

· 研究报告与论文 ·

成年人某些个性特征的年龄差异研究^{①②}

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摘要 采用 NEO—FFI 简式对 593 名 20 至 94 岁成年人进行了个性特征的年龄差异研究。被试分为青年(20~39 岁)、中年(40~59 岁)、老年(60~74 岁)和老老年(75 岁及以上)4 组,文化程度均初中以上。结果表明:问卷表再测信度合格,自评与亲友评定间有显著相关;除开放性特征(O)随年龄下降,即青年组较年长三组更加开放外,神经质(N)、内外向(E)、和谐性(A)和认真负责(C)量表分均无明显年龄差异;两性个性特点比较,女性 N 分及 A 分均明显高于男性;除年龄和性别因素外,健康善对 N、E、C 分,文化程度对 N 和 O 分,职业对 E 分均有影响。

关键词: 成年人 NEO—FFI 简式 个性 年龄差异

0 引言

成年人的个性是否随年老而变化,曾经有过不少研究。大多数研究表明,成年人个性既有稳定又有变化,稳定多于变化。^[1-3]Costa 和 McCrae 编制的 NEO—FFI(NEO—Five Factor Inventory)在美国应用已有不少年,在国际上有相当影响。^[4]1986 年他们用简化的 NEO 个性问卷,采用横断法对一万多人的研究也表明,成年至老年,个性基本上是稳定的^[5,6]。我国唐代孙思邈曾论及人到年老时“性生急躁”。^[3]现代这方面研究较少。^[7,8]我国成年人随着年龄的增长个性究竟是否变化仍待研究。本工作目的是采用 NEO—FFI 简式研究成年人个性特征的年龄差异,并探讨影响这些个性特征的有关因素。

1 方法

1.1 被试

选择北京、华北、华南、华中、华东、华西地区 7 个城市 20 岁至 94 岁成年人 593 名为测试对象。其中男 314 人,女 279 人,分为青年(20 至 39 岁,平均 28.7 岁)、中年(40 至 59 岁,平均 48.0 岁)、老年(60 至 74 岁,平均 65.6 岁)和老老年(75 岁及以上,平均 77.8 岁)四组。大专以上,高中和初中文化程度分别为 177 人,279 人和 137 人。各年龄组文化程度基本匹配($\chi^2 = 9.90, P = 0.129$)。被试者均生活自理,活动自如。要求其中部分被试的配偶或熟悉亲友对被试的同样特点进行评定,共 119 人。

1.2 测验材料

将 NEO—FFI(S) 自评问卷简式(60 题)译成中文,其中第 38 题属宗教内容,不适合我国情况,以 NEO—PI (NEO—Personality Inventory)(180 题)中另一 O 特征题替代。经作者反复斟酌,并对

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② 参加该研究的还有苏州医学院吴彩云教授,华西医科大学朱昌明教授,福建鸡山疗养院陈维泽医师,大连八七疗养院于锡香医师,汉口武汉老年大学徐洪祥同志和潍坊医学院李川云医师。与此文有关的交流请与许淑莲(100012 北京德胜门外北沙滩中国科学院心理研究所)联系。

8位老人试测后修改定稿。指导语按原问卷表规定。同时将问卷指导语和每个题目改成他评方式成为R卷。自评卷由熟悉心理测量的主试发给符合上述条件的成年人自填。并要求部分被试的亲友填写R卷。问卷卷首要求填写姓名、性别、出生年月及填表日期、文化程度、健康状况、职业、婚姻状况等背景资料。

1.3 各个性特征的含义

N(神经质):高分表示情绪不稳定,易激动、烦恼、紧张、不安、羞愧、焦虑等。想法不切实际。

E(外向性):高分表示在人际交往中好交际、活跃、爱说话、乐观、爱开玩笑。

O(开放性):高分表示愿意寻求体验不熟事物,好奇、兴趣广泛、不因循守旧,喜新颖、富想像。

A(和谐性):高分表示在人际关系中软心肠、好脾气、相信人、帮助人、宽厚、坦率。

C(认真负责):高分表示个体在达到目标的行为上有组织有条理、工作努力、自我约束、守时、严格认真、整洁、有雄心、能坚持。

1.4 记分

问卷分N、E、O、A和C共5个分量表,每个分量表分12个问题。每个题目从“非常同意”到“很不同意”分5个等级并以4、3、2、1、0记分。每个被试的某个分量表分即该分量表12题分数之和。

