



Temperament Types And Their Characteristics In Psychology

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Annotation. This article analyzes the psychological foundations of temperament, the history of its study and its types, the specific characteristics of each type. Temperament is the main biological factor governing a person's mental activity and has a strong influence on his vital activity. Each type of temperament is manifested by different behavior and emotional reactions.

Keywords: Temperament, choleric, sanguine, phlegmatic, melancholic, psychology, bile, black bile, fluid, carefree, active, thoughtful, strong, excitable.

Introduction. During the socio-historical development of psychology, the opinions expressed about temperament and the interpretations of its material basis have been diverse, serving to explain the psychological characteristics of a person in their own way. Temperament is derived from the Latin word "temperamentum", which means "mixture". The first doctrine of temperament was created by the Greek scientist Hippocrates (lived in 460-356 BC), and his typology has been used to this day. According to Hippocrates, the differences in temperament of people are associated with the different proportions of fluids (hypotheses) in their bodies. According to Hippocrates, there are four types of fluids (hypotheses) in the human body. For example, there is bile (Greek - chole), blood (Latin - sandus), (black bile - Greek melanhole) and phlegm (Greek - rhlegma). According to Hippocrates, each person has more of one of these four types of fluids and is dominant. He suggests that yellow bile is dominant in choleric, blood in sanguine people, black bile in melancholics, and phlegm (mucus) in phlegmatic people. Temperament is one of the main psychological factors that determine the uniqueness of a person's personality.

Main part. In modern society, it is becoming increasingly important to take into account the individuality of each person in processes such as education, upbringing, career choice, leadership, and interpersonal relationships. Therefore, a deep understanding of temperament types and their



characteristics is relevant not only for psychologists, but also for teachers, parents, and personnel specialists.

There are 4 temperament types in total:

1. Choleric
2. Sanguine
3. Phlegmatic
4. Melancholic

Choleric temperament is characterized by rapid and strong emotional excitability, as well as stability. The emotions of people with choleric temperament are clearly visible in their gestures, facial expressions, movements and speech. Choleric people are prone to hot-temperedness and irritability. People with such temperaments are agile, generally mobile, energetic and always striving. Their interests and aspirations are stable, and there is determination in their actions. However, they have difficulty concentrating.

Advantages: decisive, active, quick to make decisions.

Disadvantages: impatience, aggressiveness, capriciousness.

Suitable professions: leadership, military, politics, entrepreneurship.

Sanguine temperament is characterized by rapid, strong emotional excitability, but instability. The mood of people with a sanguine temperament changes frequently, and one mood can quickly alternate with another, the opposite of itself. Mental processes in sanguine people, like in choleric people, pass quickly. People with this type of temperament are quick, agile, active and energetic. People with a sanguine temperament are easily influenced by events around them and are not very upset by failures and unpleasant events. They quickly and enthusiastically get involved in many things, but quickly cool off from work. They are not inclined to do the same thing for a long time. They quickly acquire skills and qualifications. They are open-minded, sociable, and quickly enter into communication. Their imagination is highly developed.

Positive aspects: Open-minded, friendly, can quickly exchange ideas.

Negative aspects: Superficial, avoids deep thinking, can sometimes be apathetic.

Nervous system: strong, balanced, active.

Character: social, cheerful, active, talkative.

Advantages: quick thinking, positive mood, good communicator.

Disadvantages: superficial approach, distraction.



Melancholic temperament is characterized by slow but strong emotional excitability and stability. Melancholics tend to have a stable, persistent mood, but the external expression of their emotions is very weak. People with a melancholic temperament are slow-witted. A person with a melancholic temperament may not immediately get down to business, but once he gets down to business, he will not stop working. Shy, irritable, sad. He cries quietly, laughs rarely. He has weak determination and independence. He gets tired quickly. He is not overly hardworking. His emotions change slowly.

Phlegmatic temperament is characterized by a very slow, weak arousal of emotions and a short duration of action. The external expression of emotions in people with a phlegmatic temperament is weak. It is very difficult to make people with this temperament happy, sad or angry. It is difficult for them to accept news. They respond slowly to external impressions. They react calmly to news of an unpleasant event or danger. They are restrained, less active. The external expression of emotions in people of this type is weak. They rarely interfere with others, are shy, and do not offend anyone.

Character: sensitive, emotional, has a rich inner world, thinks deeply.

Advantages: attentive, delicate taste, creative thinking.

Disadvantages: insecure, timid, prone to depression.

Suitable professions: writing, painting, librarianship, scientific research.

In the science of psychology, we can see a full explanation of temperament among the psychological characteristics of a person. Temperament, from a psychological point of view, is an individual characteristic that is manifested in a person's emotional arousal and general mobility. Representatives of two temperaments, namely sanguine and phlegmatic, are able to adapt very stably to life's difficulties. Sanguine and choleric are among the most common temperaments.

It is rare for a person to have a temperament that is 100% choleric or 100% phlegmatic. For example, someone who is 70% choleric may have 30% melancholic traits, or a 75% phlegmatic type may have 25% sanguine traits. However, the two temperament types are not 50/50 in the same person. If temperament and its characteristics are left as they are and not developed, negative characteristics of temperament will appear. These negative characteristics will manifest themselves in different characters for different temperaments.



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Temperament and emotional-volitional qualities in the personality of a teenager. The study of the emotional-volitional qualities of a teenager is a specific psychological problem in the educational process. The content of this problem implies the following: each teenager has its own biological and physiological mechanisms. These mechanisms, in connection with the psychological laws of the student's personality, create the basis for the emergence of certain individual characteristics; the more a healthy environment is created in the social, spiritual, economic, educational factors surrounding the formation of emotional-volitional qualities in the personality of a teenager, the more he will be like this.

Conclusion. In conclusion, we can say that temperament is the basis of a person's natural psychological characteristics. No temperament type is better or worse, each has its own strengths and weaknesses. A person's social adaptation, stress resistance, and general level of activity are directly related to temperament. The most important role in the development of temperament is the family environment. Because the people who guide a child to develop as a well-educated, educated, physically and mentally healthy person and, above all, should be an example are his parents. Therefore, parents should direct their children to study, work, and play sports from a young age. Human temperament also depends on the process of education, upbringing, the social world, and the skills and qualifications that people have acquired. The self-confidence and behavior of successful people in life also depend to some extent on the type of temperament.

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