**In the name of of Allah, the Merciful**

**{And these days [of varying conditions] We alternate among the people {**

**Aali Imraan Quranic verse (140)**

**Allah Almighty is Truthful**

**Covid-19 threat to the extroverts and calming to the introverts**

**By/Ramez Salah El-Shishy[[1]](#footnote-1)**

**Introduction: -**

The whole human race is different. It is a proven fact that two people cannot share the same DNA structure as even identical twins do not share the same DNA structure; this indicates the diversity of the human race. People basically disagree about what they look like, think, behave in different ways, that difference is the essence of a personality system. Each system has always had its own characteristics that make the other system different, and vice versa. If we look at the reality of systems of different kinds, we will find a great distinction between them, perhaps because that differentiation in a particular system is appropriate to the environment in which the person found himself, or perhaps because the person before being born is destined to have a characteristic that is characterized by this distinct system in its attributes! The systems are many and very different, and in the world of politics, democracy, dictatorship, in the world of economics we see capitalism and socialism, and in the world of the human psyche we see many systems such as introverted, extroverted.

The term "system" on the characters of everyone who lives on this planet is the best way to understand the nature of these characters, although there are a large number of differences between the nature of each character's system in dealing with crises, attitudes.the different that we have lived and lived. Indeed, these distinctive features that form the core of each system are the product of the interaction that occurs in these systems, whether it is a political system, economically or even humanself. These features do not pose any threat to behaviour, they are in fact just a concept that enables us to understand the reality and implications of such behaviour. Therefore, I will introduce the concept of the personality system in general, the meaning of introversion and extroversion, and I will address the extroverted and introverted personality of the problem of trying to live with the Covid-19 pandemic, which served as the straw that broke the back of the whole world in all its colours and forms, and is there a way to avoid the inevitability of crises in all its forms and turn them into a possibility that is compatible with the climate and systems of our personalities?

**The era of introverted or extroverted characters: -**

Each era has its heroes and characters, and these character heroes may be politicians, artists, doctors, and philosophers, regardless of the nature and manifestations of the era as well as its implications. In fact, times of adversity and risks are the revealing real minerals of men, they say, but so far this pandemic is very difficult for many, but despite this difficulty there is always the kind of characters that another type of character aspires to; When it comes to biological dynamics, which last more than one effect, we see many divergent views and a multiplicity of intellectual remedies towards those dynamics, and the fact that the pandemic has revealed the result of the deep conflict between the "idealism" of the introverted community, "pragmatism and pragmatism" "Opportunism" represented by the dissonance of the first time in favor of the first one, from a political point of view, but from a more similar view of this conflict with the differences of the parties to the conflict we see introversion and diastolic as a result of the conflict in favor of the first, has always been introverted always seeking what should be, and you see the owners of that character sitting in the pages of dreamers of old books, ancient art and all that is old traditional. The utter failure of pragmatism, which imagined with its controlling opportunism that it had reached the highest level, was not ready for what was to come, and could not adapt with difficulty to what was to come, and its suffering continues as a result of what has come and happened. If we look at the same thing as the result of pragmatism, the extroverted system was not ready for what was to come either. But above all, it is necessary to know the meaning of introversion and diastolic, the features of extroverted and introverted are a central dimension in some theories of human personality. The term introverted and extroverted was introduced by the Swiss psychologist Carl Jung. The extroversion of Carl's logic is manifested in continuous talk, and active behavior. Introverts are manifested in more conservative and less interactive behavior with the outside world. However, jung defined introversion as "a pattern of attitudes characterized by life orientation through self-motivation" and the extroverted "a pattern of attitudes characterized by a focus of attention and interaction with external motivation.

It is a dark shorthand to see in the era of the pandemic extroverts flourishing, and it is also a dark shorthand in the pre-pandemic era to say that introverts are not social, while the extroverts are social, as Ibn Khaldun says, but the level of this social varies according to the nature of each character's system. It would also be a fair shorthand to see in the post-pandemic era that introverts are equivalent to adapting to the burdens of life crises, especially since we are in an age when virtual communication has a similar role, sometimes even more than real-life communication.

