



KINDS OF TEMPERAMENT OF HUMAN BEINGS

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Annotation

It is important to mention that personality is built in later stages of life, and is composed of both temperament and character and behavior. The latter is formed by lived experiences, the way in which we have been educated, the habits we have learned

Keywords: temperament, choleric, sanguine, melancholic, phlegmatic, constitutional typologies

Introduction

There are different types of temperament which can be observed practically from birth. Temperament is defined as the emotional nature of each person, mainly involving energy level, mood and sensitivity to stimulation.

The temperament is composed of those individual characteristics that are general and stable, being maintained throughout our whole life. There are personality traits which can evolve a lot over the years, but temperament is the most resistant to experiences. If you spend a lot of time with babies or have children, you probably understand what temperament means. You will have seen that from birth there are different kinds of temperaments.

Some babies are more "hard to bear" than others, are more demanding or cry easily. Others, on the other hand, are calmer and more flexible in the face of new situations. That is perceived a few weeks after birth, and is considered an early sign of how the personality will be.

It is important to mention that personality is built in later stages of life, and is composed of both temperament and character and behavior. The latter is formed by lived experiences, the way in which we have been educated, the habits we have learned, etc.

Character differs from temperament in which the first is acquired and can be modified and controlled.





Since ancient times, it was decided to distinguish four main types of temperament: choleric, sanguine, melancholic and phlegmatic. These main types of temperament primarily differ in the dynamics of the onset and intensity of emotional states. So, for the choleric type, quickly arising and strong feelings are characteristic, for the sanguine one - quickly arising but weak feelings, for melancholic ones - slowly arising but strong feelings, for phlegmatic - slowly arising and weak feelings. In addition, choleric and sanguine temperaments are characterized by quickness of movements, general mobility and a tendency to a strong external expression of feelings (in movements, speech, facial expressions, etc.). For melancholic and phlegmatic temperaments, on the contrary, slow movements and a weak expression of feelings are characteristic.

Types of temperament from the point of view of everyday psychology can be characterized as follows.

Choleric - a fast man, sometimes even impetuous, with strong, quickly catching on feelings, pronounced in speech, facial expressions, gestures; often - hot-tempered, prone to violent emotional reactions.

A sanguine person is a quick, agile person who gives an emotional response to all impressions; his feelings are directly expressed in external behavior, but they are not strong and easily replace one another.

Melancholic - a person who is distinguished by a relatively small variety of emotional experiences, but a great strength and duration of them. He does not respond to everything, but when he responds, he feels very strong, although he does not express much of his feelings.

A phlegmatic person is a slow, balanced and calm person who is hard to emotionally touch and impossible to ruffle. Feelings of his appearance almost never manifest.

However, it would be a mistake to think that all people can be divided into four main temperaments. Only a few are pure representatives of these types; for most, we see a combination of the individual features of one temperament with some features of another. The same person in different situations and in relation to different spheres of life and activity can detect the features of different temperaments.

You should pay attention to the fact that temperament does not determine the ability and talent of the person. Great abilities can occur equally often at any temperament. Among the outstanding talents in any field of activity you can find people with different temperaments. If we take, for example, the greatest Russian writers, then A. Pushkin we can note the bright features of the choleric temperament, A. Herzen - the sanguine temperament, I. V. Gogol and V. A. Zhukovsky - melancholic, And I. A.



Krylov and I. A. Goncharova - phlegmatic. Two great Russian commanders - A.V. Suvorov and M.I. Ku-

Aces - in terms of temperament form a sharp contrast. Suvorov was a typical choleric person, and Kutuzov observed features characteristic of phlegmatic temperament, for example, slowness of movements, calmness, composure.

You can not ask the question about which of the temperaments is better. Each of them has its positive and negative sides. Passion, activity, choleric energy, mobility, liveliness and responsiveness of the sanguine person, the depth and stability of the melancholic feelings, calmness and lack of haste phlegmatic - these are examples of those personality traits that are associated with individual temperaments. At the same time, with any of the temperaments, there may be a danger of developing undesirable personality traits. For example, choleric temperament can make a person restrained, sharp, prone to constant "explosions." Sanguine temperament can lead to levity, the tendency to scatter, lack of depth and stability of feelings. With a melancholic temperament, a person may develop excessive closure, a tendency to immerse himself completely in his own experiences, excessive shyness. Phlegmatic temperament can make a person sluggish, inert, indifferent to all the impressions of life.

Studies of the problems of temperament have their own history. Consider some of the main stages of the formation of modern ideas about temperament.

The basis these concepts were laid a variety of personality traits. In a number of concepts, temperament properties were understood as hereditary or innate and were associated with individual differences in the characteristics of the constitution. Such typologies are called constitutional typologies. Among them, the most widespread was the typology proposed by E. Kretschmer, which in 1921. published his famous work "Body Structure and Character." His main idea is that people with a certain body type have certain mental characteristics. E. Kretschmer carried out many measurements of human body parts, which allowed him to identify four constitutional types: leptosomatic, picnic, athletic, dysplastic.

1. Leptosomatic is characterized by a fragile physique, tall, flat chest, narrow shoulders, long and thin lower limbs.

2. Picnic - a person with pronounced fatty tissue, overly obese, characterized by small or medium height, spread out body with a large belly and a round head on a short neck.

3. Athletic - a man with developed muscles, strong physique, characterized by high or medium height, broad shoulders, narrow hips.

4. Dysplastic - a person with a shapeless, wrong structure. Individuals of this type are characterized by various physique deformations (for example, overgrowth,





disproportionate physique). Krechmer relates three types of temperament that he identifies to these types of body structure: schizotypic, ixytypic, and cyclothymic. A schizotypic has an asthenic physique, he is closed, prone to *** moods, stubborn, not inclined to change attitudes and attitudes, with difficulty adapts to the environment. In contrast, Ixytypic has an athletic physique. This is a calm, unimpressive person with restrained gestures and facial expressions, with a low flexibility of thinking, often petty. A pycnic physique has a cyclothymic, its emotions fluctuate between joy and sadness, it easily contacts people and is realistic in thinking.

Many people believe that the development of our personalities could be based on the people around us, affecting our career paths and life experiences. Every seemingly minor or major experience could alter how we think and act; plus, how we represent ourselves may change over time as we meet new people and say goodbye to loved ones and friends.

A person's temperament is how they behave and represent themselves based on personality traits and impactful experiences. Temperament remains constant and serves as a means to help you determine how you will react to situations. It's a way to recognize consistent personality traits.

One study indicated that brain-stem processes determine temperament. Each person has a unique brain stem that cannot change throughout their life. Although the brain stem does not change, this does not mean that people are incapable of change.

Rather, people can introduce new types of behavior to their temperament as they see more of the world and evolve their behavior. No matter your temperament, you always have the potential to improve your life while remaining proud of your own unique identity. Simply existing in this world is a miracle, so try to make the most of it.

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