

Research on the Formation of Children's Personality

Shu Wu *

Bomia Children and Teenagers Family Education and Psychological counseling Studio, Shenzhen Guangdong, 518000, China

* Corresponding author Email: 55955762@qq.com

Abstract: This paper aims to explore the diverse reasons and influencing factors behind the formation of children's personality, delving into the significant roles played by genetic factors, environmental influences, and the process of socialization in children's personality development. Firstly, by analyzing genetic theories, it reveals the potential influence of genes on the formation of children's personality and explores the complex interaction between genes and the environment. Secondly, it analyzes the shaping role of environmental factors on children's personality from various perspectives such as family, society, and culture, including parenting styles, school environment, peer relationships, and media influences. Lastly, from the perspective of socialization theory, it delves into the impact mechanism of the socialization process on the formation of children's personality, emphasizing the close connection between children's self-identity, emotional regulation, behavioral expression, and socialization. Through comprehensive analysis, it is found that the formation of children's personality is a complex process influenced by multiple factors, involving the integrated effects of genetics, environment, and socialization. Future research should further explore the interactions between different factors and how to better promote healthy development of children's personality.

Keywords: Formation of Children's Personality, Genetic Factors, Environmental Factors, Diverse Influences.

1. Introduction

The formation of children's personality is a complex and intricate process influenced by multiple factors. Research on the mechanisms and influencing factors of children's personality formation not only helps to understand the formation of individual differences in children but also provides important theoretical and practical guidance for promoting their healthy development. However, despite the widespread recognition of the importance of children's personality formation, the complexity and diversity of its influencing factors remain a topic worthy of further exploration. The formation of children's personality involves complex interactions between genetic factors, environmental factors, and the process of socialization. While genetic factors partly determine the potential characteristics of children's personality through genetic inheritance, environmental factors also continuously shape children's personality development. External factors such as family environment, social environment, and cultural background influence children's behavior and emotional expression by providing contexts, incentives, and education. At the same time, the process of socialization further shapes children's cognition, emotions, and behavior patterns, gradually integrating them into social norms and values. Therefore, this paper aims to explore the diverse reasons and complexities of children's personality formation by comprehensively analyzing the influences of genetic factors, environmental factors, and the process of socialization. A deeper understanding of the mechanisms and regularities of children's personality formation will help to provide more comprehensive and effective support and guidance for children's individual development.

2. Children's Personality: Concept and Characteristics

2.1. Children's Personality and Its Significance

Children's personality refers to the relatively stable traits and tendencies exhibited by individuals in emotions, attitudes, and behaviors. It reflects how individuals respond to the external environment and the regularity in their behavior and emotional experiences. Children's personality encompasses a range of different traits such as extraversion, introversion, neuroticism, conscientiousness, openness, etc., which together constitute the unique personality pattern of the individual. The formation of children's personality is closely related to their biology, psychology, and social environment. From a biological perspective, genetic factors play an important role in shaping children's personality, with genes influencing the tendency and stability of individual personality traits. Psychological factors include an individual's cognitive and emotional processing of the internal and external environment, as well as attitudes towards self-identity and social interaction. Meanwhile, the social environment influences children's personality through family, school, peers, and societal culture, providing contexts and opportunities for personality development and socialization. Research on children's personality has important theoretical and practical value. Theoretical exploration of the concept and characteristics of children's personality helps expand the theoretical framework of personality psychology and enriches the understanding of individual differences. Moreover, research on children's personality provides theoretical and practical guidance for the prevention and intervention of psychological health issues. Practically, understanding the characteristics and developmental patterns of children's personality helps families, schools, and society provide more personalized and effective education and psychological support, promoting children's comprehensive development and well-being [1].

2.2. Different Types of Children's Personality Traits

Children's personality traits cover multiple dimensions, with each reflecting the unique expressions of individuals in emotions, behaviors, and cognition. Children who are extraverted typically enjoy social activities, displaying optimistic, active, and adventurous characteristics, seeking attention and interaction with others. In contrast, introverted children tend to be independent thinkers, introspective, quieter, and more cautious, preferring solitude or interaction with a few close individuals. Neurotic children are prone to anxiety, nervousness, and irritability, with significant emotional fluctuations, while children with high stability exhibit stable and calm emotions, adapting easily to various situations and challenges. Children high in openness show interest in novel experiences and creativity, possessing imagination, curiosity, and a willingness to accept new ideas and challenge traditional beliefs. Agreeable children are generally friendly, cooperative, generous, caring for others, and capable of forming good interpersonal relationships [2]. Conscientious children are organized, detail-oriented, responsible, and adept at self-control and self-management. These personality traits intertwine and influence each other, forming the unique personality pattern of the child. A deeper understanding of different types of children's personality traits helps provide more comprehensive and effective support for understanding individual differences and children's development. For educators, parents, and relevant institutions in society, understanding and respecting children's individual personality traits can better provide personalized support and guidance, promoting their comprehensive development and happiness.