It is a dark shorthand for pre-pandemic that swept the world from China, New Zealand and Australia east to California on the west coast of the United States, and from the Canadian and American territories of the Arctic to the south of the African continent, that isolation is a disease associated with introversion, but that isolation is a disease associated with introversion, but that isolation is a disease associated with introversion. Such an assumption is Intellectual squabbles because if we look at the difference between isolation and introversion and understand this difference well, the conflict between the problem of being introverted or extroverted, as well as the same conflict between capitalism, has been found. and socialism. Their belief, mixed with unconsciousness, has misplaced their perception of the reality of the characters of many introverts, because if we look at the reality of their belief, we will find them to see introverted as either a selfish person who is so mean to others, or arrogant, filled with the false feeling of depression, or content, or afraid of something he sees in the eyes of those who meet him, or is unsure that he can repel the blows he receives when he thinks of interacting with some intrusive groups, but they make an exception and categorize. Outside the rule and the game for those who think and manage to accomplish what they have to accomplish, or to do what they have to accomplish, or to be proud.

Today, in an era of social divergence and the burdens of its crises, which have burdened everyone, isolation has refrained from surrendering and has become a virtue, and everyone who prevents his body from being a channel that harms others. All those who have been or regrouped with themselves are great, because they have put their resolve and the systems of their characters before a difficult test, seeking success, and setting their ears to silence, which few human beings have been able to do. Let you know that I am not trying to glorify categories over other categories, because man is in all cases a social animal of his nature, but I am seeking to correct a certain vision that looks at the class of introverts and find a class balance between them and the extroverts, to overcome such crises, and this balance will only be achieved through solidarity, acceptance and adaptation at the same time. If we look at the situation of the metropolitan capitals, which are responding to the call of isolation and tranquility, spreading in the atmosphere of a globalized diastolic world, we ask ourselves why not think about the nature and way of life of the introverted groups who are trying to engage in this flat world, as we see the attempts of major capitals to engage in the world of the introverted pandemic? Is this the time to change the situation and change the character, as the author al-Jabriti says in his writings? Will this assumption and those opinions before and after the pandemic become fixed clichés? The reader of Susan Kane's "Quiet" (\*) will undoubtedly realize that our era is an era of introverted flavor, bearing in mind that this work was published in 2012, but the highlights of the points discussed show without I doubt the extent to which the American writer looks at the future of the world through her simple neutral view of both introverted and diastolic pole before the outbreak of the pandemic and the implications of this view of the post-pandemic world from which we conclude the superiority of the introvert editing is the product of optimal exploitation. For its capabilities that fit the circumstances of the times, the suffering of the diastolic pole for not being accustomed to its presence in such circumstances, and the difficulty of adapting their character systems to the peaceful virtual world of pandemic.

One third of the world's population is introverted, and they are now forced to accept and tolerate more people in their pacific ocean, because two thirds of the extroverts have to experience the lifestyle of the other pole, meaning that they are living in the midst of a social phenomenon that is occurring for the first time in history, where the prevailing culture is hostile to the category of introverts and the viruses and epidemics that are equal to the other pole, but for as long as possible the introverts have been pressed to become open. They have been constantly told that they must be, because the world belongs to the other group.

They kept trying, and they kept writing about their experiences of trying. Then the unthinkable happened, I mean for the first time ever, the open-minded are now under pressure to become introverted! They are now constantly being told that they should. The open people, who thrive on mixing and friction with the masses and derive their identities from their social circles, are suddenly forced to stay with their inner selves, whom they can barely recognize!! for an indefinite period of time. Fear dominates the world after Covid-19 described as a global pandemic, people became afraid of themselves, from each other, postponed school, closed cafes, cinemas and all means of entertainment, and recommended people stay at home, and some countries imposed the order by force to the point that it arrived to impose a curfew, approaching summer, but the beaches do not seem ready to receive fun! No meetings, no parties, no acquaintance between strangers in transportation. It seems like a huge problem for many, but it's an easy one for the introverts! Those who have long run their lives in semi-isolation, merge to the extent they bear, and then return to their world where self-sufficiency is the noise of reason that the world cannot tolerate much chatter. The primary objective of the introverts in the virtual world of the pandemic is not to become the heroes of the era that we are keeping in mind; Their goal is to try to optimize the time when most global, regional and development institutions have stopped across all sectors, try to write a book that lists the problems of the pandemic world and its impact on individuals and communities, or think about how to deal with virtual worlds that will challenge them as real worlds did before the implementation of the so-called quarantine. It is true that throughout its history, humanity has experienced such isolation as well as the epidemics and pandemics that have affected the world's civilizations since the first known outbreak in 430 BC during the Peloponnesian War (\*\*). Many of these epidemics of Spanish flu, the Black Plague and others have had major repercussions on human society, from killing a large proportion of them around the world to making them think about bigger questions about life, existence and their ways of life again. Now that we are once again on the threshold of a new world order based on distance communication, and the reluctant replacement of a life of proximity to a remote life.

