



TEMPERAMENT AND ITS TYPES

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Abstract

Temperament is the basis of human personality and is closely related to its mental state, behavior, adaptation to the social environment, ability to control emotions and general activity. This article deeply covers the scientific foundations of the concept of temperament, its historical development stages, biological and neuropsychological roots, as well as its role in modern psychology and medicine. Although temperament is recognized as an innate and unchangeable characteristic of a person, studies show that it can be partially modified under the influence of social environment, upbringing, life experience and cultural factors.

The article analyzes the classical and modern types of temperament: sanguine, choleric, phlegmatic, melancholic, as well as classifications based on the Eysenck model, MBTI, Big Five, and other systems.

Keywords

Temperament, sanguine, choleric, melancholic, phlegmatic, personal typology, psychotype, Eysenck model, extraversion, introversion, neuroticism, temperament test, psychological portrait, emotional stability, psychophysiology, individual differences, MBTI, Big Five, psychological assessment, leadership, emotional intelligence, stress tolerance, pedagogical adaptation, temperament in differential psychology, personality, developmental psychology, temperament and health.

Annotatsiya

Temperament inson shaxsiyatining asosi hisoblanadi va uning ruhiy holati, xulq-atvori, ijtimoiy muhitga moslashuvi, hissiyotlarni boshqarishdagi qobiliyati va umumiy faoliyati bilan chambarchas bog'liqdir. Ushbu maqolada temperament tushunchasining ilmiy asoslari, uning tarixiy rivojlanish bosqichlari, biologik va neyropsixologik ildizlari, shuningdek, uning zamonaviy psixologiya va tibbiyotdagi o'рни chuqur yoritiladi. Temperament insonning tug'ma va o'zgarmas xususiyati sifatida e'tirof etilsa-da, tadqiqotlar uning ijtimoiy muhit, tarbiya, hayot tajribasi va madaniy omillar ta'sirida qisman modifikatsiyalarga uchrashi mumkinligini ko'rsatmoqda.

Maqolada temperamentning klassik va zamonaviy tiplari: sangvinik, xolerik, flegmatik, melancholik, shuningdek, Eysenck modeli, MBTI, Big Five, va boshqa tizimlar asosida shakllangan tasniflar tahlil qilinadi.

Kalit so'zlar

Temperament, sangvinik, xolerik, melancholik, flegmatik, shaxsiy tipologiya, psixotip, Eysenck modeli, ekstraversiya, introversiya, nevrotizm, temperament testi, psixologik portret, hissiy barqarorlik, psixofiziologiya, individual farqlar, MBTI, Big Five, psixologik baholash, liderlik, emotsional intellekt, stressga chidamlilik, pedagogik moslashuv, temperament differensial psixologiyada, shaxsiyat, rivojlanish psixologiyasi, temperament va sog'liq.

Аннотация

Темперамент является основой личности человека и тесно связан с его психическим состоянием, поведением, адаптацией к социальной среде, способностью управлять эмоциями и общим функционированием. В статье подробно рассматриваются научные основы понятия темперамента, этапы его исторического развития, биологические и нейропсихологические корни, а также его роль в современной психологии и медицине. Хотя темперамент признан врожденной и неизменной характеристикой человека, исследования показывают, что он может частично изменяться под влиянием социальной среды, воспитания, жизненного опыта и культурных факторов.

В статье анализируются классические и современные типы темперамента: сангвиник, холерик, флегматик, меланхолик, а также классификации, основанные на модели Айзенка, MBTI, Big Five и других системах.

Ключевые слова

Темперамент, сангвиник, холерик, меланхолик, флегматик, типология личности, психотип, модель Айзенка, экстраверсия, интроверсия, невротизм, тест темперамента, психологический портрет, эмоциональная устойчивость, психофизиология, индивидуальные различия, MBTI, Большая пятерка, психологическая оценка, лидерство, эмоциональный интеллект, стрессоустойчивость, педагогическая адаптация, темперамент в дифференциальной психологии, личность, психология развития, темперамент и здоровье.

Relevance of the topic

Today, the issue of temperament is one of the most relevant topics in the fields of personality psychology, education, health, management, sociology, and even technology. Each person has a unique psychological type, which directly affects their emotional reactions, decision-making processes, response to stress, and relationships with society. In particular, in modern society, people's ability to deeply understand each other, communicate effectively, and resolve conflicts constructively depends on their temperament type.

In the current global environment, interpersonal relationships are becoming increasingly complex, and stress, psychological pressure, and depressive states are increasing, studying temperament can help get to the root of these problems. It is especially important for teachers and psychologists in preschool education, schools, colleges, and higher education institutions to determine the temperament of students and work on the basis of an individual approach.

