

# Psychological Analysis of Adult Attachment Based on Nine-Person Personality Theory

Jing Zou<sup>1,a</sup>, Houyan Zhang<sup>1,b,\*</sup>

<sup>1</sup>Child and Family, Kunsan National University, Gunsan, Jeollabuk-do, 54150, South Korea

<sup>a</sup> Sundays9075@gmail.com, <sup>b</sup> 1029049027@qq.com

\*corresponding author

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**Abstract:** The concept of adult attachment was first proposed in 1987. It is believed that attachment not only occurs between infants and parents, but also between close friends and lovers, but the psychological analysis of adult attachment has stalled. Since the establishment of the "Nine Types of Personality" theory, it has become a major content and tool in many psychological studies. This article uses the "nine-type personality" theory as a tool to explain the psychological characteristics of adult attachment, examines the personality self-esteem and trust formed by adult attachment, and builds an adult attachment analysis model based on the "nine-type personality" theory.

## 1. Introduction

In traditional psychoanalytic theory, attachment is rooted in the mother's arms and early experiences. After introducing evolution, cybernetics, and system theory, attachment has formed a set of its own psychological theories. By analyzing the causes of attachment, it can be very Good disclosure of various mental illnesses, so that targeted treatment. Although the importance of research on attachment, especially adult attachment, is obvious, but due to innovation in analytical methods, adult attachment has been limited to traditional theoretical research.

As the pace of life accelerates, more and more psychological problems are caused by attachment, so many researchers have begun to conduct research on adult attachment problems. For example, in the literature [1], the author's influence on the parent-child relationship and the mediating effect of compassion on the adult attachment of parents. A research was conducted by using the sampling method to investigate the 2-5 grade students in a primary school in a city in Guangdong. The results are conducive to understanding how parent-adult attachment affects parent-child relationships from the perspective of pairwise relationships. Practical interventions can improve parent-child relationships by improving parental compassion. In [2], the authors studied the attachment, sensitivity, and ancestry of university-grown people. Quasi-relationships, using intimate relationship experience scale, rejection sensitivity questionnaire, self-esteem questionnaire, and individual authenticity questionnaire to survey 429 college students, and obtained the university intermediary attachment through the chained intermediary of absolute sensitivity and self-esteem. The effect indirectly affects the conclusion of individual authenticity; in order to study the mediating effect of adult attachment and the quality of intimate relationship between college couples, the author uses three questionnaires such as the intimate relationship experience scale to study 270 college couples. The anxiety and avoidance dimensions of adult attachment have a significant positive correlation with relationship attribution. And it has a significant negative correlation with the quality of intimacy. Many research results, etc. ; Literature [4] studied the ethnic identity of ethnic minority college students in the mainland through adult attachment, and conducted research on the relationship between safe and unsafe adult attachment to ethnic college students. Research results of interpersonal communication. In the study of adult attachment, research on college students, families, and relationships has become a hot topic in recent years [5-7]. However, the results of this research have only been studied from the common characteristics of the research objects, so the results obtained cannot be shown. Research object differences.

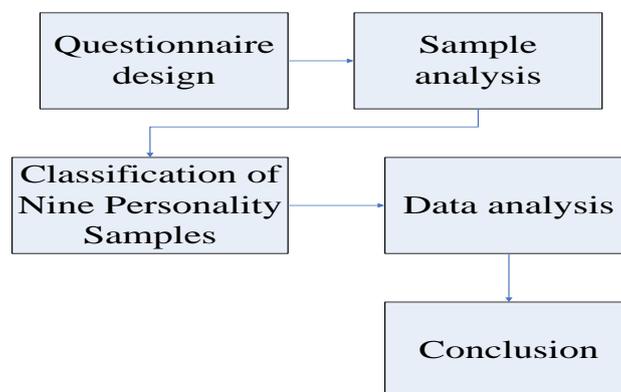
As the same survey object, although the survey methods are the same, the results will be different due to individual differences. In order to study individual differences, many researchers have adopted the "nine-type personality" method. For example, in [8], the author introduced nine-type personality to human resource management, fully mobilized the enthusiasm of "people", brought out the potential of "people", and improved the level of human resource management in the tax department. The literature [9] explores the model of psychological education for college students starting from the gist of the nine-type personality theory. The essence of psychological quality development education is the education of sound personality (mature personality), which mainly includes self-cognition, self-acceptance, self-discipline, self-improvement, and self-transcendence, that is, the "five-self" mental quality development education model; Literature [10] uses the nine-type personality method to study the motivation of higher vocational students. Using the nine-type personality theory to classify the personality types of higher vocational students, they can grasp their personality characteristics, make more reasonable use of teaching methods and methods, and truly do to teach according to his aptitude.

