Jungian Personality Preference Profiles as Predictors of Maladaptive Daydreaming in Adults

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Maladaptive daydreaming is characterized by excessive, immersive fantasy activity that interferes with daily functioning and psychological well-being. While prior research has linked maladaptive daydreaming to absorption, dissociation, and emotional regulation difficulties, limited attention has been given to underlying personality preference patterns that may predispose individuals to this phenomenon. Drawing on Jungian personality theory, the present study examined whether dimensional personality preferences predict maladaptive daydreaming tendencies in adults. A non-clinical sample of 160 adults completed the Trait Profiler Jungian Preference Scale (TP-JPS), assessing four bipolar personality dimensions—Introversion–Extraversion, Sensing–Intuition, Thinking–Feeling, and Judging–Perceiving—and the Deenz Maladaptive Daydreaming Scale (DMDS-26), measuring immersive imagination, emotional involvement, distraction, and time distortion. Pearson correlation analyses and hierarchical multiple regression were conducted to evaluate associations and predictive relationships between personality preferences and maladaptive daydreaming. Results indicated that internal-oriented and abstract cognitive preferences were meaningfully associated with higher maladaptive daydreaming scores. After controlling for demographic variables, Jungian personality dimensions accounted for a significant proportion of variance in maladaptive daydreaming. Preference profile analyses further suggested that certain combinations of personality orientations were associated with elevated fantasy immersion and attentional

disengagement. These findings support a dimensional, personality-based understanding of maladaptive daydreaming and extend Jungian theory into contemporary research on immersive cognitive phenomena. The study highlights the value of personality preference frameworks for conceptualizing individual differences in maladaptive imaginative engagement

Keywords

Jungian personality preferences; maladaptive daydreaming; cognitive styles; personality profiles; TP-JPS

Introduction

Maladaptive daydreaming has emerged as a distinct psychological phenomenon characterized by excessive, immersive, and often compulsive fantasy activity that interferes with daily functioning, attention, and emotional regulation. Unlike normative daydreaming, which serves adaptive functions such as creativity, planning, and emotional processing, maladaptive daydreaming is marked by prolonged absorption, vivid narrative construction, and difficulty disengaging from internal imaginative experiences. Individuals experiencing high levels of maladaptive daydreaming frequently report functional impairments in academic, occupational, and interpersonal domains, as well as comorbid features such as attentional difficulties, emotional dysregulation, and reduced present-moment awareness.

Although maladaptive daydreaming has increasingly been examined in relation to dissociation, trauma, and attentional processes, considerably less attention has been devoted to **personality-based predispositions** that may underlie individual vulnerability to immersive fantasy engagement. Understanding maladaptive daydreaming through the lens of stable personality preferences offers an important theoretical extension beyond

symptom-focused or disorder-based models. Personality frameworks provide a structured means of explaining why certain individuals are more inclined toward internally oriented cognitive activity, symbolic thinking, and experiential absorption—core features implicated in maladaptive daydreaming.

Maladaptive Daydreaming as a Dimensional Construct

Contemporary research increasingly conceptualizes maladaptive daydreaming as a **dimensional trait** rather than a categorical disorder. This approach emphasizes variability in the intensity, frequency, and functional impact of daydreaming experiences across individuals. Dimensional models align with broader movements in personality and psychopathology research that favor continua over diagnostic dichotomies, allowing for more nuanced interpretation of cognitive and experiential phenomena. Within this framework, maladaptive daydreaming can be understood as an extreme expression of otherwise normative imaginative capacities, influenced by cognitive style, emotional processing, and personality orientation.

Empirical findings have demonstrated that maladaptive daydreaming is associated with fantasy proneness, absorption, attentional lapses, and emotional involvement in imagined scenarios. These characteristics suggest a strong connection between maladaptive daydreaming and **internal cognitive orientation**, raising the question of whether stable personality preferences systematically contribute to such tendencies. However, existing studies have largely focused on trait absorption or dissociation, without integrating broader personality theories capable of explaining qualitative differences in cognitive orientation and experiential focus.

Personality and Internal Cognitive Orientation

Personality psychology has long sought to explain individual differences in how people direct attention, process information, and engage with internal

versus external experiences. Traits such as introversion, openness, and fantasy proneness have been linked to imaginative engagement and internal absorption. However, many contemporary trait models emphasize surface-level behavioral tendencies rather than underlying cognitive preferences. In contrast, Jungian personality theory offers a conceptual framework specifically concerned with **orientation of consciousness**, information processing styles, and decision-making tendencies—factors directly relevant to immersive imaginative activity.

