

## FEATURES OF TEMPERAMENT TYPES AND THEIR INFLUENCE ON THE PROFESSIONAL SELF-DETERMINATION OF THE INDIVIDUAL

Мансурова Гульмира Рафаэловна

Преподаватель Наманганского  
государственного университета.

E-mail: g.mansurova@internet.ru

### ABSTRACT

The article discusses the issues related to the relationship between temperament and professional development of the personality. Special attention is paid to the features of temperament that are manifested in the professional activity of a person. For a better disclosure of the topic, the article analyzes the most well-known theories of temperament, reveals the essence of each type of temperament and considers the professions that correspond to each type of temperament.

**Keywords:** temperament, temperament properties, sanguine, choleric, melancholic, phlegmatic, introvert, extrovert, professional choice.

### INTRODUCTION

Choosing a profession has always been and will be an integral part of each of us at a certain stage of life. Professional is influenced by many factors: the opinion of others, abilities, interest, demand for the chosen profession in the labor market, remuneration. The type of temperament also has its influence on professional choices. It is this influence that we wanted to draw attention to in our article and try to understand the importance of temperament in our professional development.

The development of science and the possibility of scientific substantiation gave scientists the opportunity to better understand the essence of temperament and what place it occupies in the formation of personality. As J. Strelau notes, although the science of temperament is one of the oldest branches of psychology, it still does not have an unambiguous solution to problems related to this field of study [2].

Temperament strongly influences each of us. The type of temperament to which we belong will determine the totality of individual characteristics manifested in the process of human life. Attempts to study the individuality of a person help us to understand the nature of man as a whole [5].

Before proceeding to the analysis of the influence of temperament on the professional choice of a person, I would like to briefly dwell on the history of the development of theories about temperament.

The birth of the term "temperament" (from the Latin tempera-proportion) is associated with the name of the great Greek physician Hippocrates [3]. He was the first to classify people depending on the fluid that prevails in the human body. These fluids are considered to be blood, phlegm, bile and black bile. [6].

Which fluid prevailed in a person determined his individual set of reactions, behavior and worldview of a person. The predominance of lymph in the body (Ancient Greek, φλέγμα [phlegm] "phlegm") makes a person calm and unhurried. Such people are called phlegmatic. The dominance of yellow bile in humans (Ancient Greek, χολή [hole] "bile, poison") makes a person hot-tempered and hysterical. Such people are called choleric. The dominance of blood (Latin *sanguis* [sanguis, sangual] "blood") allows a person to be joyful and mobile. Such people are called sanguine. The dominance of black bile (Ancient Greek, μέλαινα χολή [Melena Hole] "black bile") make a person dull and fearful. They are melancholic. [2] This theory is called *the humoral theory of temperament*.

Another theory related to the study of temperament was the theory of psychoanalyst C.G. Jung. His theory was based on energy, or rather the method chosen to replenish energy and the direction of this energy to a certain object. In his book, C.G. Jung wrote about such types of introvert and extrovert. According to C.G. Jung, these types differ from each other in their "attitude towards the object". so that you do not depend on it much, but devote more time to yourself and your inner world. And an extrovert is the complete opposite of an introvert. He tries to have a positive attitude towards the object and tries to bring the object into relation to it. An object does not have the same value for an extrovert as it shows in reality. It's just that it is very important for an extrovert to communicate and influence others. An extrovert draws energy and strength from the outside [1].

With the development of psychophysiology, another theory appeared, which considered temperament from this point of view. The founder of this theory was I. P. Pavlov. According to the theory of I. P. Pavlov, human reactions are based on the fundamental properties of the nervous system, or rather the force, excitation and inhibition.

The force of excitation determines the efficiency of the nervous system. This also determines their endurance. The inhibition force, in turn, determines the formation of inhibitory conditioned reactions. According to Pavlov, these types of the nervous system correspond to four types of temperament:

1. **Sanguine** is a strong, balanced, mobile, lively type of nervous system;
2. **Phlegmatic** is a strong, balanced, inert type of nervous system;
3. **Choleric** is a strong, unbalanced, mobile, unrestrained type of the nervous system;
4. **Melancholic** is a weak, unbalanced, mobile or inert type of nervous system [6].

The idea of the most important properties of the nervous system was expanded by the studies conducted by B. M. Tepl and his student V. D. Nebylitsyn. They introduced two additional characteristics of higher nervous activity. These are dynamism and lability. Dynamism characterizes the ease and speed of the formation of conditioned reflexes. Lability is the speed of appearance and disappearance of the excitable and inhibitory process. B. M. Tepl and his student V. D. Nebylitsyn found a significant positive property of the weak type – high sensitivity [1].

