



AN EFFECTIVE WAY TO DETERMINE THE PERSONALITY TRAIT TEMPERAMENT TYPE

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ABSTRACT

This article gives a general understanding of temperament and describes the history of the emergence of temperament, B.M. Teplov's views on temperament, types of temperament, methods of determining temperament, opinions of different scientists about the type of temperament, different views on the separation of types, various aspects of determining type with different methodologies, Sanvenik's views, characteristics of people of the Sangvenik type, choleric views, characteristics of people of the choleric type, manifestations of melancholy, characteristics of people of the melancholic type, characteristics of people of the phlegmatic type, opposition of the Hepocratic type the effective aspects of type determination, the purpose of using the methodology, are carried out in determining the type of temperament by handagn works, a number of effective and useful aspects are covered in the application of this methodology.

Introduction

Interest in the problem of Temperament appeared 2.5 thousand years ago. The emergence of this interest was caused by the presence of individual differences based on the characteristics of the biological and phiological structure and development of the organism, as well as the features of social development, social ties and non-repetition of relations. Temperament belongs to biologically conditioned structures of personality. Temperament determines the presence of many psychic differences between people, as well as in characteristics that have emotions, emotional impressiveness, rhythm and intensity of movements, and a number of other dynamics.

Currently, there are many approaches to temperament research. But despite the diversity of these approaches, according to the recognition of most researchers, temperament is a biological superstructure in which an individual forms as a social being, while temperament-based personality traits are considered to be stable and sustained.

LITERATURE ANALYSIS AND METHODOLOGY

B.M. Teplov gives temperament the following definition: "it is said that Temperament is the emotional excitability characteristic of the same person, that is, on the one hand, the speed



of the appearance of sensations, and on the other, the sum of psychic properties associated with their strength".

Temperament is a collection of individual characteristics of a person, characterizing the dynamic and emotional state of human activity and behavior. Thus, temperament has two components – activity and sensuality. Behavior activity characterizes the level of mobility, aspiration, speed, or, conversely, lethargy and inactivity. In its turn, emotionality characterizes the course of emotional processes by identifying a sign (positive and negative) modality (joy, sadness, fear, anger, etc. From ancient times, temperament was divided into four main types, choleric, sanguinic, melancholic and phlegmatic temperament types. These main types of temperament differ from each other in terms of the dynamics of emergence and intensity of emotional states. For the choleric type, weak sensations are characteristic, for the melancholic type – those that appear slowly, but strongly, for the phlegmatic type-those that appear slowly and are weak. In addition, for choleric and sanguinic temperaments, the speed of movement, the expression of general mobility and sensations in External strengths (in movements, speech, facial expressions, etc.), for melancholic and phlegmatic temperaments, on the contrary, the slowness of movements and the weak expression of sensations are characteristic.

Temperament types can be characterized as such from the point of view of living psychology: choleric – a person prone to intense emotional exposure, who often, sometimes, even very sharply, has strong rapidly flammable sensations, which are clearly expressed in speech, facial expressions and gestures; sanguinic-a person who is quick, mobile, emotionally responsive to all impressions, his feelings are expressed directly in External behavior, but they are not strong, and easily replace each other; melancholic – emotional a person who differs in having continuity, he does not react to all of them, he thinks deeply, even if he is a signifier, does not manifest his feelings to that extent; a phlegmatic-sluggish, balanced and calm person, whose emotional impact is not easy, and it is difficult to get out of himself, his feelings are practically not manifested from the outside. But it is a mistake to think that all people can be separated according to these four different basic temperaments. Only some are considered pure representatives of these types; in most people, however, we observe mixed types of temperaments.

It should be noted that temperament does not determine the ability and talent of a person. From the owners of outstanding talents, it is possible to find owners of different temperaments in different areas of activity. For Example, A.S. Pushkin-choleric, A.I. Gersen-sanguinic, N.V. Gogol and V.A. Zhukovsky-melancholics, I.A. Krylov and I.A. Goncharov-phlegmatics. Two Russian major captains A.V. Suvorov-choleric, M.I. Kutuzov is phlegmatic.

