RESEARCH ARTICLE

JUNG'S PERSONALITY TYPES AND SHAKESPEARE'S TRAGIC HEROES' PROBLEMS

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ABSTRACT

Personality plays an essential role in the life of a person. Personality has several meanings like character, trait, quality, behaviour, individuality, persona, temperament, nature, make-up, attribute, feature, mannerism, characteristic, and spirit. Shergill says "The term "Personality" is derived from the Latin word "Persona", which means a theatrical mask used by actors or worn by actors in those days to indicate their role in theatrical play" (400). Carl Jung discusses two types of personality, introvert and extrovert in his famous book *Personality Types*. Jung believed that personality can be developed based on childhood experiences and our desires for the future life. Sigmund Freud said that personality developed only in childhood and based on its experiences. Shakespeare the dramatist par excellence discussed various types in his plays through his immortal characters. The four great tragic heroes Macbeth, Othello, King Lear and Hamlet possess the negative introvert personality. This article explores the concept of personality based on the studies of Jung and the venomous thoughts of the four great tragic heroes and their devastations. And this would help us to avoid the characteristics of tragic heroes and their personality traits for a happy and contented life.

Key Words: Personality, Type, Freud, Jung, Shakespeare, psychology, character, trait, quality, behaviour, individuality, persona, temperament, nature, make-up, attribute, feature, mannerism and characteristic

1. INTRODUCTION

Psychologists have defined "Personality" in their own understanding and all of them agree it is one of the important components of psychology which deals with the thoughts and behaviours of a person. The great psychologists of the world have given various definition of personality based on their research and understanding.

After evaluating 49 different definitions from the literature, Gordon W. Allport concluded' "Personality is the dynamic organization within the individual of those psycho-physical systems that

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determine his characteristics behaviour and thought or unique adjustment to the environment. (Shergill 403)

The personality is unique to individual and through good personality one can avoid the mental diseases like ego, jealousy, pride, greediness and ill ambition. A good and positive personality is very important to lead a happy and contented life which would be very helpful to other human beings also to live peacefully in this globe. It is indeed a herculean task to develop our personality positively but one should strive heart and soul to achieve such a personality to lead a peaceful life and also help others to live peacefully in this world.

> A major way in which we differ from another, psychologically, is in our personality. Personality is a pattern of behaviour or thinking that is consistent across most situations and across times and which helps distinguish person from another. (Martin 126).

Personality is useful to distinguish one person from another as everyone possesses different personality. Many personality type theories have been evolved from the time immemorial and great psychologists and philosophers of the world discussed personality in their own understanding and research.

One of earliest type theories was originated in the fifth century B.C. by Hippocrates, the Greek physician who gave medicine the Hippocratic oath. He theorized that the body contained four basic fluids, or humours, each associated with a particular temperament, a pattern of emotions and behaviours. In the second century A.D. a later Greek physician, Galen, suggested that an individual's personality depended in which humour was predominant in his or her body. (Richard 460)

2. Good Personality

Many researchers tried to define good personality and lot of research had been done in the past to find out the characteristics of good personality. The renowned psychologists of the world tried their level best to study the abnormal and negative personalities and its consequences on human beings which hinder mankind to lead a satisfied life.

> According to Hindu Mythology, satwal (goodness, knowledge), rajas (activity, passion), and tamas (ignorance, inactivity) are the three gunas which determine one's personality. (Bhave 5)

Emotions are feelings that generally have both physiological and cognitive elements that influence our personality.

> The rasa theory of Indian tradition explains how emotion are categorized, depicted, and transpired. The constituents of rasa are bhava (a psychological state giving rise to emotion), vibhava (the stimulus generating emotion), and anubhava (the response to the stimulus). (Mandal 20)

We must control our emotions and thoughts to develop positive and desirable personality. There is nothing either good or bad but thinking makes it so. Thoughts played a vital role in the life of any persons if thoughts are corrected then life would be a happiest one. "Jung argued that we have a collective unconscious – memories and ideas inherited from our ancestors. Here we store archetypes inherited and universal through patterns" (Martin 133). Our personality is subjected to change always and we do not have a permanent personality. Our personality is influenced by the things that are taking place outside the world. Any personality that helps the man to develop mentally by avoiding mental disorders is called good personality. Various definitions are available for good personality but all the great psychologists and spiritual leaders agree that good personality is needed for a happy, contented and peaceful life.

> The psychic energy required for the development of a complete personality drives from this awareness of inner polarity. The growth of personality which Jung calls a 'centering' or 'equilibrating' process leads from threatened division to unity, finally establishing a balance of energy. It is the only way open to man to attain completeness. (Aronson 29)

3. Jung and Personality Types

Sigmund Freud and Carl Jung were the great psychologists of the world who studied about personality and presented before us through their theories desirable and undesirable personality. Carl Gustav Jung, a Swiss psychiatrist and psychotherapist, was born on 16 July 1875 in Kesswil, Thurgau, Switzerland as the second and first surviving child of Paul Achilles Jung and Emilie Preiswick. His work has been influential not

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only in psychiatry but also in philosophy, anthropology, archaeology, literature and religious studies. He created some of the best known psychological concepts, including the archetype, the collective unconscious, the complex, and extraversion and introversion. He published several journal articles and then one of his most influential books *Psychological Types* in 1921. He was the first to define introversion and extraversion in a psychological context.