High sensitivity is well considered in the study of human character. Highly sensitive people understand others better than others. This largely determines their choice of profession. Their disadvantage is their vulnerability to exogenous factors than other representatives of the human race [4].

Another direction engaged in the study of temperament was the works of V.S. Merlin and *integral individuality*. Studies conducted by V.S. Merlin have shown polysemantic connections between temperament and the properties of the nervous system. Each property of temperament has a dependence on several properties of the nervous system.

Summarizing all the above theories and studies, we will dwell on the following definition of temperament: "Temperament is the individual characteristics of a person that determine the dynamics of his mental activity and behavior, the manifestation of the type of the nervous system in activity, the individual mental characteristics of the personality, they manifest the mobility of nervous processes, balance" [6].

From the description, it becomes clear to us that temperament is something ambiguous and inherent in everyone. Touching on the question of professions, it is clear that each type of nervous system may be more suitable for one profession and less suitable for another. This is determined by the requirements for a specialist in work. If one job requires people who are restrained, attentive and scrupulous, then for another job there may be requirements for creativity and activity.

When choosing a profession, it is necessary to take into account many factors, including the type of temperament, which is characteristic of everyone and is a biologically determined structure of the personality. If you pay attention to the above, where theories about temperament were considered, you can conclude for yourself that it is temperament that indicates the presence of certain mental differences in a person. impressionability of a person, in the pace and energy of the actions performed, and in a number of other dynamic characteristics [6].

Let's consider the description of each temperament and the professions that suit them.

*Phlegmatic* can be characterized as a calm, strong and energetic person. His reactions are slow, he expresses his emotions slowly, he is taciturn. A person with a phlegmatic type of temperament is difficult to laugh and anger. They are distinguished by high efficiency, they are able to resist strong and long stimuli, difficulties work, living conditions, friends, their habits, as it is difficult for them to get used to new things. They stand out for their constancy and mood. It is very difficult to make them lose their temper.

Phlegmatics are record holders in terms of performance and productivity in all areas that are closely related to production. Although outwardly, it seems that they are slow and lazy, but they achieve good results in the quality and volume of work. The success of the phlegmatic depends on the stability of working conditions. Under stress, phlegmatics analyze the situation slowly, without unnecessary panic, and make decisions. They do not like publicity and excessive activity. Phlegmatics are suitable for such professions as agronomist, astronomer, mechanic, clerk, economist, accountant, engineer, physicist, electrician, etc.

*A melancholic* is a person with a weak nervous system and a very high sensitivity to stimuli. A melancholic can be called a "very vulnerable person". Strong stimuli unsettle a melancholic person and can cause confusion, stupor, breakdown, and stressful situations (for example, an exam, a dangerous situation) worsen performance and lead to a decrease in performance. The mood of melancholics is changeable, often sad. They are very secretive people, they try not to share their experiences with others, they are not sure of themselves.

Mental abilities are well developed, but they are not stable. Melancholics remember quickly and forget just as quickly. They feel comfortable in an intellectual environment. At the same time, they avoid emotional stress and excessive contacts with others, which can lead to a loss of opportunity and attention in their work. Melancholics are better at finding a common language with a computer than with a person. Melancholics become good programmers, zootechnicians, teachers, artists, accountants, writers, radio mechanics, etc.

*A choleric* is a person whose nervous system is dominated by excitation over inhibition. People of this type show irascibility and impatience in their behavior. Their reaction to external stimuli is very quick and not thoughtful. Their actions are determined by the imbalance of the nervous system. For example, if a choleric person is carried away by some business, then he gives himself completely to it, but at the same time he does not have enough strength for the ego ending. mood swings. It is this inconstancy that is largely manifested in his behavior: neurotic breakdowns, conflicts with others.

In work for a choleric, the human factor is in the first place (i.e. the importance of communication, emotions and relationships make him useful in a field where personal communication, acquaintance and communication are the main thing). But the changeability of emotions and mood makes a choleric difficult to control as a worker and unpredictable. The strength of a choleric can be considered his quick adaptation to new things, but stable skills are developed with difficulty and for a long time. As a manager, they can quickly come up with a fresh idea in changing situations and lead employees behind this idea. But the disadvantage lies in the detachment from the technical side of production. Choleric people find their place where energy and attentiveness are required. They quickly restore their strength and are stress-resistant. Choleric people are well suited for such professions as an investigator, artist, journalist, builder, electrician, TV reporter, commodity expert, manager, surgeon, entrepreneur, director, pilot, etc.

