ABSTRACT

For centuries doctor and scientist have tried to show and explain the relation between our mind and our body. The hypothesis for this research is there a relation between posture and personality. One hundred subjects have participated in this case study. For this research we have collected on human personality and a human biomechanical profile. For the personality testing we have used the Myers-Briggs Personality Type & the MBTI and for the biomechanical measurement on posture we have used the BioPrint system by Biotonix. According to Kendall and Kendall there is 4 major types of postures. The first one is the ideal posture(A) the second one is the kyphosis-lordosis(B) the third one is flat back(C) the fourth one is the sway-back (D). The BioPrint has identified one of the four types of posture for each subject. And the MBTI the 16 personality types.In posture A 21 of the 22 subjects are Extraverted (E) meaning that 96% of posture A subjects are Extraverted. Only one person out of 22 in posture A and only one is Introverted (I) meaning that only 4% of posture A subjects are introverted. In posture B 30 subjects are Extraverted and only 6 are introverted meaning that 83% of posture B subjects are Extraverted and only 17% are introverted. In posture C only 8 subjects were Extraverted and 11 were introverted meaning that only 42% were Extraverted and 58% were introverted. And finally in posture D 6 persons are Extraverted and 17 are introverted meaning that 26% of posture D are Extraverted and 74% are introverted. This chart really shows the relationship between Extraverted and introverted subjects and the four different posture represented in this research. Orientations are Judging preference (J) and perceiving preference (P). Judging(J) and posture A is 23%, 47% in posture B, 53% in posture C, and 57% in posture D. Perceiving is president in posture with 77%, 53% in posture B, 47% in posture C, and 43% in posture D. Judging(J) start low in posture A and finished very high in posture D and the opposite is true for perceiving(P) starts really high in posture A and finished very low in posture D. Most posture A were **Adaptable Extraverts**: ESTP, ESFP, ENFP, ENTP (EP) It is very clear that there is a relation between posture and the Adaptable Extraverts.And most posture D were **Decisive Introverts**: ISTJ, ISFJ, INFJ, INTJ (IJ) It is also very clear that there is a relation between posture and Decisive Introverts. Finally people with no back pain were almost all in posture A. Relationship exist between posture, personality and pain.