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Research Article

CLINICAL CHARACTERIZATION OF TEMPERAMENT QUALITIES IN PSYCHOLOGY

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ABSTRACT

In this topic, information is given about the concept of temperament in clinical psychology. The most important characteristics of human temperament are considered to be impressionability and impulsivity, which includes all the above parameters, and impressionability is equal to emotion, the power of motivation, and they master the motor domain, the speed of action, and maintaining effective power closeness to the meaning of impulsivity, distinguished by its stability, is described about the state of its characteristic in terms of the dynamic characteristics of a person's mental activity.

KEYWORDS

Cerebrotonia, individuality, introvert, mimicry, endomorph, somatotype, emotionality, extrovert, introvert.

INTRODUCTION

The following definition of temperament is accepted in clinical psychology. Temperament is

a characteristic of a person in terms of the dynamic characteristics of his mental activity,

that is, the pace, rhythm and intensity of individual mental processes and states.

According to Sheldon, almost all individual psychological characteristics and qualities of a person are related to the somatic constitution and manifest themselves depending on the presence of parameters such as endo-, exo- or mesomorphism, viscerotonic, somatonic, or cerebrotonic. Turning to Sheldon's classification, we keep in mind that the relationship of somatomorphotype with the parameters of psychic individuality is not as clear as it is shown in his concept.

Sheldon identified three somatotypes and described the following characteristics:

Endomorph viscerotonic. Relaxed posture and movement. Friendly, kind, easy to communicate and even express their feelings. He likes satisfaction and peace in treatment, guests, society, comfort and conventions. Desires sympathy and recognition, direct emotional connection, proud but tolerant. A gourmand sleeps well when he's drunk, speaks softly, or is overly entertaining and melts a little. In difficult times, a momentary sadness is what people are prone to. Childhood tends to resurrect in the imagination of family relationships.

Mesomor-somatic. A reliable position in motion. Easy, extroverted in communication and actions, but hidden in feelings and emotions.

Likes risk, competition, adventure, noise, sports. Thirsty for power, warlike, mentally strong, indifferent to physical pain. Aggressive,

determined and meticulous when drunk. Feeling the need for physical exercise, the voice is raised. Fear of strictness, imprisonment. In difficult times, a momentary sadness prompts action. Tends to reproduce in imagination the goals and actions associated with adolescence.

Ectomorph-cerebrotonic. Stiffness and delay in movements. Limited in communication, behavior and emotions. Manages facial expressions and gestures. Has a lively mind, observation, diligence. Introverted in communication, secretive, avoids and fears society, large spaces. It is characterized by unpredictable behavior, low voice, sensitivity to pain, poor sleep and fatigue. He likes solitude, and difficult moments tend to him during times of grief. It resists the effects of alcohol and other depressants. Imagination has become the future.

The above classification of Sheldon reflects the position of direct correlation of the somatomorphotype of a person with individuality - characteristic features and personal qualities, which is currently considered incorrect. For example, the viscerotonic endomorph's tendency to "relive his childhood" and become a gourmet has little to do with his biological characteristics.

Sheldon's classification of temperaments, as well as Kretschmer's systematics, can be classified as having no clear division of individual human characteristics into socially and biologically determined ones. In addition, according to ANLeontev's belief, based on the principles of social determination of a person, the characteristics of temperament are not capable of

creating personal qualities by themselves. There is very convincing evidence that allows us to emphasize that the connection between psychodynamic characteristics (temperament) and personal relationships is eliminated when adopting an individual communication style (VS Merlin).

In the most famous domestic classifications of IPPavlov, temperament is equated with a type of higher nervous activity, which also greatly distorts the idea of the mechanisms of formation of mental individuality.

Currently, within the framework of clinical psychology, temperament is understood as a set of dynamic characteristics of mental activity. Parameters that can be used to diagnose temperament include:

- ❑ emotionality
- ❑ speed of thought
- ❑ speed of motor movements
- ❑ politeness

of emotionality includes the concept of the speed of emergence of an emotional reaction, effect or experience after the onset of a stimulus or the occurrence of an important situation; dominant emotion modality; dominant and typical level of expressiveness of emotional experiences; temporal characteristics of emotional experiences - duration, stability, lability; severity and direction of vegetative reinforcement of emotional experience. Emotionality is one of the important diagnostic parameters of clinical

assessment of temperament types. Externally, emotionality is manifested by the following alternative qualities: emotionality - emotional coldness (differs in the depth of experiences), emotional excitability - emotional non-arousal (differs in the speed of the effect), emotional stability - emotional lability. (differs in the duration of storage of emotional experience of one modality).