*Sanguine* is a person with a strong and balanced nervous system. They are distinguished by the speed of reaction to external stimuli, deliberate actions, and thus high resistance to difficulties. It is the mobility of the nervous system that determines the rapid adaptability to changes, easy assimilation of new things, the variability of feelings, interests and views (If he likes the work and arouses interest, he will actively do it, and if he gets tired of the work, then we can observe boredom, lethargy, inattention). In stressful situations, reactions are deliberate and active.

Sanguine people can quickly switch from one activity to another. But at the same time, attention suffers, i.e. with quick reactions, they cannot concentrate their attention and fully immerse themselves in one thing. Since they adapt very easily to new things, they quickly develop habits, form and maintain skills about the work they are doing. Sanguine people are people-oriented, and therefore they find a common language with the team very well. But matters relating to the technical side of the sanguine give rise to difficulty. Work that requires monotony and attention is not for them. Sanguine can become a good organizer, doctor, teacher, educator, manager, psychologist, salesman, etc.

From research and scientific works, we can safely say that temperaments in their pure form are extremely rare. A person is a mixture of temperaments with a predominance of one. Which of the temperaments is good and which is bad? Such a question is not at all appropriate to ask,

since each type of temperament has its own strengths and weaknesses. Each type of psyche is suitable for one profession and less for another.

When choosing a future profession, everyone needs to take into account the positive and negative aspects of their temperament, so that later, after receiving a diploma, they do not find themselves in conditions that are not comfortable for productive activity. After starting our professional career, we begin to spend most of our lives at work. As Maxim Gorky wrote: "When work is pleasure, life is good! When work is a duty, life is slavery!"

### REFERENCES

1. Averin, W. A. Psychology personalities / V. A. Averin. – 2nd ed. – SPb.: Edvo Mihaylova V. A., 2001. – 192 p.
2. Zhdan A. N. History of Psychology: From Antiquity to the Present Day: Ucheb. dlya vuzov po spets. "Psychology" – Moscow: Academic Project Publishing House, 2018. 587 p.
3. Kovalëv A. G. Psychology personalities. 3rd edition. -M., Enlightenment, 1970 – 391p.
4. Mansurova G. R. OSOBENNOSTI YA–KONTSEPTSII LICHNOSTI PROYAVLENIYA, PROYAVLENNYE V INTERNET–KOMMUNIKATSII [Features of self–personality concepts manifested in Internet communication]. – 2022. – №. 5-1 (86). – P. 52-54.
5. Mansurova G. R. INFLUENCE OF THE "SELF-CONCEPT" ON THE COMMUNICATIVE PROCESS OF THE PERSONALITY // Central Asian Academic Journal of Scientific Research. – 2022. – T. 2. – №. 4. – P. 169-173.
6. Nemov, R. S. Psychology: A Textbook for Bachelors / R. S. Nemov. – Moscow: Yurayt, 2014. – 639 p.
7. Boboeva, Z. M. (2022). FEATURES OF THE DEVELOPMENT OF LOGICAL THINKING IN PRIMARY SCHOOL CHILDREN. Scientist of the XXI century, (5-1 (86)), 22-25.
8. Bobaeva, Z. M. (2021). FORMATION OF TOLERANCE IN SCHOOLCHILDREN IN THE PROCESS OF STUDYING THE ETHNIC CULTURE OF DIFFERENT PEOPLES. In Dialogue of Cultures and Tolerance of Communication (pp. 66-71).
9. Bobaeva, Z. M. (2023). Pedagogical Features of Logical Thinking of Primary School Students and Ways of Its Development in the Learning Process. Economics and Society, (1-1 (104)), 183-191.
10. Muratovich, M. R., Ollokulovich, X. I., & Karaboev, A. A. (2023). Military Pedagogical Science: Problems And Solutions. Texas Journal of Multidisciplinary Studies, 16, 20-22.
11. Bobaeva, Z. M. RAZVITIE PEDAGOGICHESKIKH IDEI V EPOHU VOZROZHDENIYA VOSTOKA Bobaeva Ziyodakhon Mahamadjon kizi, master's student.
12. Bobayeva, Z. M. Q. (2023). Development of intellectual abilities of elementary school students. Science and Education, 4(2), 973-977.