

Personality psychology of activity and attention concentration

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The aim of this research was to investigate individual differences in activity and attention concentration from a personality psychological perspective. The research question was which characteristics of the individual and his/her immediate personal environment influenced the relationship between inhibition and behavioural control.

We used a questionnaire package. Children's behavioural manifestations were assessed using the parent version of the Conners Questionnaire for Children's Behaviour (CPRS-R) and the Children's Interests and Preferences Questionnaire (SSSC). Well-being was assessed using the Well-being Index (WHO-5), emotional resilience using the Child and Youth Resilience Scale (CYRM-28) and the Parent Resilience Questionnaire (PREQ16), and emotion regulation using the Child Cognitive Emotion Regulation Questionnaire (CERQ-k), and the abbreviated adult version (S-CERQ). Parental control functions were measured with the Brief Sensory Sensation Seeking Scale (BSSS-8), and behavioural characteristics with the Adult ADHD Self-Assessment Scale.

The study involved children aged 9-14 years with neurotypical development and one parent living in the same household. The data were collected face-to-face. Participants volunteered to take part in the survey after giving informed consent. Their compliance with the inclusion criteria was assessed by self-report.

The results were analysed starting from measures of inattention, hyperactivity and inhibition, and looking at how parental well-being, resilience, control and emotion regulation affected children's behaviour regulation. The research findings highlighted the importance of individual and immediate personal context characteristics, as parents' personality traits can be considered as a strong influencing factor. These findings therefore support the need to pay particular attention to the individual's family background.

Are you currently an Early Career Researcher?

Yes, I am still a student or have not yet received my Ph.D.

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