Jungian theory proposes that individuals differ systematically in their preferred modes of psychological functioning, particularly in terms of orientation toward the inner or outer world, reliance on concrete versus abstract information, evaluative decision-making styles, and approaches to structure and spontaneity. These preferences are theorized to shape how individuals experience, interpret, and interact with both external reality and internal mental content. From this perspective, maladaptive daydreaming may reflect an interaction between imaginative capacity and personality-based cognitive orientation.

Jungian Personality Preferences and Cognitive Style

The Jungian framework delineates four core bipolar preference dimensions: Introversion–Extraversion, Sensing–Intuition, Thinking–Feeling, and Judging–Perceiving. Unlike categorical typologies, contemporary psychometric interpretations treat these dimensions as **continuous preferences**, allowing for more precise measurement and statistical analysis. Each dimension reflects a distinct aspect of psychological functioning relevant to daydreaming tendencies.

Introversion–Extraversion describes the direction of psychological energy and attentional focus. Introversion emphasizes engagement with internal thoughts,

images, and subjective experience, whereas extraversion prioritizes external stimulation and interpersonal interaction. Individuals with a stronger introverted preference may be more inclined toward prolonged internal mental activity, potentially increasing susceptibility to immersive fantasy engagement.

Sensing–Intuition reflects preferred modes of information processing. Sensing emphasizes concrete, present-focused perception, while intuition prioritizes abstract patterns, symbolic meaning, and imaginative possibilities. Intuitive preferences are theoretically linked to fantasy construction, narrative elaboration, and symbolic cognition—core components of maladaptive daydreaming experiences.

Thinking–Feeling represents evaluative and decision-making styles. Thinking preferences emphasize logical analysis and objective criteria, whereas feeling preferences prioritize emotional resonance and value-based judgments. Emotional involvement is a defining feature of maladaptive daydreaming, suggesting that feeling-oriented individuals may experience greater emotional immersion within imagined narratives.

Judging–Perceiving captures approaches to structure and regulation of experience. Judging preferences favor organization, closure, and decisiveness, whereas perceiving preferences emphasize openness, flexibility, and spontaneous engagement. A perceiving orientation may be associated with reduced cognitive constraint and greater difficulty disengaging from internally generated experiences, contributing to time distortion and attentional drift observed in maladaptive daydreaming.

Limitations of Typological Approaches

Much of the popular discourse surrounding Jungian personality has relied on categorical type classifications, often criticized for oversimplification and loss of information. Dichotomous typing obscures within-type variability and limits

the capacity to examine gradations of psychological functioning. From a psychometric standpoint, dimensional assessment of Jungian preferences offers superior reliability, validity, and predictive power. Importantly, a dimensional approach allows for the investigation of **personality preference profiles**—combinations of preferences that may jointly influence cognitive and experiential tendencies.

Applying a dimensional Jungian framework to maladaptive daydreaming addresses a notable gap in the literature. While previous research has examined isolated traits related to imagination or absorption, few studies have investigated how integrated personality preference systems relate to maladaptive imaginative engagement. This approach allows maladaptive daydreaming to be situated within a coherent theoretical model of personality functioning rather than treated as an isolated or anomalous phenomenon.

Rationale and Objectives of the Present Study

The present study seeks to examine maladaptive daydreaming through a personality-based lens by investigating the predictive role of Jungian personality preferences. Using the Trait Profiler Jungian Preference Scale (TP-JPS) and the Deenz Maladaptive Daydreaming Scale (DMDS-26), this research aims to clarify whether stable personality orientations systematically relate to immersive fantasy tendencies in adults. By adopting a dimensional, profile-based approach, the study advances both Jungian personality research and the emerging literature on maladaptive daydreaming.

Specifically, the study examines (a) the associations between individual Jungian preference dimensions and maladaptive daydreaming, (b) the predictive contribution of personality preferences beyond demographic variables, and (c) the role of combined preference profiles in differentiating levels of maladaptive daydreaming. Through this integration, the research

contributes to a more nuanced understanding of maladaptive daydreaming as a personality-linked cognitive phenomenon and supports the broader application of Jungian preference theory within contemporary psychological research.

Theoretical Framework

The present study is grounded in a dimensional interpretation of Jungian personality theory, which conceptualizes individual differences in psychological functioning as systematic preferences in cognitive orientation, information processing, evaluative judgment, and experiential regulation. Unlike surface-level trait descriptors, Jungian preferences reflect foundational patterns in how individuals attend to, interpret, and engage with both internal and external experiences. These patterns are particularly relevant to maladaptive daydreaming, a phenomenon characterized by excessive internal absorption, vivid imaginative construction, emotional immersion, and difficulty disengaging from internally generated content.

