



Temperament. Temperament Types

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Annotation: This article presents a theoretical analysis of temperament and its types. Temperament is considered a key factor influencing a person's emotional, psychophysiological characteristics and activity speed. The author describes the classic types of temperament — sanguine, choleric, phlegmatic, and melancholic — and analyzes their psychological features. The article also discusses the significance of temperament in personality development and its application in modern psychological practice and education.

Keywords: temperament, types of temperament, sanguine, choleric, phlegmatic, melancholic, psychophysiological traits, personality, emotional stability.

Introduction. Temperament plays an important role in a person's mental life. Temperament is a psychophysiological characteristic of a person associated with the stability, speed and strength of emotional reactions, mental state. Each person has their own pace of action, level of emotion, and ability to respond to external factors.

Temperament determines these aspects. The issue of temperament has long been one of the important topics in psychology, and today it is of great importance in studying personality and determining educational strategies. Theoretical approaches to temperament

Main part. The concept of temperament has its roots in ancient Greece. The four main temperament types developed by Hippocrates and Galen — sanguine, choleric, phlegmatic, and melancholic — have not lost their relevance in scientific discussions to this day. Hippocrates explained these types based on the predominance of fluids in the human body (blood, bile, black bile, and phlegm).

Later, the Russian scientist I.P. Pavlov scientifically substantiated temperament on the basis of the strength, balance and mobility of the central nervous system. He experimentally demonstrated that temperament types have



a physiological basis. Today, temperament is being studied in depth within the framework of psychological and neurological research.

Results and discussion: Temperament types

1. Sanguine

A sanguine is a person who is quick-tempered, active, prone to positive emotions, and likes to socialize. They think quickly, are socially active, and can quickly adapt to changing situations. However, they can sometimes be superficial and not complete tasks.

2. Choleric

People with a choleric temperament are strong, impulsive, strong-willed, and active individuals. They are decisive and quick to act towards their goals. However, choleric can be quick-tempered, impatient, and aggressive. Their emotional outbursts are strong.

3. Phlegmatic

Phlegmatics are slow-moving, stable, and balanced people. They have difficulty adapting to changes, but they work effectively in responsible and permanent work. They are taciturn, reserved, and patient. Their mental stability puts them among the most reliable people.

4. Melancholic

Melancholy people are very sensitive to feelings, emotionally vulnerable, and have a rich inner world. They can often be withdrawn, anxious, and have low self-esteem. However, melancholic people can achieve great success in creative fields.

Modern research and practical significance

Modern psychologists do not limit temperament to only four types, but also take into account their mixed types, as well as the interaction of genetic, neurophysiological and environmental factors. Temperament is important in determining a person's adaptation to the social environment, career choice, and needs for educational methods.

For example, it is effective to use active, interactive methods with sanguine students, and a soft, psychological approach with melancholic ones. Temperament is determined through psychodiagnostic tests, and psychological counseling or correctional work is carried out.

Conclusion. Temperament is one of the main characteristics of a person, manifested in emotional reactions, activity speed and mental states. Each type of temperament has its own advantages and weaknesses, and plays an



important role in the formation and development of the human personality. In-depth study of temperament is very necessary for choosing an individual approach to education, determining a professional direction, and providing psychological support.

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