious environment at work and at home.

INFJ: Seek meaning and connection in ideas, relationships and material possessions. Want to understand what motivates people and are insightful about others. Conscientious and committed to their firm values. Develop a clear vision about how best to serve the common good. Organized and decisive in implementing their vision.

INTJ: Have original minds and great drive for implementing their ideas and achieving their goals. Quickly see patterns in external events and develop long-range explanatory perspectives. When committed, organize a job and carry it through. Skeptical and independent, have high standards of competence and performance – for themselves and others.

ISTP: Tolerant and flexible, quiet observers until a problem appears, then act quickly to find workable solutions. Analyze what makes things work and readily get through large amounts of data to isolate the core of practical problems. Interested in cause and effect, organize facts using logical principles, value efficiency.

ISFP: Quiet, friendly, sensitive and kind. Enjoy the present moment, what's going on around them. Like to have their own space and to work within their own time frame. Loyal and committed to their values and to people who are important to them. Dislike disagreements and conflicts, do not force their opinions or values on others.

INFP: Idealistic, loyal to their values and to people

who are important to them. Want an external life that is congruent with their values. Curious, quick to see possibilities, can be catalysts for implementing ideas. Seek to understand people and to help them fulfill their potential. Adaptable, flexible and accepting unless a value is threatened.

INTP: Seek to develop logical explanations for everything that interests them. Theoretical and abstract, interested more in ideas than in social interaction. Quiet, contained, flexible and adaptable. Have unusual ability to focus in depth to solve problems in their area of interest. Skeptical, sometimes critical, always analytical.

ESTP: Flexible and tolerant, they take a pragmatic approach with focused immediate results. Theories and conceptual explanations bore them – they want to act energetically to solve the problem. Focus on the here-and-now, spontaneous, enjoy each moment that they can be active with others. Enjoy material comforts and style. Learn best through doing.

ESFP: Outgoing, friendly and accepting. Exuberant lovers of life, people and material comforts. Enjoy working with others to make things happen. Bring common sense and a realistic approach to their work and make work fun. Flexible and spontaneous, adapt readily to new people and environments. Learn best by trying a new skill with other people.

ENFP: Warm enthusiastic and imaginative. See life as full of possibilities. Make connections between events and information very quickly, and confidently proceed based on the patterns they see. Want a lot of affirmation from others and readily give appreciation and support. Spontaneous and flexible, often rely on their ability to improvise and their verbal fluency.

ENTP: Quick, ingenious, stimulating, alert and outspoken. Resourceful in solving new and challenging problems. Adept at generating conceptual possibilities and then analyzing them strategically. Good at reading other people. Bored by routine, will seldom do the same thing the same way, apt to turn to one new interest after another.

ESTJ: Practical, realistic, matter-of-fact. Decisive,

quickly move to implement decisions. Organize projects and people to get things done, focus on getting results in the most efficient way possible. Take care of routine details. Have a clear set of logical standards, systematically follow them and want others to also. Forceful in implementing their plans.

ESFJ: Warmhearted, conscientious and cooperative. Want harmony in their environment; work with determination to establish it. Like to work with others to complete tasks accurately and on time. Loyal, follow through even in small matters. Notice what others need in their day-by-day lives and try to provide it. Want to be appreciated for who they are and for what they contribute.

ENFJ: Warm, empathetic, responsive and responsible. Highly attuned to the emotions, needs and motivations of others. Find potential in everyone, want to help others fulfill their potential. May act as catalysts for individual and group growth. Loyal, responsive to praise and criticism. Sociable, facilitate others in a group, and provide inspiring leadership.

ENTJ: Frank, decisive, assumes leadership readily. Quickly see illogical and inefficient procedures and policies, develop and implement comprehensive systems to solve organizational problems. Enjoy

long-term planning and goal setting. Usually well informed, well read, enjoy expanding their knowledge and passing it on to others. Forceful in presenting their ideas.

BASICS OF PSYCHOLOGICAL TESTS

Psychological tests are the techniques by which means the different psychological expressions can be measured. Psychological tests are of various types. Few are done through instruments (Tweezer dexterity test by O'CONNOR) or by questionnaires (Interest test by SUPER) and by inventory (Self-esteem inventory by JAMES BATTLE). Here the answers or the performance made by the subject is converted in to numerical or grades through scoring keys provided with the test material and through norms, which is also provided with the test material, the level of the subject is interpreted.