2 结果

2.1 量表的信度和效度

取30名北京地区应答者相隔3周作了再测,作为再测信度。以119名配偶或亲友对应答者的R卷评定和应答者本人自身的S卷评定本相关,作为效度。结果见表1,可见再测相关除A量表稍低仍显著外,余均合格。S卷与R卷相关均很显著,仅N量表稍低。

表1 NEO-FFI(S)的再测相关和S卷与R卷的相关(r)

	N	E	O	A	C
再测相关	0.9138***	0.8247***	0.8631***	0.4049***	0.9051***
S卷与R卷相关	0.2332***	0.4435***	0.4917***	0.4132***	0.3177***

注: * $P < 0.05$; ** $P < 0.001$; *** $P < 0.0001$; 以下同。

2.2 个性特征的年龄差异

2.2.1 全样本个性特征的年龄差异

表2 全样本 NEO-FFI(S)的年龄差异($\bar{x} \pm s$)($n=593$)

	n	N	E	O	A	C
青年	149	18.31±5.67	26.23±4.78	23.69±4.57	29.75±3.86	33.21±4.94
中年	162	19.92±5.66	25.99±5.16	22.43±4.28	30.06±3.43	33.49±4.92
老年	173	17.42±5.26	25.66±5.06	21.92±3.29	30.64±3.29	33.47±4.81
老老年	109	17.77±6.21	25.23±6.23	22.09±4.41	30.83±4.36	32.45±5.01
平均		17.85±5.65	25.81±5.25	22.54±4.32	30.29±3.70	33.23±4.91

F检验表明,O分随增龄而明显减少($F=3.97, P<0.01$),余四项个性特征均无明显年龄差异,各年龄组两两比较,N、E和C分各年龄组间均无明显差异,O分则青年组较三个年长组都明显更加开放($P<0.05$ 至 $P<0.001$),后三组间均无明显差别。A分则两个老年组均较青年组更为和谐($P<0.05$)。

2.2.2 不同性别成年人个性特征的年龄差异(图1)

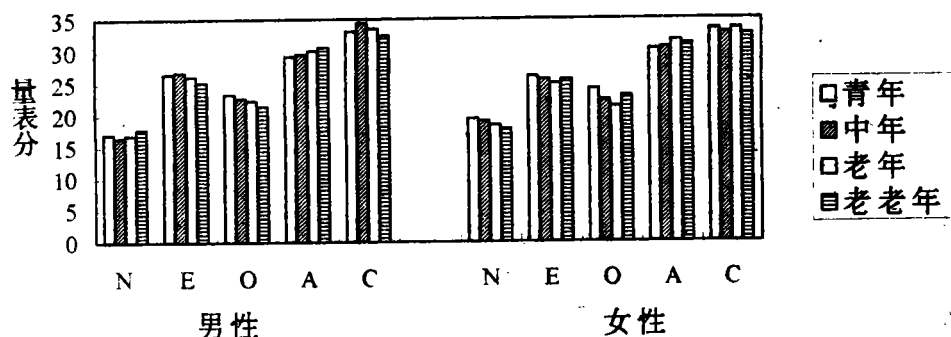


图1 男女两性 NEO-FFI 量表分年龄差异

结果表明,男性成年人五项个性特征年龄差异均不显著,仅O及C分有随增龄而减少的微弱趋势($P < 0.10$)。各年龄组两两比较,N、E、A三量表分均无明显年龄差异,O分则青年组明显高于老老年组($P < 0.05$),C分则中年组显著高于老老年组($P < 0.01$)。