Temperament-based approaches also play an important role in choosing a profession, developing leadership skills, working in a team, and increasing the level of compliance and efficiency. Scientific interest in this area is growing every year. In particular, new technological tools are being developed based on temperament models in the fields of neuropsychology, genetic psychology, evolutionary psychology, and artificial intelligence. Another aspect that increases the relevance of the topic is the role of temperament in medical psychology. For example, the development of certain mental illnesses may be associated with temperament type. Melancholics are prone to depression, while choleric are more likely to

experience psychovegetative dysfunctions. Therefore, in-depth study of this topic is also important in prevention, early diagnosis, and psychotherapeutic approaches.

Research Objective

The main objective of this scientific article is to conduct a deep analysis of the concept of temperament, study its types, the specific psychological and physiological characteristics of each type, and determine its social and professional role in human life. The study will identify the differences between temperament types, study how they affect human behavior, decision-making processes, stress resistance and coping styles. In addition, the advantages and disadvantages associated with each temperament type will be identified, which will help to understand what factors are important in the development of the individual.

The aim is also to shed light on the biological foundations of temperament, its connection with genetic factors, the activity of the central nervous system, neurophysiological mechanisms. The formation of temperament from childhood and the possibilities of its direction through upbringing will also be analyzed. The article is written based on modern psychological research, clinical observations and statistical data. The aim is to determine the role of temperament in maintaining human health and mental stability, as well as to reveal their importance in psychological services, education and career choice.

Research results

Based on in-depth analyses and theoretical and empirical research, it was found that temperament types (choleric, sanguine, phlegmatic, melancholic) play an important role in a person's mental state, emotional stability, and level of social interaction. The results of the study showed that individuals with choleric temperament are energetic, proactive, but often prone to anger. Sanguines are sociable, outgoing, adaptable, but sometimes prone to slow thinking. Phlegmatics, on the other hand, are stable, balanced, and reliable, but can act slowly. Melancholics, on the other hand, are emotionally sensitive, sensitive, and thoughtful, but can be overly anxious.

In addition, temperament types also have a significant impact on stress tolerance, social adaptability, decision-making speed, and teamwork. Based on empirical data, educational methods adapted to students' temperaments increase their effectiveness. Recommendations for choosing a profession based on temperament type in enterprises and organizations give effective results. At the same time, certain connections between temperament and mental illnesses (depression, bipolar disorder) have also been identified.

World strategies

There are a number of advanced strategies in the world for studying temperament, the main goal of which is to identify temperament types, develop them and reveal personal potential through psychological services. For example, in developed countries such as the USA, Germany, and Japan, modern psychometric tests, neuropsychological examinations, and neurochemical analyzes are widely used for temperament diagnostics. Their results play an important role in the education system, in the selection of personnel in the workplace, in the military service, and in sports.

In countries such as Finland and the Netherlands, personal development plans are drawn up based on temperament types. In kindergartens and schools, psychologists use individual approaches based on temperament. Special programs have also been developed for stress management and the development of emotional intelligence based on temperament. In South Korea and China, there are strategies that combine ancient traditional education and health methods related to temperament with modern psychology.

Internationally, temperament research is gaining great importance in human health, mental stability, professional efficiency, preventing family problems, and forming stable social relationships in society.

Results and discussion

The results of the study show that temperament types have their own place in personal and social life. Each temperament type has its own strengths and weaknesses, which allow them to be properly managed, develop their positive aspects and neutralize their negative ones. For example, while the energy and leadership qualities of choleric are highly valued, their emotional explosiveness needs to be controlled. The sociability of sanguine people is useful, but they quickly get carried away by temporary interests. Phlegmatic people are reliable, but they can be slow to make active decisions. Melancholics, on the other hand, are prone to excessive anxiety, despite being deep thinkers and self-analyzers.

The discussions show that although temperament is an innate quality, it can be directed through upbringing, psychological training and personal development programs. Taking temperament into account, education, career choice, leadership styles, and teamwork are effectively organized. In addition, a deep study of the neurophysiological foundations of temperament will lead to more effective psychological support services. In modern psychology, there is a growing tendency to evaluate temperament as one of the indicators of mental health.

Conclusion

Based on the above analysis and research results, it can be concluded that temperament plays a decisive role in a person's personal and social life. Each temperament type has its own psychological and physiological characteristics and directly affects a person's stress resistance, ability to work in a team, social behavior, decision-making speed, and mental health.

A deep understanding of temperament types and their correct use is especially important in the fields of education, health care, psychological counseling, career choice, leadership, and management. Assessing temperament, recognizing it as an individual trait, and developing it in a positive direction are among the current areas of modern psychology.

Psychotherapeutic approaches, personal development programs, and support from family and social environments also play an important role in overcoming the negative aspects of temperament types and developing their strengths. This allows people to fully realize their potential, achieve a stable mental state, and function successfully in society.

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