2.3. The Development Process and Change Patterns of Children's Personality

The development of children's personality is a dynamic, complex, and long-term process influenced by genetic, environmental, and socialization factors. During the process of children's growth, personality traits undergo continuous development and change, experiencing multiple stages and transitions. Firstly, in the early stages, children's personality traits are mainly influenced by genetics, exhibiting relatively stable characteristics. However, with changes in the living environment and increased individual experiences, children's personality gradually undergoes shaping and influence from external environments. For example, environmental factors such as family, school, and societal culture influence children's personality development by providing contexts and models. Secondly, the development of children's personality presents certain change patterns. In the early stages of childhood, personality traits may exhibit significant changes and fluctuations, influenced by physiological and psychological development, such as the development of autonomy from infancy to early childhood and socialization from early childhood to preschool age. As age increases and social experiences accumulate, children's personality gradually tends to be stable, showing relatively persistent characteristics and tendencies. However, individuals still exhibit a certain degree of change and adjustment in different life stages and contexts, such as entering school, adolescence, and adulthood. In conclusion, the development process of children's personality is a dynamic, progressive, and multi-factor influenced process. A deeper understanding of the

developmental trajectory and change patterns of children's personality helps provide more comprehensive and effective support and guidance for children's individual development [3].

3. Genetic Factors' Influence on Children's Personality

3.1. Role of Genetic Theory in the Formation of Children's Personality

Genetic theory plays a crucial role in the formation of children's personality. This theory posits that individual personality traits are largely influenced by genetic factors, meaning genes play a decisive role in the expression of individual personality traits. Specifically, through inheritance, parents pass on some genes to their offspring, encoding the physiological and psychological characteristics of individuals, including traits related to responses to external stimuli, emotional regulation abilities, attention levels, and more. The influence of genetic factors on children's personality manifests in several aspects: Firstly, genetic factors determine individuals' inclinations towards certain personality traits. For instance, certain genes may predispose individuals towards traits such as extraversion, neuroticism, or openness, thereby playing a guiding role in children's personality development. Secondly, genetic factors influence individuals' sensitivity to and modes of response to environmental stimuli. Different genotypes may predispose individuals to different responses to stimuli in their environment, thus affecting their behavioral manifestations and emotional responses. Lastly, genetic factors interact with environmental factors, collectively shaping children's personality traits. The interaction between an individual's genotype and the environment may result in varied expressions of personality, meaning the same genotype may manifest differently in different environments. In summary, genetic theory emphasizes the importance of genes in the formation of children's personality, but it does not imply that personality is solely determined by genes. On the contrary, genetic factors interact with environmental factors, collectively influencing the development of children's personality. A deeper understanding of the role of genetic factors in the formation of children's personality provides a more comprehensive and effective basis for understanding individual differences and supporting children's development [4].

3.2. Interaction between Genes and Environment

The formation of children's personality is not only influenced by genetic factors but also significantly impacted by environmental factors. However, genes and the environment do not exist in isolation; rather, they have complex interactions, jointly shaping children's personality traits. Firstly, there is gene-environment interaction (GxE), wherein an individual's genotype may affect their sensitivity to and modes of response to environmental stimuli, consequently influencing their personality development. For example, certain genotypes may make individuals more susceptible to negative influences in their environment, leading to a bias in their personality development. Conversely, favorable environmental conditions may help mitigate or improve the negative effects brought about by genes, promoting healthy development. Secondly, there is gene-environment correlation (rGE), where an individual's

genotype interacts with their environment, collectively shaping their personality traits. For instance, certain genotypes may predispose individuals to select specific types of environments, which, in turn, influence their personality development. Additionally, environmental factors may also affect gene expression or regulation, thereby influencing an individual's personality traits. Overall, the interaction between genes and the environment is one of the crucial mechanisms in the formation of children's personality. A deeper understanding of this interaction contributes to a better comprehension of the complexity and diversity of children's personality development, providing a more comprehensive and effective basis for understanding individual differences and supporting children's development [5].