There is no need to see the issue of which one is superior to temperaments. Each temperament has its own pros and cons. The passion, activity and energy of choleric, the impressiveness and satiety of sanguinic, the depth and stability of melancholic sensations, the non – existence of calmness and haste of phlegmatic-all these are positive aspects of their temperaments, the names of which are mentioned. At the same time, one can also point out their negative side. Sanguinic temperament is a tendency to mild naturalness, which can lead to insufficient depth and instability of the senses.. Choleric temperament can make a person picky, unable to tame himself, prone to regular "explosions". Melancholic temperament a person may experience extreme indulgence in their experiences, extreme shyness. Phlegmatic



temperament can make a person slow, motionless, indifferent to all life impressions. The founder of the doctrine of Temperament is the ancient Greek physician Hippocrates, who argues that people are distinguished by the ratio of "fluids in their body", the fluid is represented by the Greek word "crasis"; then the Latin temperamentum – replaced by the word "proportionality", "correct measure". Relying on Hippocratic teaching, the antiquarian physician Claudius Galen developed a typology of temperaments, which he expounded in his handwriting "de temperamentum". According to his teaching, the type of temperament depends on the predominance of blood, phlegm, yellow and black bile fluids in the body. He separated 13 different types of temperament, but later combined them into four different ones – sangvinic (blood), phlegmatic (mucus, phlegm), choleric (bile) and melancholic (black bile).

RESULTS ANALYSIS

To determine the type of temperament, Belov's questionnaire of 80 questions has been used to date, as well as Aizenk's methodology of 57 questions, of course, these methods are very effective and valid, but considering that the current 21st century is a fast information age, realizing that we need fast methods, the scientific theory of Hepocrates is based on 4 fluids in man, namely choleric-yellow bile, sangvnik-blood, phlegmatic-sputum, melancholic-black bile on the basis of psychological observations, a new methodology was created and experimented with improving it.

This methodology is the "method of determining temperament by hand".

Works carried out:

1-work determined temperament by hand (by hand)

2-the methodology for determining working temperament was used (Belov methodology)

3-the work compares the identified data (Belov's methodology for determining temperament and "method for determining temperament by hand")

4-work revealed the priority of detecting temperament by hand

The purpose of the implementation of the methodology:

Quick identification of personality temperament type

Effective aspects of determining temperament by hand:

- facilitates the process of working with the client to the psychologist;
- in reverse, the qualification program of working with the client is slammed in the brain;
- saves time;
- paper is used less often, by using paper less, the environment pollution is obtained;
- pedagogical-psychological conditions are not required;
- leads to the achievement of constructive communication with the client;
- this methodology makes the psychologist dominant in relation to the client

In the students of 5 faculties at Chirchik State Pedagogical University, the methodology "determination of temperament by hand" was used, which we will now consider on the example of one faculty.

A total of 48 students from the Faculty of Mathematics Applied both of the above methodologies i.e. Belov's 80-hole survey as well as a new "method for determining temperament type by hand", and 3 students out of 48 students found that the results of both method were inconsistent, while 45 students found to be consistent. According to the results of



the research conducted by brogan in the mathematics faculty of the university, 9 students from 138 students belong to the choleric type, 11 students belong to the sangvenic type, 20 students belong to the phlegmatic type and 8 students belong to the melancholic type.

Conclusion

In conclusion, among students of the Faculty of mathematics, students of the phlegmatic type make up a greater proportion. With the method "determination of temperament by hand", Belov's methodology, consisting of 80 questions, was carried out at the same time, the reliability level of the new methodology was determined, and considering the positivity of the result, it is worth noting that the use of the methodology "determination of temperament by hand" is effective today. At the same time, this methodology allows for quick diagnostics, reduces environmental pollution by not using a lot of paper, increases the technique of working a psychologist with a client, allowing you to save time, at the same time the most advantage of this methodology is that it helps to determine the characteristics of a person as early as he is young.

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