Myers - Briggs Type Indicator is an questionnaire containing fifty situations where one had to tick in 'yes' or 'no' what is applicable to him or her. It is divided in to two parts I & II containing 26 and 24 situations respectively. The time needed is not more than fifteen to twenty minutes. There is no right or wrong answers. The subject, whose type of personality is intended to be tested, is instructed in a definite manner and when he gives all the answers, the score is tabulated.

EXAMPLE OF THE QUESTIONNAIRE

1. You are almost never late for your appointments	Yes (A)	No (B)
2. You like to be engaged in an active and fast-paced job	Yes	No
3. You enjoy having a wide circle of acquaintances	Yes	No
4. You feel involved when watching TV soaps	Yes	No
5. You are usually the first to react to a sudden event: the telephone ringing or unexpected question	Yes	No
6. You are more interested in a general idea than in the details of its realization	Yes	No
7. You tend to be unbiased even if this might endanger your good relations with people	Yes	No
8. Strict observance of the established rules is likely to prevent a good outcome	Yes	No

The scoring Key is like the following: Here the abbreviations J, P, S, N, I, F, E and T etc are used to mean Judgment, perception, sensation, intuition, introversion, feeling, extroversion and thinking.

Question No.	Options	Scores
1	A	J (2)
	B	P (2)
2	A	S (2)
	B	N (2)
3	A	E (2)
	B	I (1)
4	A	F (1)
	B	T (2)

Means if the subject ticks in the A (Yes) option for question no. 1 he will get 2 marks in J and for B (No) he will score 2 marks for P. For question no 2 for A (Yes) he will get 2 marks in S and B (No) he will score 2 marks for N. In this way all the marks for E, I, S, N, T, F, J & P is added and individual score is placed in the following table

Extraversion (E)	Introversion (N)	Sensation (S)	Intuition (N)	Personality type
Thinking (T)	Feeling (F)	Perceiving (P)	Judging (J)	

Say the score of the person is 4, 9, 7, 4, 6, 6, 8 and 3 after totaling all the categories, his personality type will be **ISTJ**.

The characteristics of **ISTJ** as provided in the norm, is Quiet, serious, earn success by thoroughness and dependability. Practical, matter-of-fact, realistic and responsible. Decide logically what should be done and work toward it steadily, regardless of distractions. Take pleasure in making everything orderly and organized – their work, their home, their life. Value traditions and loyalty.

The rubrics are considered and repertorized through complete repertory:

- [Complete] [Mind] Quiet: Disposition:
- [Complete] [Mind] Seriousness, earnestness:
- [Complete] [Mind] Carefulness:
- [Complete] [Mind] Responsibility: Strong:
- [Complete] [Mind] Industrious, mania for work:
- [Complete] [Mind] Fastidious:

The drug that cover the rubrics are: *Aurum*,

Arsenic, Pulsatilla, Ignatia, Lycopodium, Sepia, Natrum-mur etc. Amongst these first three drugs covered all the rubrics.

When *Pulsatilla* is cross checked we found this drug covers the following rubrics:

Bargaining: 2
Boaster: braggart: squanders through ostentations: 1

Cautious: Censorious: 2

Courageous: 2

Discontented: 2

Envy: 2

Fastidious: 3

Hypocrisy: 3

Inquisitive: 2

Intellectual: 2

Introverted: 3

This picture is quite unfamiliar for routine knowledge. By this way the multiple personality profile of the drug can be understood well.

CONCLUSION: This is true sometimes it turns

difficult to find the mental symptoms from the person. Some believe on life span survey some depend on other procedure. The basic is all the processes are time consuming. If this scale is used in practice, we can get the personality type very quickly, it is universally accepted and it is reliable in statistical measures. Though the questionnaire is framed in English language it is also available in regional languages also. Otherwise it can be translated. The process of translation is one has to translate in a regional language, then it is again retranslated in English by other person and if this retranslation is equal of the original translation then that regional language translation considered to be ready in use. If we study the types and previously make a list of drugs then the process may be easier. The physical generals, particulars and other characteristics can be used to differentiate between the drugs.