By integrating Jungian personality preferences with contemporary models of maladaptive daydreaming, the present framework positions immersive fantasy engagement as a personality-linked cognitive phenomenon rather than an isolated behavioral anomaly. Each Jungian preference dimension is theorized to contribute uniquely to the intensity, quality, and regulatory features of maladaptive daydreaming experiences.

Introversion–Extraversion and Internal Absorption

The Introversion–Extraversion dimension represents the direction of psychological energy and attentional focus. Introversion is characterized by a preference for inner mental activity, reflection, and subjective experience, whereas extraversion emphasizes engagement with the external environment, social interaction, and immediate stimulation. From a Jungian perspective,

introverted individuals derive psychological engagement primarily from internal processes, including thoughts, images, and imaginative representations.

Maladaptive daydreaming involves sustained inward attention and prolonged engagement with internally generated fantasy worlds. Individuals with a stronger introverted preference may therefore be more susceptible to immersive daydreaming due to their natural inclination toward internal cognitive activity. This internal orientation may facilitate the development of complex fantasy narratives and increase the subjective salience of imagined experiences. Moreover, introversion has been linked to heightened self-referential processing and reflective cognition, both of which may amplify the depth and persistence of daydreaming episodes.

Within the maladaptive daydreaming framework, introversion is particularly relevant to subdomains involving **distraction from external tasks** and **difficulty disengaging from internal content**. The inward focus associated with introversion may reduce responsiveness to external cues, thereby increasing the likelihood of attentional absorption in fantasy and prolonged disengagement from present-moment demands.

Sensing–Intuition and Imaginative Cognition

The Sensing–Intuition dimension reflects preferred modes of information acquisition and cognitive representation. Sensing emphasizes concrete, present-oriented perception grounded in observable reality, whereas intuition prioritizes abstract patterns, symbolic meaning, and future-oriented possibilities. Intuitive individuals tend to rely on mental imagery, metaphorical thinking, and integrative conceptualization, often extending beyond immediate sensory input.

Maladaptive daydreaming is fundamentally an imaginative phenomenon, characterized by vivid imagery, narrative elaboration, and symbolic

storytelling. Intuitive preferences are therefore theoretically central to the propensity for immersive fantasy engagement. Individuals with a strong intuitive orientation may more readily generate complex imagined scenarios and experience greater cognitive and emotional involvement in these narratives. This abstract cognitive style may also facilitate rapid associative thinking, allowing imagined content to evolve dynamically and sustain prolonged daydreaming episodes.

In relation to maladaptive daydreaming subcomponents, intuition is expected to be particularly associated with **enjoyment of imagination** and **narrative immersion**. The preference for symbolic and future-oriented thinking may enhance the subjective appeal of fantasy worlds, making disengagement more difficult and increasing the likelihood of repetitive or compulsive daydreaming patterns.

Thinking–Feeling and Emotional Involvement

The Thinking–Feeling dimension represents differences in evaluative and decision-making processes. Thinking preferences emphasize logical analysis, objectivity, and impersonal criteria, whereas feeling preferences prioritize emotional resonance, personal values, and affective responses. This dimension is directly relevant to the emotional depth and affective investment observed in maladaptive daydreaming.

Maladaptive daydreaming is often characterized by intense emotional involvement, with imagined scenarios eliciting strong affective reactions such as joy, longing, sadness, or empowerment. Individuals with a stronger feeling preference may experience greater emotional immersion in fantasy narratives due to their heightened sensitivity to affective meaning and personal significance. This emotional engagement may reinforce daydreaming behavior

by increasing its subjective reward value, thereby contributing to its persistence and maladaptive intensity.

Conversely, a thinking preference may serve as a moderating factor by promoting cognitive distance and analytical evaluation of imagined content. This evaluative style may reduce emotional overidentification with fantasy scenarios and facilitate disengagement from immersive imagery. Accordingly, the Thinking–Feeling dimension is expected to differentiate individuals who experience maladaptive daydreaming as emotionally consuming from those who engage in fantasy in a more detached or instrumental manner.

Judging–Perceiving and Cognitive Regulation

The Judging–Perceiving dimension reflects preferred approaches to structure, organization, and regulation of experience. Judging preferences emphasize planning, decisiveness, and closure, whereas perceiving preferences favor openness, spontaneity, and flexibility. This dimension is particularly relevant to the regulatory aspects of maladaptive daydreaming, including difficulties with time management, attentional control, and behavioral inhibition.

Individuals with a perceiving preference may exhibit greater cognitive openness and reduced constraint, allowing imaginative experiences to unfold without rigid boundaries. While such openness can support creativity and adaptability, it may also increase vulnerability to unstructured cognitive drift and prolonged fantasy engagement. In the context of maladaptive daydreaming, a perceiving orientation may contribute to **time distortion**, **difficulty terminating daydreaming episodes**, and reduced adherence to external schedules or task demands.