In the same research on adult attachment psychology, different respondents have different personalities. Do these different personalities cause different results and have different effects on personal attachment? Is this result different from the traditional questionnaire method? In this paper, research is conducted on undergraduates and employees under 35 years old. Among them, there are 2456 college students and 1,243 employees. The results show that the psychoanalysis performed with the nine-type personality is more accurate than the traditional questionnaire method.

## 2. Methods

### 2.1. General Framework

As shown in Figure 1, the overall analysis framework of this article can be divided into five parts, of which Questionnaire design part designs the questionnaire. Because of the comparative analysis, the design questionnaire is divided into ordinary attachment psychology questionnaires. 3] The questionnaire related to the intermediary relationship between the quality of the intimacy relationship is also designed with an auxiliary questionnaire to analyze the personal attributes of the respondent; the Sample analysis part is used to divide the questionnaire sample into different personality attributes 9 different sample sets; Classification of Nine Personality Samples is based on the sample set divided in the second part to calculate the sample characteristics and divide the sample set into feature sets; the fourth part is to analyze the data and analyze the attachment relationships of different personality attributes In the last part, we analyze the results of analyzing the data, analyzing the psychological causes and the attachment relationships of different personal attributes.



**Figure 1.** Overall framework flowchart

### 2.2. Enneagram

In the West of the 19th century, the "Nine Types of Personality" theory appeared. They believed that everyone has an axis of personality. According to this axis, personality can be divided into nine

types: perfect type, all-love type, and career success. Type, artistic type, loyalty type, intelligent type, rich type, peaceful type and ability type. This is where the personality is distributed in nine corners in the form of nine-pointed stars. At the same time, the internal lines are closely connected and affect each other. Mutual conversion, forming different perspectives and sources of power for different people at once.

This article defines the nine types of personality as follows:

Perfect type: It is very demanding for itself and its close friends, and it requires perfection in life, study, and work;

All-love type: The all-love type defined in this article is the "bad person" we often talk about, and they actively help others no matter who they are;

Career-successful type: we define it as a "comparison type", that is, to compete and win in any situation;

Artistic: We define it as "sentimental". One thing that may be small may affect his view of relationships;

Loyal: It is difficult to treat people wholeheartedly, but once they become friends, they are very trustworthy friends;

Wisdom type: has the politeness of the book, works well, and is good at solving problems;

Rich type: with big nerves, don't care about anything;

Ability type: people with a high degree of subjective personality.

### 2.3. Questionnaire Method

The questionnaire is divided into two types. One is a nine-type personality discriminating form as a subsidiary form. Its main purpose is to discern the personality attributes of the respondent. It mainly appears in the form of question and answer. For example, is it critical to others? Wait, the answer is divided into three types: yes, uncertain and not; the total questionnaire is divided into 42 questions.

The main purpose of the Adult Attachment Questionnaire is to describe the respondents' degree of adult attachment. It is mainly carried out in a selective way. For example, even if I have not established a close relationship with others emotionally, I feel comfortable. The most important thing for me is to be self-reliant. I tend not to depend on others and I don't like to let others depend on me. In this description, the investigator needs to answer "Not at all", "Comparatively inconsistent", "Unable to determine", "Comparatively" and "Very well", which are identified as "A", "B", "C", "D" and "E".

The statistical methods used in this article include correlation analysis and analysis of variance.

The correlation analysis method uses the correlation coefficient method. For the two vectors I and J obtained from the questionnaire, each includes N elements (different according to the number of questions).

$$P_{ij} = \frac{\sum_{t=1}^N (x_i(t) - \bar{x}_i)(x_j(t) - \bar{x}_j)}{\sqrt{\sum_{t=1}^N (x_i(t) - \bar{x}_i)^2} \sqrt{\sum_{t=1}^N (x_j(t) - \bar{x}_j)^2}} \quad (1)$$

## 3. Experiments

The survey questionnaires for this article include college students and general staff, including 2456 college students (male 1473, female 983) and 1,243 staff members (male 742, female 501). Among the college students, the age is ; Among the staff, the age is . Limited to objective conditions, all respondents in this article are in the same city.

