

‘Connection is what makes life worth living’: Study suggests extroverts are happier

“There are benefits of introversion,” says University of California, Riverside, psychologist [Sonja Lyubomirsky](#). “But research shows that extroverts are happier.”

A new study published in the [Journal of Experimental Psychology: General](#) in August offers a rare look at this issue through the lens of an experiment conducted by Lyubomirsky and U.C. Riverside graduate student [Seth Margolis](#). They presented evidence that acting like an extrovert might actually boost well-being—even for introverts.

For the study, Lyubomirsky and Margolis had 131 undergraduates initially undergo a number of assessments to set a baseline for their health, well-being and personality. Next, the researchers asked the students to alter their behaviors in specific ways for one week. Some had to be more “talkative, assertive, and spontaneous”; others were instructed to be “deliberate, quiet, and reserved.”

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They discovered that leaning into extroverted behaviors resulted in participants reporting higher measures of well-being, including positive emotions, a sense of social connectedness and “flow” (full immersion in an enjoyable activity).

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“Just saying, ‘Hi,’ to your barista and talking to someone on the train makes people happier,” Lyubomirsky says. “I really think connection is what makes life worth living.”

Read full, original post: [Quiet Disadvantage: Study Finds Extroverts Are Happier—Even When They’re Really Introverts](#)