Jung's very influential ideas can be found in his division of personalities as extrovert and introvert. Both these types can be found in the human beings and both are positive as well as negative. The introvert is focused on the internal world of reflection, dreaming and vision. They found to be always thoughtful and insightful and do not like to join in the activities of others. The extravert is focused on the outside world of objects, sensory perception and action. He considered individuation, a psychological process of integrating the opposites including the conscious with the unconscious while still maintaining their relative autonomy, necessary for a person to become whole. He continued to publish books until the end of his life, including *Flying Saucers: A Modern Myth of Things Seen in the Skies* in 1959 which analyze the archetypal meaning and possible psychological significance. He died on 6 June 1961at Kusnacht, Switzerland after a short illness. Jung divides the personality in to two as introvert and extravert and his studies help us to understand many complex problems faced by the man. We have to control the thoughts that are occurring in the subconscious to control our personality.

4.   Jung and Freud – Conflict

Jung and all other psychologists did not agree with the views of Freud and said that apart from libido, social relationships are also responsible for the personality of a person. "For Freud, all behaviours are motivated. No chance or accidental happenings cause behaviour, all acts are determined by motives" (Richard 469). Other psychologists gave importance to social relationship to determine the personality of a person. This has made the views of Freud futile in the later days but his influenced has continued to be very important in the field of psychology.

> Jung's great work, *Psychology of the Unconscious*, was the final statement of his separation from and advance beyond the Freudian standpoint, and Freud's reaction to this work made it clear that he too recognized an insuperable opposition" (*Psychology o f Unconscious,* Introduction vi).

The people who have advanced towards individuation have good physical and mental health and also tend to be harmonious, mature and responsible. They have good humane values like freedom and justice and also have good understanding to work with the people by understanding both human nature and the universe.

> In his sub-title to the book *Psychology of the Unconscious,* Jung has called it the *Psychology of Individuation*, and therewith he affirms the essential principle of his philosophy. For Jung the psyche is a "world which contains all the elements of the greater world, with the same destructive and constructive forces – a pluralistic universe in which the individual either fulfils or neglects his essential role of creator" (*Psychology of Unconscious,* Introduction xii)

The consciousness creates the personality and good personality leads us towards good life. Personality can be classified distinctively on the basis of different and or singular parameters like traits, physical structure, temperament, nature. Jung defines Introvert and Extrovert personality types which we can find in the characters of Shakespeare. This division is done based on the dimension of attitudes. Individuals possessing extrovert personality type are social, practical, appear affectionate, informal, good conversationalists, and are active and lively. Introvert personality individuals prefer to remain isolated or in the company of very few people, can be categorized as one who has an introverted personality. Jung said that everyone is the determinant of his own destiny through his personality.

> Beatrice M. Hinkle says "it is not a simple matter to come out boldly and state that every individual is to a large extent the determiner of his own destiny, for only by poets and philosophers has this idea been put forth – not by science; and it is a brave act to make this statement with full consciousness of all its meaning, and to stand ready to prove it by scientific reasoning and procedure" (*Psychology of Unconscious,* Introduction viii).

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Personality type refers to the psychological classification of different types of individuals. Personality types are sometimes distinguished from personality traits, with the latter embodying a smaller grouping of behavioural tendencies. Types are sometimes said to involve qualitative differences between people, where traits might be construed as quantitative differences.

One of the more influential ideas originated in the theoretical work of Carl Jung as published in the book *Psychological Types.* The original German language edition, *Psychologische Typen*, was first published by Rascher Verlag, Zurich in 1921 (*Psychological Types* 178).

According to type theories, introverts and extraverts are fundamentally different categories of people. According to traits theories, introversion and extraversion are part of a continuous dimension, with many people in the middle. Effective typologies also allow for increased ability to predict clinically relevant information about people and to develop effective treatment strategies. There is an extensive literature on the topic of classifying the various types of human temperament and an equally extensive literature on personality traits and domains.

5. Jung and Shakespeare

Carl Jung defines Introvert and Extrovert personality types which we can find in the characters of Shakespeare. This division is done based on the dimension of attitudes.

All drama originates in psychic polarity, the dualism and conflicting nature of ego and self, the conscious and unconscious, anima and animus, mask and face, are the very stuff of which all great drama is made. (Aronson 39)

The world of literature also deals with the types of personality. The preferences for extraversion and introversion are often called attitudes. Each of the cognitive functions can operate in the external world of behaviour, action, people, and things or in the internal world of ideas and reflection. People who prefer extraversion draw energy from action: they tend to act, then reflect, then act further. If they are inactive their motivation tends to decline. To rebuild their energy, introverts need quite time alone, away from activity.