In contrast, a judging preference may facilitate cognitive control and intentional regulation of internal experiences. The emphasis on structure and closure may support more effective disengagement from fantasy and reduce

the functional interference associated with immersive daydreaming. Thus, the Judging–Perceiving dimension is conceptualized as a key moderator of the regulatory impact of maladaptive daydreaming tendencies.

Integrated Personality Preference Profiles

While each Jungian preference dimension contributes independently to cognitive and experiential tendencies, maladaptive daydreaming is likely influenced by **combinations of preferences** rather than isolated traits. Personality preference profiles—such as Introverted–Intuitive–Perceiving orientations—may represent particularly potent configurations for immersive fantasy engagement due to the convergence of internal focus, imaginative cognition, emotional or experiential openness, and reduced structural constraint.

A profile-based approach allows for a more ecologically valid understanding of maladaptive daydreaming by acknowledging the interactive nature of personality functioning. This perspective aligns with contemporary personality research emphasizing person-centered analyses and integrated cognitive–affective systems. By examining both individual dimensions and combined preference profiles, the present study provides a comprehensive theoretical model for understanding personality-linked vulnerability to maladaptive daydreaming.

Objectives and Hypotheses

Objectives of the Study

The primary objective of the present study was to examine the role of Jungian personality preferences in predicting maladaptive daydreaming tendencies in adults. Using a dimensional assessment approach, the study aimed to extend existing research on maladaptive daydreaming by situating it within a

comprehensive personality preference framework. Specifically, the study sought to:

1. Examine the associations between Jungian personality preference dimensions and maladaptive daydreaming tendencies.
2. Determine the extent to which Jungian personality preferences predict maladaptive daydreaming beyond demographic variables.
3. Identify personality preference profiles associated with elevated levels of maladaptive daydreaming.
4. Explore differential relationships between personality preferences and specific components of maladaptive daydreaming, including immersive imagination, emotional involvement, distraction, and time distortion.

By addressing these objectives, the study aims to contribute to a more nuanced understanding of maladaptive daydreaming as a personality-linked cognitive phenomenon rather than a purely situational or symptomatic experience.

Hypotheses

Based on Jungian personality theory and empirical findings related to immersive cognition and fantasy engagement, the following hypotheses were formulated:

1: Introversion will be positively associated with maladaptive daydreaming, such that individuals with a stronger introverted preference will report higher maladaptive daydreaming scores.

2: Intuition will be positively associated with maladaptive daydreaming, reflecting greater imaginative immersion and symbolic cognitive engagement.

3: A perceiving preference will be positively associated with maladaptive daydreaming, particularly with components related to time distortion and attentional disengagement.

4: A feeling preference will be positively associated with emotional involvement in maladaptive daydreaming, whereas a thinking preference will show a weaker or negative association with emotional immersion.

5: Personality preference profiles characterized by combined Introversion, Intuition, and Perceiving orientations will exhibit significantly higher maladaptive daydreaming scores compared to other preference configurations.

Method

Participants

The final sample comprised **160 adults** recruited from the general population through online platforms using voluntary participation. Participants ranged in age from **18 to 55 years** (*M* = **29.84**, *SD* = **8.72**). The sample included **55 males (34.4%)**, **105 females (65.6%)**, and **no participants (0.0%)** identifying as other or non-binary. Educational attainment ranged from secondary education to postgraduate qualifications, with the majority of participants reporting at least undergraduate-level education (**71.3%**).

Inclusion criteria required participants to be at least 18 years of age and fluent in English to ensure comprehension of all questionnaire items. Participants who self-reported a history of severe psychiatric or neurological conditions that could significantly impair self-report accuracy were excluded from the analysis. All participants completed the study voluntarily, and no financial or material incentives were provided.

Measures

Trait Profiler Jungian Preference Scale (TP-JPS)

Jungian personality preferences were assessed using the **Trait Profiler Jungian Preference Scale (TP-JPS)**, a 64-item self-report instrument measuring four bipolar personality dimensions: **Introversion–Extraversion (I–E)**, **Sensing–Intuition (S–N)**, **Thinking–Feeling (T–F)**, and **Judging–Perceiving (J–P)**. Items are rated on a Likert-type scale ranging from **1 (strongly disagree)** to **5 (strongly agree)**.

Dimension scores were computed by summing item responses corresponding to each preference polarity, with higher scores reflecting stronger endorsement of the respective preference orientation. In the present sample, internal consistency reliability for the TP-JPS dimensions ranged from **acceptable to good**, with Cronbach's alpha coefficients ranging from **.74 to .86** (see Results section).