3.3. Supporting Evidence from Relevant Studies and Case Examples

A wealth of research has confirmed the interaction between genes and the environment in the formation of children's personality. Through methods such as twin studies, adoption studies, and genetic association studies, scholars have found compelling evidence supporting the influence of gene-environment interaction on children's personality. For instance, twin studies have indicated that under identical genetic backgrounds, different environmental conditions lead to differences in personality between twins. Conversely, under similar environmental conditions, genetic factors also influence the personality of twins. This underscores the importance of gene-environment interaction in the formation of children's personality. Moreover, adoption studies provide strong evidence supporting gene-environment interaction. By comparing personality differences between biological relatives and adopted relatives, researchers have found that children's personalities are more influenced by their biological relatives rather than their adopted relatives. This highlights the importance of genetic factors in children's personality, while also indicating the significant influence of environmental factors. Genetic association studies further reveal the interaction between specific genotypes and particular environmental conditions. For example, one study found that the impact of genotype on the tendency towards depression depends on the family environment, with children carrying high-risk genotypes more likely to exhibit depressive symptoms in adverse family environments. In conclusion, these research findings clearly demonstrate the importance of the interaction between genes and the environment in the formation of children's personality. A deeper understanding of this interaction contributes to a more comprehensive and effective support and guidance for children's individual development.

4. Environmental Factors' Impact on Children's Personality

4.1. Role of Family Environment, Social Environment, and Cultural Factors in Shaping Children's Personality

Family environment, social environment, and cultural factors are crucial influencing factors in the process of children's personality formation. These environmental factors directly shape children's personality traits by providing contexts, models, and socialization opportunities. Firstly, the family environment plays a key role in shaping children's

personality. Factors such as parenting styles, family atmosphere, and parent-child relationships directly influence children's personality development. For example, the warmth of the family, the quality of relationships between parents, and parenting styles can affect children's emotional expression, self-regulation, and behavioral norms. A positive family environment fosters children's confidence, security, and social adaptation skills, while a negative family environment may lead to emotional disturbances and behavioral problems. Secondly, the social environment also significantly influences children's personality. Factors such as school, peer relationships, and community environment provide rich socialization opportunities and contexts, affecting children's social skills, cooperation abilities, and emotional expression. For instance, a positive school environment and healthy peer relationships contribute to fostering children's cooperative spirit, teamwork, and social skills. Lastly, cultural factors play a vital role in shaping children's personality. Values, behavioral norms, and social expectations in different cultural backgrounds influence children's behavior and values orientation. For example, some cultures emphasize collectivism and social responsibility, stressing harmony and cooperation between individuals and groups, while others prioritize individualism and self-actualization, focusing on individual freedom and independence. These cultural factors shape children's attitudes, behaviors, and values, influencing the formation of their personality traits. In conclusion, family environment, social environment, and cultural factors are indispensable influential factors in the process of children's personality formation. A thorough understanding of the role of these environmental factors in shaping children's personality provides a more comprehensive and effective support and guidance for children's individual development [6].

4.2. Influence of Parenting Styles, School Education, Peer Relationships, and Other Factors

Parenting styles, school education, peer relationships, and other factors play crucial roles in the formation of children's personality. They have profound effects on shaping children's behavior, emotions, and social abilities. Firstly, parenting styles have a direct and significant impact on children's personality development. Parenting styles, such as warm supportive, strict controlling, or permissive, affect children's emotional stability, self-regulation, and social skills. For instance, warm supportive parents often establish secure emotional relationships, promoting children's confidence and expression of positive emotions, while strict controlling parents may lead to children's anxiety and depression, affecting their social skills and emotional development. Secondly, school education also plays an important role in children's personality development. The school environment, teaching methods, and teacher-student relationships influence children's learning attitudes, self-awareness, and social skills. Positive school education fosters children's autonomy, cooperation, and sense of responsibility, promoting their socialization and emotional development, while a negative school environment may result in children's low self-esteem, resistance, and withdrawal, affecting their positive personality and social skills. Lastly, peer relationships play a significant role in children's personality development. Interactions among peers and friendships are essential for children's socialization and emotional development. Positive

peer relationships help cultivate children's cooperation, communication skills, and emotional support networks, promoting their social skills and self-identity formation, while negative peer relationships may lead to children's loneliness, conflicts, and adaptation difficulties, affecting the stability of their personality and development of social skills. In summary, parenting styles, school education, and peer relationships are crucial factors in children's personality development. A deeper understanding of these factors' role in shaping children's personality provides a more comprehensive and effective support and guidance for children's individual development.

