



Faculty of **Education**  
The University of Hong Kong

# The influence of early temperament on children's social adjustment: A longitudinal study

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## Abstract:

The social adjustment of children is significantly influenced by their early temperament. Drawing on the motivational systems theory (behavioral activation system and behavioral inhibition systems), we concentrate on two types of temperament: exuberance and inhibition. I will share findings from my team's ongoing longitudinal study on children's early temperament and later social adjustment since 2016 (at children's age of 2). Specifically, I will address three fundamental questions:

- 1) *Does temperament influence children's social development (regulation and empathy)?*
- 2) *What cognitive mechanisms (e.g., attention bias, trait inference, and self-cognition) can explain the influence of early temperament on later social adjustment?*
- 3) *What interpersonal mechanisms (e.g., peer interaction and parental behaviors) can explain the influence of early temperament on later social adjustment?*

The implications of these findings for child development and practical applications in education will also be discussed.

**February 27, 2026**

**(Friday)**

**12:30 – 13:45**

**Room 408-410, Meng Wah  
Complex, HKU**

**Chair: Prof Shelley Tong**

Registration



## About the speaker:

Jie He is a professor at the Department of Psychology and Behavioral Sciences at Zhejiang University. Her research interest is children's temperament and children's social and emotional development.



~ All are welcome ~