Any specific emotional experience is necessarily accompanied by vegetative manifestations: heartbeat (rapid or increased), changes in breathing and thermoregulation, characteristics of sweating and saliva, dryness or wetness, redness or paleness of the skin, blood peristalsis and vibrations acceleration or deceleration. pressure and other signs. Distinguish the sympathetic-adrenal and vagoinular directions of vegetative manifestations.

The second parameter of temperament is the speed of thinking. In the clinic, this parameter is evaluated based on the speed of formation of associations (so-called quickness of mind) and speed of speech (referring to speech style). They can be evaluated, in particular, by the speed of answering questions or tasks, and the speed of pronouncing words and phrases. There are people with high thinking speed (fast thinkers) and low (slow thinkers or slow thinkers). Thinking characteristics affect only quantitative indicators, qualitative indicators - purposefulness, productivity, etc. are not taken into account when evaluating temperament types.

The speed of motor movements reflects sensorimotor reactivity, which is characterized by the speed with which a response to a stimulus occurs. As a rule, this is related to general reactivity (speed of emergence of sensations, speed of perception and reproduction). However, externally, reactivity can be evaluated based on the speed of motor movements. On the basis of sensorimotor reactivity, individuals with average indicators are distinguished, as well as those who do not exceed them or do not exceed them. In a unique way, it manifests itself in speed, agility, agility or, conversely, slowness in walking, running and performing everyday activities - washing, dressing, etc.

Some scientists refer to the parameters of temperament, which are similar to the parameters of the speed of motor movements of human activity, manifested by the frequency and seriousness of daily activities and the readiness to start them at any opportunity (impulsivity). The antipode of a person who is focused on activity and constant performance of any activity is a passive person who avoids any activity. They also differ based on their level of energy potential - strength and focus on sustained activity.

, understood as a manifestation of a subjective or objective orientation to communication, can be considered a borderline phenomenon of mental individuality. On the one hand, it enters into the structure of temperament and is biologically mediated; on the other hand, the nature of education affects the process of formation of community. According to this parameter, people are open (extroverts) and closed (introverts).

Within the temperament characteristics, they are distinguished not by qualitative indicators of politeness, but only by quantitative indicators, which include orientation and seriousness.

to be impressionability and impulsivity, which includes all the above parameters . Impulsivity is equivalent to emotion, and is close to the meaning of impulsivity, which is characterized by the strength of motivation, as well as the speed with which they master the motor domain and initiate action, and the stability of maintaining effective power. to other parameters. Different types of temperament can be correctly described and diagnosed using the characteristics of affectivity and impulsivity Distribution of temperament types

temperament type	Indicators of impressionability (B) and impulsivity (I).
choleric	B↑I↑
melancholic	B↑I↓
sanguine	B↓I↑

a phlegmatic person

B↓I↓

Choleric and melancholic temperament types are similar in nature. The difference between choleric and melancholic temperament types lies in the different expression of impulsivity, which is even reflected in the characteristics of emotionality. Thus, in a choleric person, heightened emotionality is characterized by various modality effects that quickly appear and quickly disappear, and often non-punitive orientation - anger, irritability; fear, excitement and panic, joy and excitement.

Emotional experiences in melancholics, as a rule, last longer. They appear more slowly, but they also decrease more slowly. There is a tendency to cling to certain emotional experiences of various styles and intrapunitive orientation - depression, longing, sadness, guilt, shame, shyness. According to the parameter of reduced emotionality (sensitivity), sanguine and phlegmatic people are similar. Their emotional experiences are not as deep as the choleric or melancholic, but one should not think that they are completely absent. Externally, a decrease in the level of sensitivity is manifested in their calm attitude towards problems, psychotraumas and conflicts. They are sometimes called "thick skin", that is, lack of balance and bright emotional reactions to external stimuli. Differences in the emotional sphere of a sanguine and a phlegmatic person are in the predominant modality of low and weak manifestation of emotions. Phlegmatic, as a rule, is indifferent to many aspects of life due to the

inertia of cognitive processes, while sanguine reacts to many situations, but does not take it to heart. Sometimes they talk about the inner coldness of a good person with external politeness and official sympathy.

The choleric parameter of impulsivity, which is similar to that of a sanguine (high level) and phlegmatic (low level) melancholic person, is clinically manifested in the speed of sensorimotor reactions and speed of mind, activity, determination, persistence.

This, summing up the data on the clinical manifestations of temperament, it can be said that all of them reflect only the quantitative aspect of mental activity. They do not carry a semantic load, because they are a biological product.

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