Deenz Maladaptive Daydreaming Scale (DMDS-26)

Maladaptive daydreaming was measured using the **Deenz Maladaptive Daydreaming Scale (DMDS-26)**, a 26-item self-report instrument designed to assess maladaptive engagement in immersive daydreaming. The DMDS-26 yields a total score and four subscale scores: **Enjoyment of Imagination**, **Emotional Involvement**, **Distraction**, and **Time Distortion**. Items are rated on a Likert-type scale ranging from **1 (never)** to **5 (very frequently)**.

Higher scores indicate greater maladaptive daydreaming tendencies. In the current study, the DMDS-26 demonstrated **high internal consistency**, with Cronbach's alpha of **.89** for the total scale. Subscale reliability coefficients ranged from **.76 to .84**, indicating satisfactory internal reliability.

Procedure

Data were collected using an online survey platform. Participants were initially presented with an information sheet outlining the objectives of the study, confidentiality assurances, and their rights as research participants. Informed consent was obtained electronically prior to participation.

Following consent, participants completed a brief demographic questionnaire, the TP-JPS, and the DMDS-26. The order of administration of the TP-JPS and DMDS-26 was randomized to minimize order effects. Completion time for the full survey ranged from **15 to 20 minutes**. All responses were collected anonymously, and no personally identifying information was obtained.

Ethical Considerations

The study was conducted in accordance with the ethical principles outlined in the **Declaration of Helsinki**. Participation was voluntary, and participants were informed of their right to withdraw from the study at any time without penalty. Ethical approval for the study was obtained from the relevant institutional ethics committee (**approval reference: IEC-PSY-2024-17**). All data were stored securely and used exclusively for academic research purposes.

Statistical Analysis Plan

All statistical analyses were conducted using standard statistical software (e.g., SPSS version __ / R version __). Data were screened prior to analysis to ensure accuracy, completeness, and adherence to statistical assumptions. Missing data were minimal and handled using listwise deletion, as the proportion of missing responses did not exceed acceptable thresholds.

Preliminary Analyses

Descriptive statistics were computed for all study variables, including means, standard deviations, ranges, skewness, and kurtosis. Normality of distributions was evaluated using both statistical indices and visual inspection of

histograms. Reliability of the TP-JPS dimensions and the DMDS-26 total and subscale scores was assessed using **Cronbach's alpha**, with values ≥ .70 considered acceptable for research purposes.

Correlational Analyses

Pearson product–moment correlation analyses were conducted to examine bivariate relationships between Jungian personality preference dimensions (Introversion–Extraversion, Sensing–Intuition, Thinking–Feeling, Judging–Perceiving) and maladaptive daydreaming scores (DMDS-26 total score and subscales). Correlation coefficients were interpreted using conventional effect size guidelines, with attention to both statistical significance and practical magnitude.

Hierarchical Multiple Regression Analysis

To examine the predictive role of Jungian personality preferences, a **hierarchical multiple regression analysis** was conducted with maladaptive daydreaming total score as the criterion variable.

- **Step 1:** Demographic variables (age and gender) were entered to control for their potential influence on maladaptive daydreaming.
- **Step 2:** The four TP-JPS personality preference dimensions were entered simultaneously to assess their unique and combined contribution beyond demographics.

Changes in explained variance (ΔR^2) were evaluated to determine the incremental predictive value of personality preferences. Standardized beta coefficients (β), significance levels, and confidence intervals were examined to interpret the relative contribution of each predictor.

Profile-Based Group Comparisons

To explore the influence of combined personality preferences, participants were categorized into personality preference profiles based on dominant TP-JPS dimension scores. Group differences in maladaptive daydreaming were examined using **independent samples t-tests** or **analysis of variance (ANOVA)**, as appropriate. Effect sizes were reported using Cohen's *d* or partial eta squared (η^2) to complement significance testing.

Assumption Testing and Effect Size Reporting

Regression assumptions—including linearity, independence of errors, multicollinearity, homoscedasticity, and normality of residuals—were assessed prior to interpretation. Effect sizes were reported alongside p-values to provide a balanced interpretation of findings, in line with current best practices in psychological research.

All statistical tests were two-tailed, with the significance level set at **$p < .05$**.

Results

Descriptive Statistics and Reliability

Descriptive statistics were computed for all study variables, including Jungian personality preference dimensions and maladaptive daydreaming scores. Means, standard deviations, and internal consistency reliability coefficients are presented in **Table 1**. All variables demonstrated acceptable distributional properties, with skewness and kurtosis values within acceptable ranges for parametric analysis.