An extravert's flow is directed outward people and objects, an introvert's is directed inward towards concepts and ideas. The main Contrasting characteristic between extraverts and introverts is extraverts are action-oriented, while introverts are thought-oriented. (*Personality Types*, Wikipedia 3, 4).

The relationship between worry – the tendency of one's thoughts and mental images to revolve around and create negative emotions, and the experience of a frequent level of fear – and Jung's model of psychological types has been the subject of recent studies.

The tragic heroes of Shakespeare have negatively introvert personality and they thought in a different manner and their thoughts are full of venom against others. The heroes faced hazards to the flaws in their personality. Jung affirms: "...same assistance that surgery has given to the physical body, psychoanalysis attempts to give personality" (*Psychology of Unconscious,* Introduction xi). One must treat the personality properly to lead a happy life and by this he can avoid all sinister activities of the world. The tragic heroes have become adamant in committing sins and never cared to treat their personality and correct it into positive one by correcting their thoughts. When they were clued-up about their vice thoughts by their well wishers, they poured their wrath on them and ultimately such good well wishers suffered.

6. Shakespeare's Tragic Heroes and Personality Types

Shakespeare's characters are types as well as individuals. They have their own personal idiosyncrasies, eccentricities, their own individual peculiarities, but they also represent some particular class, profession, attitude and passion. Macbeth and Lear were Kings, Othello was a Moor and Hamlet was a Prince. They possessed negative introvert personality which had devastated them. Everyone was different from each other.

Both Shakespeare and Jung thought of man's divided nature as akin to that of the actor compelled to play a part not necessarily of his own free choice. Thus he is invariably tempted to adjust his ego to the mask he is wearing rather than to make the mask conform to his self. (Aronson 44)

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The dramatist has excellent talent to depict various personality types in his immortal characters. Macbeth, Othello, Lear and Hamlet are all highly individualised, but they are also typical characters. Macbeth has vaulting ambition and is greedy, unappeasable and insatiable; Othello stands for jealousy, envy and suspicion or for a rash man of action. Lear is a pattern of pride, arrogance and intemperance and Hamlet for the philosophising temperament given to noble inaction and in confusion commits a series of murders. All these types of characteristics developed in them due to their wrong thoughts and mental imbalance. They possess only negative attributes and characteristics. Shakespeare's men and women are individuals but they are also, "the eternal representatives of humanity for all times".

The tragic heroes of Shakespeare had the introvert personality and they thought in a different manner and their thoughts were full of venom against others. Macbeth kept him aloof, unapproachable and thought often and all his thoughts led him towards devastations. He often interrogated Banquo about his foul business as Banquo had morale and self-esteem, never cared about his talks. Othello thought in aloof to take revenge on his wife and led a life which was isolated from moral and decent world. His companion was only Iago, the wicked man as he doubted all good people. King Lear too wanted to be separated from the active world and decided to be alone. Hamlet thought in a different way to procrastinate his acts. Psychologists said that jealousy, envy, fear, ego and pride are such attributes that would breed unrest and ultimately the possessors of these traits commit heinous sins in their life. The consequences of these traits are much devastative.

Shakespeare's characters and stories reveal universal truths about the human condition in a way we can all relate to whether it is the tragic outcome of unchecked greed, jealousy, pride and ambition, an unrelenting desire for revenge, the pursuit of love and hatred, showing of great pride and egoism, sacrificing the life for the sake of love and power, capturing the throne of the country unscrupulously and ruling the country in an autocratic, oppressive and despotic way. All these actions have a psychological cause and a resultant consequence. Many characters do not understand why something happens to them or why they behave in a particular manner in a particular situation. But modern psychology throws light upon their behaviour and makes us understand them deeply. Psychologists say that jealousy, envy, fear, ego and pride are such attributes that would breed unrest and ultimately the possessors of these traits commit heinous sins in their life.

7. Conclusion

All the heroes have many flaws and these negative, unconstructive, depressing and harmful causes had the very worst consequences that led them to commit more terrible sins in their lives. Macbeth and Othello shed innocent blood and also devised wicked ways to kill their kith and kin. Lear showed unwanted pride, arrogance and failed to understand the real world. Hamlet failed to enjoy the life as always he thought of taking revenge on others. As they misbehaved they failed to enjoy the pleasures of life and the consequences of their erroneous thoughts and behaviours are more grievous and dreadful. All these heroes due to negative thoughts have fought tooth and nail to destroy the peace of the world without benefitting from any of their atrocious actions.

> H. B. Charlton further says that resolution taken in such a manner is neither guided by reason not directed by moral nobility; that are determined and propelled by sheer might of passion, which lead to eternal sufferings and destruction of peace (123).

The tragic heroes in their devastations cried vehemently and this cry of Lear was the common cry of all the heroes as King Lear cried:

> I am bound
> Upon a wheel of fire, that mine own tears
> Do scald like molten lead (Lear IV vii 46-48)

They removed the meaning from the life due to their negative introvert personality. These tragic problems have been discussed vividly by the great psychologists of the world in different perspectives as these problems based on the personality types are universal and man must be aware of these problems to avoid them to lead

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a happy, peaceful and contented life.

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