

Average Need for Social Contact

The basic desire for Social Contact is the desire for companionship with peers. This basic desire is about friendship with peers and does not include companionship with parents and children. How much time a person wants to spend with parents or children does not predict how much time the person wants to spend with peers. The basic desires for Honor and Family, respectively, motivate interest in parents and children.

People with a strong desire for Social Contact are friendly. They take a strong interest in others, tend to develop excellent interpersonal skills, and seek an active social life. They usually are fun-loving individuals who join clubs, enjoy group projects, and prefer team sports. Typical personality traits include affable, cheerful, outgoing, extroverted, gregarious, warm, playful, and sociable.

People with a weak desire for Social Contact enjoy solitude. They value their privacy, prefer interacting with a few close friends rather than socializing with casual acquaintances, and usually are in a serious mood. They like to work alone, tend to pursue solitary hobbies, and are more likely to play an individual rather than a team sport. Typical personality traits include private, serious, aloof, introverted, distant, detached, and reserved.

Along with 60 percent of the population, your average score on the basic desire for Social Contact indicates you feel an average intensity of this basic desire. This means you sometimes exhibit traits and behavior characteristic of people with a strong need for Social Contact. At other times, your personality and actions are more similar to those of people with a weak need for Social Contact.

At home, you sometimes enjoy socializing with neighbors. At other times, you are happy engaging in a solitary activity such as reading.

In school or at work, although you like group projects, you also appreciate the opportunity to work alone on a task.

As an athlete, you sometimes participate in the camaraderie involved in being a member of a team. At other times, you seek a quiet setting

that allows you the personal space needed to focus on the upcoming competition.

In relationships, having an average desire for Social Contact allows you to understand both people who are sociable and people who are private.

To satisfy your average desire for Social Contact, you will need to achieve a balance between too much peer companionship and too little. That is, you may seek to satisfy your need for interacting with peers in certain situations, and you may seek to satisfy your need for solitude in other situations.

If you find yourself in circumstances that stretch you too far in one direction or the other, you are likely to experience an imbalance in your average desire for Social Contact. For example, if your spouse wants to host parties every weekend, you may feel frustrated. Conversely, you may feel dissatisfied if your supervisor expects you to work alone in an office in a remote location. In the former situation, you experience too much peer companionship, whereas in the latter situation, you experience too little.

In summary, you feel an average intensity of the basic desire for Social Contact. Satisfying this average desire involves engaging in activities that provide a balance between too much and too little socialization. To minimize feelings of frustration, it is important to avoid situations that require you to experience an extreme level of interacting with peers and an extreme level of solitude.

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