**如何改变部分青少年对自身内向性格的消极观念**

**How To Change Adolescents' Negative Opinions Towards Their Introversion**

# 摘 要

本报告将会针对如何改变青少年对自身内向性格的观念这一课题展开详细讨论，并提出可能解决方案。基于尽管不被父母欣赏，但青少年的内向性格并非无益处且可以慢慢接受自身的内向性格这一假设，小组经过多样调查并显示，因为自身的内向性格而遭到长辈的不断质疑与误解这一社会现象已成为众多中国青少年的困扰。延续此研究，我们将会进一步调查研究如何改变对自身内向性格的自卑情绪和其他负面观念，积极展开心理成长团体项目，深入了解内外向人群对彼此的观念与改变；同时，小组将发布成员拍摄的采访等视频以做进一步宣传。

**关键词**：内向性格；青少年

# Abstract

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This report will focus on the discussion of how to change adolescents’ negative opinion toward their introversion, and provide possible solutions. Based on the hypothesis that adolescents’ introversion is not as bad as adults usually think and that adolescents can gradually accept and appreciate their own and others’ introversion by the popularization of the concept and advantages of introversion, our group investigated and surveyed on different adolescents in China, and discovered that adolescents do have been troubled a lot by the undervalue from their parents or teachers. Following this investigation, we will further explore how to alter introvertive adolescents’ negative attitude toward their introversion by launching the psychological group project, along with the videos for further publicity.

**Key words:** Introversion; Adolescents

**Topic Introduction**

In China, a large number of teenagers are suffering, for they face plenty of misunderstanding and potential biases towards their introversion. They hear others -mostly their parents- urging them to be open, to be social all the time. People praise highly of the extrovert blindly. The adults feel that introversion is something teens can control and get rid of. Most of them have little ideas of why and how the children’s personalities are formed, and they make their decisions based on their ignorance and prejudice. As a result, many teenagers are self-conscious and are shamed of their own personalities. They become unwilling to communicate with others simply because their parents’ feeling. Fortunately, this problem can be solved. Through the popularization of the precise definition of introvert, introverts can grow their self-recognition and their confidence can be promoted.

Our research question is how to let some introvert adolescents think positively about themselves despite others’ possible bias. Our targeted group is Chinese young introverts, most of which may once be disappointed by people around them, especially parents, because of their seemingly asocial personalities. Our goal is to make those introverts keep an open mind to those bias, and be their real selves. We are trying to let the youngsters know that they should pay no attention to whatever others judges their personalities.

Our hypothesis is that since most parents and other adults prefer extroversive children rather than introverts, introverts can be even more unsocial if they are frequently denied and excluded by adults due to their preference of being alone. However, introversion is not that useless and can have infinite benefits in some circumstances, and adolescents’ introversion can be changed by our effort.

**研究分析/ Analysis**

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3. 研究结果

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4. 结论分析

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