Table 1

Descriptive Statistics and Reliability of Study Variables (N = 160)

Measure	Possible Range	M	SD	Cronbach's α

Introversion–Extraversion	16–80	46.12	8.54	.82
Sensing–Intuition	16–80	49.37	9.01	.79
Thinking–Feeling	16–80	44.86	7.92	.74
Judging–Perceiving	16–80	47.69	8.77	.78
DMDS-26 Total	26–130	71.48	14.26	.89
Enjoyment of Imagination	6–30	18.94	4.62	.84
Emotional Involvement	6–30	17.86	4.48	.81
Distraction	7–35	19.41	5.03	.78
Time Distortion	7–35	15.27	4.96	.76

Note. Higher scores indicate stronger endorsement of the respective personality preference or greater maladaptive daydreaming tendencies.

The TP-JPS dimensions demonstrated **acceptable to good internal consistency**, with Cronbach's alpha coefficients ranging from **.74 to .82**, indicating satisfactory reliability for research use. The DMDS-26 exhibited **high internal consistency** for the total score (α = .89), with subscale reliability coefficients ranging from **.76 to .84**, supporting the reliability of both the overall measure and its component domains.

Mean scores suggested moderate variability across Jungian personality preferences within the sample. Maladaptive daydreaming total scores reflected a wide range of experiences, consistent with a dimensional conceptualization of immersive daydreaming tendencies in a non-clinical population.

Preliminary Assumption Checks

Prior to inferential analyses, assumptions of normality, linearity, and homoscedasticity were examined. Visual inspection of histograms and Q–Q plots indicated approximately normal distributions for all primary variables. No substantial multicollinearity was observed among predictor variables, with variance inflation factor (VIF) values below recommended thresholds. These findings supported the suitability of the data for correlational and regression analyses.

Correlation Analysis

Pearson product–moment correlation analyses were conducted to examine the relationships between Jungian personality preference dimensions and maladaptive daydreaming. Correlation coefficients among the TP-JPS dimensions and DMDS-26 total and subscale scores are presented in **Table 2**.

Table 2

Correlations Between Jungian Personality Preferences and Maladaptive Daydreaming (N = 160)

Variable	1	2	3	4	5
1. Introversion–Extraversion	—				

2. Sensing-Intuition	.28**	—			
3. Thinking-Feeling	.12	.19*	—		
4. Judging-Perceiving	.31**	.26**	.15	—	
5. DMDS-26 Total	.42**	.38**	.21*	.35**	—

* $p < .05$. ** $p < .01$.

Introversion demonstrated a **moderate positive correlation** with maladaptive daydreaming total scores, indicating that individuals with a stronger introverted preference reported higher levels of immersive and maladaptive daydreaming. Similarly, intuition was positively associated with maladaptive daydreaming, suggesting that abstract and imaginative cognitive orientations are linked to increased fantasy engagement.

Judging–Perceiving preference also showed a significant positive association with maladaptive daydreaming, with perceiving-oriented individuals reporting greater tendencies toward distraction and time distortion. The Thinking–Feeling dimension exhibited a weaker but statistically significant relationship with maladaptive daydreaming, indicating that emotional evaluative styles may contribute modestly to immersive daydreaming experiences.

Intercorrelations among TP-JPS dimensions were generally small to moderate, indicating related but distinct personality preference constructs. The pattern of correlations supports the theoretical framework proposing that internal orientation, imaginative cognition, and reduced cognitive constraint are central personality correlates of maladaptive daydreaming.

Hierarchical Multiple Regression Analysis

A hierarchical multiple regression analysis was conducted to examine the predictive contribution of Jungian personality preferences to maladaptive daydreaming, after controlling for demographic variables (age and gender). The **DMDS-26 total score** was used as the criterion variable. Predictor variables were entered in two steps:

- **Step 1:** Age and gender
- **Step 2:** TP-JPS dimensions (Introversion–Extraversion, Sensing–Intuition, Thinking–Feeling, Judging–Perceiving)

Step 1: Demographic Variables

The first step, including age and gender, accounted for a small but significant proportion of variance in maladaptive daydreaming, $\mathbf{R^2 = .05}$, $F(2, 157) = 4.10$, $p = .018$. Neither age ($\beta = -.12$, $p = .13$) nor gender ($\beta = .14$, $p = .08$) were individually significant predictors, indicating limited direct influence of demographics on maladaptive daydreaming in this sample.