## 4. Results

### 4.1. Differences in Personality Characteristics between College Students and Staff

As shown in Figure 1, the overall analysis framework of this article can be divided into five parts,

of which Questionnaire design part designs the questionnaire. Because of the comparative analysis, the design questionnaire is divided into ordinary attachment psychology questionnaires. 3] The questionnaire related to the intermediary relationship between the quality of the intimacy relationship is also designed with an auxiliary questionnaire to analyze the personal attributes of the respondent; the Sample analysis part is used to divide the questionnaire sample into different personality attributes 9 different sample sets; Classification of Nine Personality Samples is based on the sample set divided in the second part to calculate the sample characteristics and divide the sample

College students and professionals are the two groups with the most significant differences between adults. Can the nine-person theory be used to reveal the differences between these two groups? This is a hypothesis studied in this article. Therefore, this article first analyzes the correlation between different personalities between adult attachments between college students and professionals. For the sake of display, this article labels the nine types of personality as perfect (1) and all-love. Type (2), career success (3), artistic type (4), loyalty type (5), intelligent type (6), rich type (7), peaceful type (8) and ability type (9) are calculated separately Correlation between P values, where P1 is male and P2 is female.

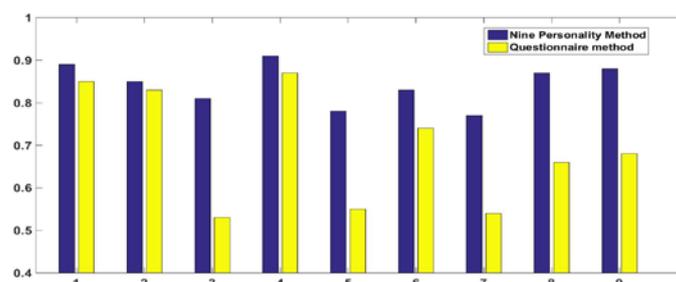
**Table 1.** Correlation analysis of adult attachment with different personality traits

	1	2	3	4	5	6	7	8	9
P1	0.99	0.56	0.62	0.92	0.87	0.89	0.78	0.94	0.92
P2	0.96	0.66	0.84	0.94	0.75	0.84	0.66	0.93	0.93

From the results in Table 1, it can be seen that due to different personality characteristics, the adult attachment correlation results between college students and professionals are very different. The correlations for personality markers are 1, 4, 6, 8 and 9, respectively. The sexual results are all above 0.8, and the highest is even 0.99, which shows that the adult attachment of this personality, although with the change of life roles and age, whether it is male or female, the change does not appear to be large, analyze the reasons, We can find that among the psychological factors mainly reflected in this personality trait, there are relatively large elements of self-identity and self-confidence, such as perfect, peaceful, and capable. People with this personality trait are affected by the environment, whether in a responsible environment or not. The impact is small, but for the career success type, we can see that the gap between college students and professional staff is large, the correlation coefficient is about 0.5, the main reason is that before the college students have not really experienced a career, they just have Imagination component, so it shows lower adult attachment component, but the cruelty of the workplace affects the professional Great, work under pressure and professionals for family, friends and other adult attachment has significantly enhanced, thus creating a greater difference correlation between college students and professionals.

#### 4.2. Accuracy Survey of Adult Attachment Using Nine-Person Personality Theory

Through the analysis of the correlation between different genders and occupations, it can be seen that adult attachment under different personality characteristics is different. Therefore, for the attachment of different personality, the questionnaire method is used to directly analyze and use the nine-type personality to analyze, and its accuracy is analyzed. Are there differences? Figure 1 shows the comparison of the analysis results of the two methods of the nine personality traits defined in this paper.



**Figure 2.** Comparison of the two methods

From the results in Figure 2, it can be seen that the accuracy of the analysis method using the nine personality theory is higher than that of using only the questionnaire. The analysis of the nine types of adult attachments has an average accuracy of 84 %, But the survey method was only 70%. It can also be seen from Figure 2 that the two methods also have a large difference in the accuracy of different personality traits. For personality trait 1, the differences between the two methods are small, but for personality traits 3 and 5, the difference is greater.

## 5. Conclusion

Nine-type personality theory is a classic theory of psychological analysis. People with different personality may have different causes and results even for the same psychological problem. This article introduces the nine-type personality theory to analyze adult attachment, and analyzes the differences in adult attachment of different personalities. The results show that the nine-type personality analysis method is more accurate than the questionnaire method.

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