

ABSTRACT

Personality introversion or introvert is a person who tends to focus on thoughts, feelings, and moods that originate from within oneself internal alias, compared to looking for something that comes from outside. People with introversion generally look more like solitude. Although often interpreted as quiet, shy, and a loner, actually an introversion is not the kind of person who always shust himself off from outside world.

Some research on the brain found that the brains of introverted people tend to use the frontal lobe more, namely the part of the brain that is in charge of planning, thinking about problem solving, and remembering. In addition, introverts prefer to think about ideas or memories in their own minds.