



# CALIFORNIA SCIENCE & ENGINEERING FAIR 2019 PROJECT SUMMARY

<b>Name(s)</b> <b>Ainsley Savant</b>	<b>Project Number</b> <b>J0420</b>
<b>Project Title</b> <b>Vigor and Verts: Are Introverts or Extroverts Healthier?</b>	
<p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives</b> My project is about introverts and extroverts! I wanted to know if introverts or extroverts from different ages and genders were healthier. ? My hypothesis was that extroverts were going to be healthier overall. This is because they are more likely outside playing and being active and social. Introverts are more likely inside and being less active. ? I gave people age ranging from 6 years old all the way to 66 years old surveys that would determine if they were an introvert or an extrovert. Once I figured out if they were an introvert or an extrovert, I had a second survey that would determine how healthy they are. I put each test subject into different categories. I averaged all the scores from the second survey and compared and analyzed the data. I compared against gender and age. I also crossed the introvert group with the extrovert group. For example: Female Introvert vs. Female Extrovert. ? My main conclusion was that introverts overall had healthier habits. The results included that if you were an Extroverted Adult, then you were more likely to be very healthy versus being an Introverted Adult. On the flip side, Introverted Children (children were the largest sample in my study) were the healthier group when compared to Extroverted Children. Also, Female Introverts were healthier than Female Extroverts and interestingly, Male Extroverts were healthier than Male Introverts.?</p> <p><b>Methods</b> Materials? A test that determines if the test subject is an introvert or an extrovert? A test that determines how healthy the test subject is?  Pencil? 25 Introverts (Split Up Into):? 14 Female Introvert, 11 Male Introverts, 9 Adult Introverts, 16 Children Introverts, ? 41 Extroverts (Split Up Into): ? 24 Female Extroverts, 17 Male Extroverts, 15 Adult Extroverts, 26 Children Extroverts</p> <p><b>Results</b> Throughout the project, I found that Extroverted adults were healthier than Introverted adults. On the flip side, introverted children were healthier when compared to extroverted children. Due to the sample containing more children than adults overall, the introverted group as a whole was healthier.</p>	
<b>Summary Statement</b> My project compared introverts and extroverts and which group had healthier habits.	
<b>Help Received</b> I received help from my teacher and mentor, Gena Heins. She guided me on how to create a successful science project.	