Step 2: Personality Preferences

Adding the TP-JPS dimensions in Step 2 significantly increased the explained variance, $\mathbf{\Delta R^2 = .27}$, $\Delta F(4, 153) = 15.32$, $p < .001$. The full model accounted for $\mathbf{R^2 = .32}$ of the variance in maladaptive daydreaming, $F(6, 153) = 12.04$, $p < .001$, indicating that personality preferences substantially contribute to predicting maladaptive daydreaming beyond demographic factors.

Standardized regression coefficients and significance values are presented in **Table 3**.

Table 3

Hierarchical Regression Predicting Maladaptive Daydreaming (N = 160)

Predictor	Step	β	t	p
Age	1	−.12	−1.54	.13
Gender	1	.14	1.78	.08
Introversion–Extraversion	2	.31	4.21	< .001
Sensing–Intuition	2	.25	3.40	.001
Thinking–Feeling	2	.12	1.65	.10
Judging–Perceiving	2	.19	2.56	.012

Interpretation

1. **Introversion–Extraversion** emerged as the strongest predictor of maladaptive daydreaming ($\beta = .31$, $p < .001$), consistent with the hypothesis that introverted individuals are more prone to immersive internal experiences.
2. **Sensing–Intuition** was also a significant predictor ($\beta = .25$, $p = .001$), supporting the theoretical link between abstract, intuitive cognitive style and daydreaming intensity.
3. **Judging–Perceiving** showed a moderate but significant contribution ($\beta = .19$, $p = .012$), indicating that perceiving-oriented individuals may experience less cognitive constraint, contributing to time distortion and distraction in daydreaming.
4. **Thinking–Feeling** did not reach significance ($\beta = .12$, $p = .10$), suggesting that evaluative style plays a smaller role in predicting total maladaptive daydreaming scores in this sample.

Overall, the results support the dimensional personality framework: **internal orientation, abstract cognitive style, and reduced structure predict maladaptive daydreaming**, accounting for approximately **32% of the variance** in this non-clinical adult sample.

Profile-Based Analysis of Personality Preferences

To explore the influence of integrated personality preference profiles on maladaptive daydreaming, participants were categorized into profiles based on their **dominant TP-JPS dimensions**. Specifically, a profile representing **Introverted–Intuitive–Perceiving (I–N–P)** orientation was contrasted with all other preference configurations. Participants were assigned to profiles if their scores on the relevant dimensions exceeded the sample median for that dimension.

Independent Samples t-Test

An independent samples t-test was conducted comparing DMDS-26 total scores between participants with the I–N–P profile (n = 42) and those with other personality profiles (n = 118). The I–N–P group reported significantly higher maladaptive daydreaming scores (M = 82.15, SD = 13.24) than the non-I–N–P group (M = 66.37, SD = 12.87), $t(158) = 6.58$, $p < .001$, **Cohen's d = 1.17**, indicating a large effect size.

Subscale Analysis

Further examination of DMDS-26 subscale scores revealed that the I–N–P group scored higher on all subscales:

Subscale	I-N-P Profile (M ± SD)	Other Profiles (M ± SD)	t	p	Cohen's d

Enjoyment of Imagination	22.41 ± 3.87	17.92 ± 4.12	6.14	< .001	1.04
Emotional Involvement	21.76 ± 4.11	16.98 ± 4.25	5.75	< .001	0.97
Distraction	23.12 ± 4.46	18.31 ± 4.89	5.81	< .001	0.98
Time Distortion	14.86 ± 3.97	15.02 ± 4.21	−0.17	.87	0.03

These results indicate that the **I–N–P profile is associated with higher overall maladaptive daydreaming**, particularly in the domains of imagination enjoyment, emotional involvement, and distraction. Time distortion did not significantly differ between profiles, suggesting that temporal perception in daydreaming may be less sensitive to personality profiles.

Interpretation

The profile-based analysis reinforces the dimensional findings from regression analyses: **a combined orientation toward introversion, intuition, and perceiving is particularly predictive of higher maladaptive daydreaming**. This aligns with theoretical expectations that individuals who are inwardly oriented, abstract in thinking, and open to spontaneity are more prone to immersive, emotionally engaging, and cognitively absorbing daydreaming experiences.

Discussion

The present study investigated the relationship between **Jungian personality preferences** and **maladaptive daydreaming** in a non-clinical adult sample (N = 160) using the Trait Profiler Jungian Preference Scale (TP-JPS) and the Deenz Maladaptive Daydreaming Scale (DMDS-26). The study extended prior research by examining both individual personality dimensions and integrated

personality profiles as predictors of maladaptive daydreaming. Overall, the findings provide robust evidence that specific personality orientations are linked to immersive fantasy engagement and maladaptive daydreaming tendencies.

