



POSITIVE COMPONENTS OF DETERMINING TEMPERAMENT TYPES THROUGH HAND MORPHOLOGY

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Annotation: This article provides a general understanding of temperament, including the history of its emergence, B.M. Teplov's views on temperament, types of temperament, methods of temperament identification, various scholars' opinions on temperament types, different perspectives on classifying types, and aspects of identifying temperament through various methodologies. The article focuses on developing a method for determining temperament types based on the morphology of the human hand. In psychology, temperament is considered an innate, biologically based, and stable characteristic of an individual. Temperament defines a person's emotional reactions, attitude toward activity, and the speed of response to external stimuli. Using this method, a person's temperament type can be quickly determined through their hands. Now, without spending 1-2 minutes on psychological tests or various methodologies, we can identify temperament types just by observing a person's hands. Currently, the article highlights the effective aspects of determining temperament type through hand morphology. The purpose of applying this methodology is to facilitate temperament identification by hand analysis. The method has several effective and beneficial features.

Keywords: temperament, method, identification of temperament through hand morphology, temperament type, choleric, sanguine, phlegmatic, melancholic, research.

Introduction

Interest in the problem of temperament arose approximately 2,500 years ago. The emergence of this interest was caused by the biological and physiological structure and development of the organism, as well as by social development, social relations, and the uniqueness of interactions based on individual differences. Temperament belongs to biologically conditioned structures of the individual. It determines the presence of numerous psychological differences among people, including emotions, emotional sensitivity, the rhythm and speed of movements, and other dynamic features.

Today, there are many approaches to studying temperament. Despite the diversity of these approaches, most researchers agree that temperament is a biological foundation formed as part of a person's social existence, and the personality traits based on temperament are stable and enduring.

Literature review and methodology

B.M. Teplov defines temperament as follows: "Temperament is the sum of psychological characteristics related to the emotional excitability specific to a particular person, i.e., on one hand, the speed of emotional arousal, and on the other hand, the intensity of these emotions." Temperament is the aggregate of individual personality traits that characterize the dynamic and emotional state of a person's activity and behavior. Thus, temperament has two

components — activity and emotionality. The activity of behavior characterizes the degree of mobility, initiative, speed, or, conversely, sluggishness and inactivity. Emotionality, in turn, characterizes the process of emotional experience, identifying the nature of emotions (positive and negative) and modality (joy, sadness, fear, anger, etc.). Since ancient times, temperament was divided into four main types: choleric, sanguine, melancholic, and phlegmatic. These basic types differ in the dynamics of emotional development and the intensity of emotional states. The choleric type is characterized by rapidly emerging weak emotions; the melancholic type by slowly emerging but intense emotions; the phlegmatic type by slowly emerging and weak emotions. In addition, choleric and sanguine temperaments exhibit rapid movement, general activity, and strong outward expression of feelings (in actions, speech, facial expressions, etc.), while melancholic and phlegmatic types are characterized by slower movements and weaker expression of feelings.

From the viewpoint of applied psychology, temperament types can be described as follows:

Choleric — a person with strong, quickly ignited feelings expressed vividly in speech, facial expressions, and gestures, prone to rapid emotional reactions. Sanguine — a fast, active person emotionally responsive to all impressions, whose feelings are directly expressed in behavior but not strong and easily replaced by other emotions. Melancholic — a person with less diverse but strong and enduring emotional experiences, who does not react to everything and thinks deeply, not openly displaying feelings. Phlegmatic — a calm, moderate, and composed person, whose emotional responses are slow and difficult to provoke, and feelings are barely outwardly visible. However, it is a mistake to believe that all people can be classified strictly according to these four types. Only some individuals are pure representatives of these types; most people exhibit mixed temperament types.

It is important to note that temperament does not determine a person's abilities or talents. Distinguished talents can be found among representatives of different temperament types in various fields. For example, A.S. Pushkin was a choleric, A.I. Herzen a sanguine, N.V. Gogol and V.A. Zhukovsky melancholics, I.A. Krylov and I.A. Goncharov phlegmatics. Among the great Russian commanders, A.V. Suvorov was choleric, M.I. Kutuzov phlegmatic.

There is no need to discuss the superiority of any temperament. Each temperament has its positive and negative sides: choleric have passion, activity, and energy; sanguines are impressionable and cheerful; melancholics possess depth and stability of feelings; phlegmatics are calm and unhurried. Conversely, sanguines may be light-minded and emotionally shallow; choleric prone to outbursts and loss of control; melancholics may be overly introspective and shy; phlegmatics might be lazy and indifferent.

The founder of the doctrine of temperament is the ancient Greek physician Hippocrates, who noted that people differ by the proportions of "humors" in their bodies — the term "krasis" in Greek meaning mixture. Later, the Latin term "temperamentum" replaced it, meaning proportion or measure. Based on Hippocrates, the ancient physician Claudius Galen developed the typology of temperaments in his manuscript "De temperamentis." According to his theory, temperament types depend on the predominance of blood, phlegm, yellow bile, and black bile in the organism. He identified 13 types but later grouped them into four — sanguine (blood), phlegmatic (phlegm), choleric (yellow bile), and melancholic (black bile).

Results analysis



Until now, questionnaires such as Belov's 80-question survey and Eysenck's 57-question method, among others, have been widely used to determine temperament type. Although these methods are effective and valid, in today's fast-paced information age, faster methodologies are necessary. Based on Hippocrates' scientific theory of four bodily fluids — choleric (yellow bile), sanguine (blood), phlegmatic (phlegm), melancholic (black bile) — and psychological observations, a new method was developed and refined experimentally.

This method is called the "Method of Determining Temperament Through Hand Morphology."

Implemented work:

Determination of temperament through hand analysis.

Application of the temperament identification methodology (Belov's method).

Comparison of data obtained by Belov's questionnaire and the "Hand Morphology Method."

Determination of the reliability of the hand-based temperament identification method.

Purpose of the methodology:

To quickly determine a person's temperament type.

Effective aspects of hand-based temperament determination:

Facilitates the psychologist's work with clients;

Enhances rapid client engagement;

Saves time;

Reduces paper usage, thereby protecting the environment;

Does not require special pedagogical-psychological conditions;

Facilitates constructive communication with clients;

Gives the psychologist a dominant position in the interaction.

At Chirchiq State Pedagogical University, this "Hand Morphology Method" was applied among students from five faculties — Primary Education, Pedagogy, Mathematics and Informatics, Natural Sciences, and Art Studies. The study covered 500 students. Two methods were used simultaneously: first, Belov's 80-question questionnaire; second, the Hand Morphology Method. The results were compared and analyzed. Out of 500 participants, 456 students showed matching results by both methods, while 44 showed discrepancies. This amounts to 91.2% consistency.

Conclusion

In conclusion, the "Hand Morphology Method for Determining Temperament" was conducted alongside Belov's 80-question questionnaire. The reliability and positive results of the new method were confirmed, proving its effectiveness today. Compared to traditional tests, the hand morphology method offers a simple and fast way to gain initial impressions about temperament. This is especially useful for children, individuals unable to answer tests, or those lacking time.

It provides opportunities for career guidance and interpersonal compatibility assessment — correct temperament identification is crucial for choosing suitable professions, evaluating teamwork abilities, and ensuring social harmony.

This methodology offers an alternative approach for practical psychology. Using physiological indicators to identify innate personality traits often yields more reliable results than tests. Additionally, this approach is valuable for differential diagnosis, prevention, and improving educational strategies in modern psychology. The method allows rapid diagnosis,

reduces paper use, decreases environmental pollution, saves time, and improves psychologists' skills in client interaction.

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