女性结果显示,N、E、A、C量表分年龄差异均不显著,其中A分有随增龄而增高的趋势($P < 0.10$),而O量表分则随增龄明显减少($F = 5.204, P < 0.01$)。各年龄组两两比较,N、E、C分各组间无明显差异,O分则青年组明显高于中年组($P < 0.01$)和老年组($P < 0.001$),而老老年组却高于老年组。A分则老年组明显高于青年或中年组($P < 0.05$)。

表3 个性特征影响因素的多元逐步回归分析

	B	β	t
N: $r^2 = 0.1119, F = 17.7901, P < 0.0001$			
健康	1.8567	0.2866	6.723***
性别	1.2859	0.1141	2.829**
年龄	-0.0406	-0.1323	-3.082**
教育	0.8944	0.1149	2.882**
E: $r^2 = 0.0852, F = 26.3927, P < 0.0001$			
健康	-1.6736	-0.2755	-6.850***
职业	0.5953	0.0829	2.061*
O: $r^2 = 0.457, F = 9.0240, P < 0.05$			
年龄	-0.0429	-0.1821	-3.915***
教育	-0.8687	-0.1452	-3.503***
婚姻	0.4315	0.0977	2.083*
A: $r^2 = 0.0312, F = 9.1232, P < 0.0001$			
性别	1.0238	0.1382	3.312**
年龄	0.0263	0.1302	3.121***
C: $r^2 = 0.0315, F = 18.4509, P < 0.0001$			
健康	-1.0015	-0.1774	-4.295***

2.3 个性特征的性别差异。

女性N分和A分明显高于男性(N分: $F = 8.12, P < 0.01$; A分: $F = 11.76, P < 0.001$),余三项量表分无明显差别。各年龄组分别分析,青年组和中年组女性的N分明显高于男性($P < 0.05$ 和 $P < 0.01$),老年组有此趋向($P < 0.10$),老老年组两性间无差异。女性A分青年组和中年组略高于男性($P < 0.10$),老年组明显高于男性($P < 0.01$),老老年组无明显差异,为C分中年组男性是显高于女性($P < 0.05$),O分则老年组男性略高于女性($P < 0.10$),老老年组却恰恰相反($P < 0.10$)。

2.4 个性特征影响因素的多元逐步回归分析:

以N、E、O、A、C量表分分别作为因变量,年龄、性别、职业、受教育水平、健康状况、婚姻状况作为自变量,进行多元逐步回归分析。复相关系数 r 及其有关 F 值,非标准回归系数 B 和标准回归系数 β 以及其有关 t 值和显著性检验均见表3。由表3可见,对N分有明显影响的因素依次为健康(自评健康不佳者N分较高)、性别(女高于男)、年龄(年老者较低)和教育(受教

育程度较低者N分较高)。对E分的影响因素

有健康(健康不佳者E分较低)和职业(工人、干部高于科教人员)。O分的影响因素依次为年龄(年老者O分较低)、教育(教育程度高者O分较高)和婚姻(丧偶、离婚者O分较高)。A分的影响因素依次为性别(女高于男)和年龄(年长者A分较高)。对C分有影响的只有健康(健康状况不佳者C分较低)。

3 讨论

3.1 NEO-PI是从特质观点出发,国际上应用较广的一个个性量表,尤其是用于成年期个性的研究。开始时它只饮食N、E、O三个分量表,近年来又增订为5因素(N、E、O、A、C)量表,每个分量表又各分为6个次级量表,共240题(NEO-PI-R)。经因素分析证明,量表设计的5因素结构明确存在^[9]。Goldberg将特质形容词量表用于大学生,同样发现5因素结构^[9]。Bond将NEO-PI-R译成中文,用于香港中国大学生,发现其5因素结构和美国的极为近似。我们采用的是NEO-FFI(S)简式(1989)。其再测相关除A量表稍低(仍显著)外,余皆在0.82以上,是合格的。A量表再测相关为何较低,原因尚不清楚。他评卷(主要是配偶)和自评卷的相关除N量表较低但仍很显著外,余均达中等且非常显著的相关,说明两者所评定个体在群体中的相对位置基本上是稳定的。这表明NEO-FFI简式在我国应用具有一定的信度和效度。