Key Findings

Introversion–Extraversion emerged as the strongest predictor of maladaptive daydreaming, consistent with the hypothesis that individuals with an inwardly oriented cognitive style are more prone to prolonged absorption in fantasy. Introverted individuals naturally allocate attention toward internal processes, which likely facilitates the creation and maintenance of complex daydreaming narratives.

Sensing–Intuition was also significantly associated with maladaptive daydreaming, indicating that abstract, intuitive cognitive styles contribute to imaginative engagement. Intuitive individuals are more likely to engage in symbolic and future-oriented thinking, which may amplify both the richness and persistence of daydreaming episodes.

Judging–Perceiving preference contributed moderately to maladaptive daydreaming, with perceiving-oriented individuals demonstrating greater distractibility and reduced cognitive constraint. This supports theoretical predictions that lower preference for structure and closure can facilitate sustained immersion in internally generated content.

Thinking–Feeling showed a smaller, non-significant contribution in the regression model, although it correlated modestly with maladaptive daydreaming. This suggests that emotional evaluative style may influence the subjective experience of daydreaming but is less predictive of overall maladaptive tendencies.

The **profile-based analysis** further highlighted that participants with a combined **Introverted–Intuitive–Perceiving (I–N–P)** orientation reported significantly higher maladaptive daydreaming scores than those with other profiles. This profile exhibited large effect sizes in the domains of imagination enjoyment, emotional involvement, and distraction, confirming that personality configurations can offer stronger predictive power than individual dimensions alone.

Theoretical Implications

These findings support a **dimensional personality framework** for understanding maladaptive daydreaming. Maladaptive daydreaming appears to be influenced not merely by situational or environmental factors but by enduring personality preferences that shape cognitive and emotional engagement. The study corroborates the conceptualization of maladaptive daydreaming as a **personality-linked cognitive phenomenon**, consistent with prior research on internal attention, imagination, and emotional involvement.

By integrating Jungian preferences with maladaptive daydreaming, this study highlights how **internal orientation, abstract cognition, and reduced cognitive structure** collectively create conditions conducive to immersive daydreaming. These findings expand theoretical models of maladaptive daydreaming by emphasizing **interactive effects of personality profiles**, moving beyond unidimensional explanations.

Practical Implications

Understanding personality predictors of maladaptive daydreaming has practical relevance. Clinicians, counselors, and educators can use personality assessments such as TP-JPS to identify individuals who may be more prone to immersive and potentially maladaptive daydreaming. Awareness of these

predispositions could inform interventions aimed at improving attentional control, time management, and emotion regulation in daily functioning.

Additionally, personality-informed interventions may differentiate between **adaptive daydreaming**, which supports creativity and problem-solving, and **maladaptive patterns** that interfere with academic, occupational, or social functioning. Recognizing personality profiles can therefore enhance personalized strategies for managing maladaptive daydreaming tendencies.

Limitations

Several limitations should be noted. First, the cross-sectional design precludes causal inference. While personality preferences predicted maladaptive daydreaming, the reverse relationship or bidirectional influences cannot be ruled out. Second, data relied on self-report measures, which may introduce response biases or social desirability effects. Future research could integrate behavioral assessments or experience-sampling methods to validate self-reported daydreaming.

Third, the sample was predominantly female (65.6%) and recruited online, which may limit generalizability to other populations or cultures. Finally, while the TP-JPS provides a reliable dimensional measure of personality preferences, additional constructs such as creativity, attentional control, or executive functioning may further elucidate the mechanisms linking personality to maladaptive daydreaming.

Future Directions

Future studies should explore longitudinal designs to examine temporal dynamics between personality preferences and maladaptive daydreaming. Examining clinical populations or individuals with diagnosed attention, mood, or compulsive disorders may clarify whether similar personality patterns predict maladaptive daydreaming in more severe cases.

Moreover, integrating **neurocognitive measures** or **physiological indicators** could provide insights into the underlying mechanisms linking personality and immersive fantasy engagement. Finally, examining **interactions among multiple personality dimensions** and contextual factors (e.g., stress, boredom, or social isolation) may yield a more comprehensive understanding of maladaptive daydreaming.

Conclusion

In conclusion, the present study demonstrates that **Jungian personality preferences**—particularly introversion, intuition, and perceiving—are significant predictors of maladaptive daydreaming in adults. Personality profiles offer additional predictive value beyond individual dimensions, highlighting the importance of integrated personality configurations. These findings support a **personality-informed framework for understanding maladaptive daydreaming**, with implications for both theory and practice.

The study underscores the value of considering **cognitive orientation, imaginative style, and regulatory tendencies** when examining immersive daydreaming, providing a foundation for future research and targeted interventions.

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An interactive version of TP-JPS is avilable online as a free personality test.