

Poster

2025年9月27日(土) 15:00 ~ 16:10  Poster Session (Foyer 1)

## Poster 20

### [P-20-02] Personality theory based on Chinese culture

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キーワード : Chinese culture、 personality theory、 localization

**Abstract:** Based on Chinese indigenous culture and clinical practice, and drawing on the pattern of Western personality trait theory, the five-factor model of Chinese indigenous personality summarized three dimensions, the dimension of willfulness-constraint I, the dimension of social adaptability-maladaptability II, and the dimension of Chinese indigenous entering the world-remaining aloof III. Five typical personality types, type I personality of willfulness adaptive type (dominant type), type II personality of constraint adaptive type (adaptive type), type III of constraint maladaptive type (anxious type), type IV personality of willfulness maladaptive type (anti-social type), and type V personality of remaining aloof type (transcendent type). This classification method emphasizes the integrity of personality and acknowledges the convertibility between personality types and the relativity of social adaptability. The five- model of Chinese indigenous personality has certain application value in the cultivation of healthy personality, the formulation of mental health standards, the pathogenesis of abnormal personality, the development of indigenous personality, and the localization of psychological counseling and treatment.