4.3. Impact of Media and Technology on Children's Personality

With the advancement of society, media and technology have become an indispensable part of children's lives, exerting increasingly significant influence on their personality. The widespread use and development of media and technology impact children's personality in several ways: Firstly, the content of media and technology affects children's cognition and values. Characters, behaviors, and values presented in media such as television programs, online content, and games influence children's cognitive development and moral values. For example, media content featuring violence, sexual innuendos, or negative behaviors may negatively affect children's mental health and behavioral norms. Secondly, the manner in which media and technology are used affects children's social interactions and emotional development. Prolonged exposure to media and excessive use of technological products may lead to deficiencies in children's social skills, addiction issues, and diminished emotional communication abilities. Particularly, interactions on social media platforms may result in children developing false self-images and dependence on others' emotional feedback, affecting their self-awareness and social skills development. Lastly, the innovation of media and technology impacts children's learning and creativity development. Some educational media and technological products, such as e-books and educational games, provide children with rich learning resources and platforms for inspiring creativity. However, excessive reliance on media and technology may lead to children's attention deficits, habitual thinking patterns, and resistance to traditional learning methods. Overall, the influence of media and technology on children's personality is a double-edged sword, with both positive and negative aspects. Understanding the mechanisms and effects of media and technology on children's personality can help parents and educators better guide children in the proper use of media and technology products, promoting their comprehensive and healthy development [7].

5. The Relationship between Socialization Process and Children's Personality Formation

5.1. Importance of Socialization Theory in Children's Personality Formation

Socialization theory emphasizes the significant impact of the social environment on individual behavior and personality development. According to socialization theory, individuals' behavior and personality gradually form through social interactions, with the socialization process involving

influences from family, school, peer relationships, and other social environments. In the formation of children's personality, socialization theory highlights several important aspects: Firstly, the family is one of the most crucial environments for children's socialization. Within the family, the behaviors and parenting styles of parents and other family members profoundly influence children's behaviors and values. Through the process of family socialization, children learn social norms, values, and ways of emotional expression, shaping their personality traits. Secondly, school education also plays a significant role in children's personality formation. In schools, children receive formal education and socialization training, learning cooperation, competition, self-management, and encountering diverse social cultures and values, which influence their personality development and social adaptation skills. Additionally, peer relationships also play an essential role in children's socialization and personality development. Through interaction and communication with peers, children learn cooperation, competition, friendship, and establish their identity and emotional support system, influencing their personality traits and behaviors. In summary, socialization theory emphasizes the importance of the social environment in children's personality formation. Understanding and comprehending socialization theory are crucial for in-depth exploration of the mechanisms, influencing factors, and intervention strategies related to children's personality formation, contributing to providing more comprehensive and effective support and guidance for children's individual development [8].

5.2. Socialization Roles of Family, School, and Society in Children's Personality

Family, school, and society all play significant roles, exerting profound influences on the socialization of children's personality. Firstly, the family is one of the earliest and most intimate socialization environments for children. Within the family, parents and other family members not only provide material and emotional support but also transmit values, behavioral norms, and social skills. Through the family's socialization process, children learn important social skills such as emotional expression, behavioral norms, and moral concepts, all of which profoundly influence the formation of their personality. Secondly, schools, as one of the important sites for children's socialization, also play a crucial role in their personality development. In schools, children receive formal education and socialization training, learning cooperation, competition, and self-management skills. Additionally, schools serve as important places for children's social interaction and interpersonal relationships. Through interaction with classmates and teachers, children establish friendships, a sense of belonging, identity, and social networks, all of which have important influences on their personality formation. Lastly, society, as a broader and more complex socialization environment, also exerts significant influences on children's personality development. Social culture, values, and mass media factors all affect children's behaviors and attitudes. For example, role models, cultural traditions, and moral standards in society influence children's behaviors and values, shaping their personality traits and social adaptation skills. In conclusion, family, school, and society are important environments for the socialization of children's personality, collectively influencing children's personality development and social adaptation skills. Understanding and comprehending these socialization roles

are crucial for in-depth exploration of the mechanisms, influencing factors, and intervention strategies related to children's personality formation, contributing to providing more comprehensive and effective support and guidance for children's individual development.

6. Conclusion

The formation of children's personality is a complex process influenced by various factors. From genetic factors to environmental factors, and then to socialization effects, various factors intertwine to shape children's personality traits. Genetic factors provide a certain predisposition for children's personality, but environmental factors play a crucial role in their development process. Family, school, society, as well as media and technology, all influence children's personality formation in different ways. Constructing and guiding factors such as parenting styles, school education, and peer relationships contribute to promoting the healthy development of children's personalities. Meanwhile, understanding and utilizing socialization theory, as well as conducting in-depth research on factors related to children's personality development, are of great significance for formulating effective intervention and educational strategies. In summary, we need to pay attention to the influence of various factors on children's personality formation, providing them with a nurturing environment and positive socialization guidance to promote their healthy, positive, and comprehensive development.

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