"When the last frontier penetrates the boundaries of introversion, it feels that introversion extends to other boundaries of calm, habit, and creativity."

This calm is a state of mind consisting of relaxation and distance from the excitement associated with the outside world, as well as trying to make the best use of every moment in their lives such as enjoying reading philosophical books, exposure to medieval theses, searching for the causes of extinction of flamingos, all that is theoretical and questionable, we find them to delve deeper into it, etc.

This habit is to repeat what has been done in a period of calm, and not to get bored as a result of this act, but it is an attempt to adapt to the inner self or in general to try to adapt to situations and situations in which everything is vulgar and unbearable.

Creativity is an exceptional case that results from the previous two situations as an attempt to explain the questions that the mind brought simply because it is in a quiet situation accustomed to thinking, meditating and researching what causes and ills of phenomena; For reasons like this, they will be the most satisfied group with disorders caused by social spacing and other burdens of life in general.

**The potential of extroverts, introverts and the inevitability of crises: -**

Because the burdens of crises need to be a way out so that we can continue to live a life free of stress and anxiety, we believe that without a doubt that this kind of conflict that humanity faces will be managed at some point in a whole way, but there is an urgent need to find an effective way that the dissonance group can follow, to face the whirlwinds of the pandemic world, which in turn will negatively affect their characters if they submit to it.

In this context, there are several theories within the framework of geographical thought that some call it a kind of intellectual heritage that is far from reality, but if we examine its contents, we will find ourselves reviving this theory again, namely the school of possibility, or geographical possibility, where it is attributed to the French geographer Vidal de la Blash, this theory is based on the premise that man is not a slave or a powerful tool in the hands of the environment as the environment sees, he chooses from its potential what he desires and uses this environment. For his own good however he pleases. This is done by creating a situation of activities that need to be accomplished to fill the vacuum in the extroverted situation as it needs to make up for the lack of external incentives such as going to the club, meeting friends, etc. In addition, they need to adopt the concept of adaptation so that they can quickly become accustomed to the lack of external influences with internal effects similar to the nature of introverted persons.

**It can be formulated in the following equations: -**

Extroverts + internal effects with an adaptation = environmental potential.

Extroverts + internal effects with no adaptation = environmental imperative.

Introverts + internal effects = environmental probability.

Introverts + external influences with no adaptation = environmental imperative.

Introverts + external influences with an adaptation = environmental potential.

**Conclusion: -**

From the above we see that difference is a unique feature of the human race, but this difference sometimes has pros and cons according to the circumstances that the person lives and experiences, so often circumstances force us to follow ways and methods that are not matched with the identity of our complex personalities in order to overcome crises that threaten the safety of our lives and all those we love. The difference here is not a contradiction, but is in fact a means of managing the conflict with those crises that we have coexisted with and have other factors such as adaptation. In any case, it is necessary to know who we are so that we can determine the course of our present and future lives in an unequivocal lye, and as long as difference has been a factor in human progress, this difference must be preserved so that we do not fall prey to regret.

**References: -**

(1) Jung, Carl (1995). "Memories, Dreams, Reflections." London: Fontana Press. pp414-5.

(2) Merriam-Webster.com Dictionary, s.v. “calm,” accessed September 29, 2020. <https://www.merriam-webster.com/dictionary/calm>

(\*) Susan Kane is an American lawyer and writer, born May 1, 1968. She is the author of "Calm: The Power of Introverts in a World That Can't Stop Talking" in 2012, which argues that modern Western culture misunderstands and reduces the attributes and abilities of introverted people.

(\*\*) Peloponnesian War: A Greek war that took place in 434 BC between the Athenians represented in the Dili Alliance against the Spartan-led Peloponnese Union, due to the struggle for power. The war ended with the Spartans taking control of Athens and its allies.

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