

Abstract

A cross-sectional questionnaire study involving 190 Chinese parents with children studying in primary schools was carried out to investigate the contribution of personality in predicting parental subjective burden and psychological well-being. Regression analyses confirmed the contribution of personality in addition to demographic variables, and indigenous personality facets over Big-Five personality dimensions in predicting psychological well-being. In particular, negative predictions of Neuroticism, Face, and Ah-Q Mentality on parental psychological well-being were found. However, the mediating role of subjective perception of stress and life satisfaction appeared not significant. Implications for assessment and interventions were discussed.