3.2 在成年人个性特征的年龄差异方面,就全样本观察,只有O特征随增龄而降低,具体表现在青年组较年长三组均明显开放,而后三组彼此间无明显区别。这和王东宇等用Cattell16种人格因素问卷推演的O特征中年后下降、E特征中、老年也有下降的结果不完全一致。^[7]多元逐步回归分析还发现,N分随增龄降低,A分随增龄增高(老年两组明显高于青年组),表明排除其他因素的影响后,年龄因素对N、A也有作用。这一结果和Costa等认为20岁组N、E、O分较高,A、C分较低的结果基本一致,^[9]但本结果E和C分无明显年龄差异。Costa等发现,20至30岁个性仍在发展中,30岁后直至80岁个性是稳定的。^[9]而本研究青年组年龄范围较宽,包括了30岁组,这可能是两项结果不完全一致的原因之一。总的说来,各个性特征在成年期基本上是稳定的,青年组O分较高,A分较低和N分较高的幅度并不大,约1/4至1/3个标准差。这一结果和Costa等的横断研究是一致的。^[6]

男女两性各年龄组分别比较发现,男性除O分青年组高于老老年组外,尚见到中年组C分明显高于老老年组。这可能是由于中年男性正是肩负重任,有所作为的时期,而老老年男性多已卸却社会和家庭的负担,不需要他认真完成目标任务了。女性结果和全样本趋势一致。仅老老年组较老年组O分更高出乎意外。可能愿意接受测试自评的有文化老老年女性大都比较开放。

看来,似乎中年期和老年期是个性最稳定的时期(对身体基本健康的人来说),青春期、青年期个性发展尚不够成熟,老老年期则因疾病和活力不足的困扰而使个性特征发生某种变化。当然这种变化只是在原来基础上的少许变异。同时横断法结果还混淆有不同年龄组的群体差异因素。如何控制躯体健康(本文109例老老人自评健康较差或很差者19人),心理健康和社会环境因素,对成年期个性发展进行纵向和横断法结合的研究在我国亟待深入。

3.3 个性特征还存在性别差异。就全样本观察,女性的N分和A分均明显高于男性,这一结果和Siegler等用Cattell16种人格因素问卷8年内连续测试4次的结果相似。他们发现的女性较之男性更为顺从,心肠较软的特点和本文女性和谐性(A)较高一致。他们看到的女性较男性易紧张的特点和本文女性神经质分较高一致。^[10]本研究还发现,N分的这种性别差异随增龄而逐步减小,至老老年差异已不明显,提示女性的紧张是否和机体生理变化或与环境的长期磨炼有关。A分则先随增

龄而性别差异加大(青、中年组两性略有差异,老年组差异明显),至老老年组又无差异。看来到老老年期,个性的性别差异趋向减小。这是否是规律性现象尚待进一步的研究。至于中年组男性C明显高于女性,可能是我国目前条件下,为适应社会要求,中年男性比女性更需要目标的认真负责的性格。

3.4 多元逐步回归分析表明,除年龄和性别因素外,个性特征尚有其他因素的影响。自评健康状况作为N、E和C分三项个性特征的第一个影响因素被选入回归方程。即健康不佳者N分较高、E分和C分较低。前两者和许淑莲等过去研究一致^[11],受教育程度对O分及N分有影响,受教育多者较为开放(O分高),神经质较少(N分低)。职业也有一定影响,工人、干部较科教人员外倾(E分高)。另婚姻状况属丧偶者O分数高似难理解,我们设想这可能是由于丧偶者(54人)中大多数已经事过多时,丧偶已经不至成为精神创伤,思绪可以解脱开放了。总之,个性特征决不只是受年龄因素的影响,健康状况、性别、受教育程度、职业和婚姻状况等都有关系。性别影响除生物学因素外,社会历史条件对不同性别个体的不同要求也同样发挥作用。受教育程度、职业等都是社会历史条件因素。正如毕生发展观所强调的,心理的发展既受年龄阶段的影响,又受个体所处的社会历史条件的制约,还有非常规事件(如疾病、精神创伤等)的作用^[12]。在研究心理的老龄化或年龄差异时,必须全面顾及这些影响及其文互作用。

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ABSTRACTS

A STUDY OF THE AGE DIFFERENCES OF SOME PERSONALITY CHARACTERISTICS IN ADULTS

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The age differences of personality characteristics were studied through the NEO-FFI (short form) applied to 593 adults (20 to 94 yrs old), old (60-74 yrs old) and very-old (75 yrs old and over) groups, all the subjects' educational level being above junior high school. The results indicated: 1) The test-retest reliability of translated NEO-FFI(s) was up to the standard, and the correlation between self-assessment and relative assessment was obviously significant; 2) Except for that the score of openness (O) dimension decreased with aging, in which the young group was more open than the three older groups, there were no significant age differences in Neuroticism (N), Extraversion (E), Agreeableness (A) and Conscientiousness (C) dimensions; 3) The females scores on N and A dimensions were significantly higher than those of the males; 4) Besides age and sex factors, there were many variables influencing personality characteristics. The self-rated health condition was obviously correlated with N, E, G scores, the educational level was correlated with N and O scores, and the profession was correlated with E score.

Key words: adult, NEO-FFI (s), personality, age differences

EYE FIXATION FEATURES OF TEXT READING IN DIFFERENT GRADERS

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A 3200r model Eye Movements Monitor System was used in the experiment. The subjects were divided into 5 groups. They were third-grade (group 1) and fifth-grade (group 2) primary pupils, junior (group 3) and senior high school students (group 4) and university students (group 5). Each group consisted of 30 subjects who were selected randomly and had normal sight. The results were: 1) The reading speed increased with the grade; the differences of reading speeds between group 2 and group 3, group 4 and group 5 were significant. 2) There were two kinds of regression while the subjects were reading the texts. They were the inter-sentence regression and within-sentence regressions. The former covered more time than the latter. The higher the grade, the less the regression. 3) When reading the texts, four kinds of eye fixation features were used by each grader, who mainly used immediacy and repeated fixation features, and used questions and irregular fixation features as a subsidiary.

Key words: different graders, reading text, eye fixation features

A COMMENT ON NEW FAMILY STUDY VIEWPOINTS

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This paper briefly stated the changes of family study viewpoints, comments on three new viewpoints on the principles of family study: the principle of bidirectionality and reciprocal action, the principle of the family as a social system and the principle of the family as a mediator, and made some suggestion for further scientific family research.

Key words: principle of bidirectionality and reciprocal action, social system principle, mediator principle

AN EXPERIMENTAL STUDY ON THE MEMORY CONVALESCENCE IN YOUNG CHILDREN

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This two-year test was intended for all the young children in the infant school of Harbin Normal University (without selection). In the Preliminary test, the authors took the intelligence mark of CRT as the basis, and divided all the young children into contrast groups of equal numbers of boys and girls. To reduce random errors, the authors played back recordings of memorization materials. The authors found: There was the phenomenon of memory convalescence in children, the forgetting curve of which was different from Hermann Ebbinghaus's. Besides, the time of memory convalescence heights varied with the age. Young children obtained their best performance in the memory convalescence heights.

Key words: young children, memory convalescence
RESEARCH ON THE PERSONALITY CHARACTERISTICS OF MENTALLY RETARDED CHILDREN

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Owing to the dysgenesis of their brains, mentally retarded children were limited in the development of their personality and showed many differences from normal children. Such personality differences were also found among children with different degrees of mental retardation. The relation between one's intelligence and development of personality was found to be that, the more seriously impaired the functions of his brain, the more evidently affected the development of his personality.

Key words: mentally retarded children, personality difference, personality characteristics

THE EFFECT OF NOUN - PAIRS DIFFICULTY ON THE EFFICIENCY OF STRATEGY USE

Zhu Yan