

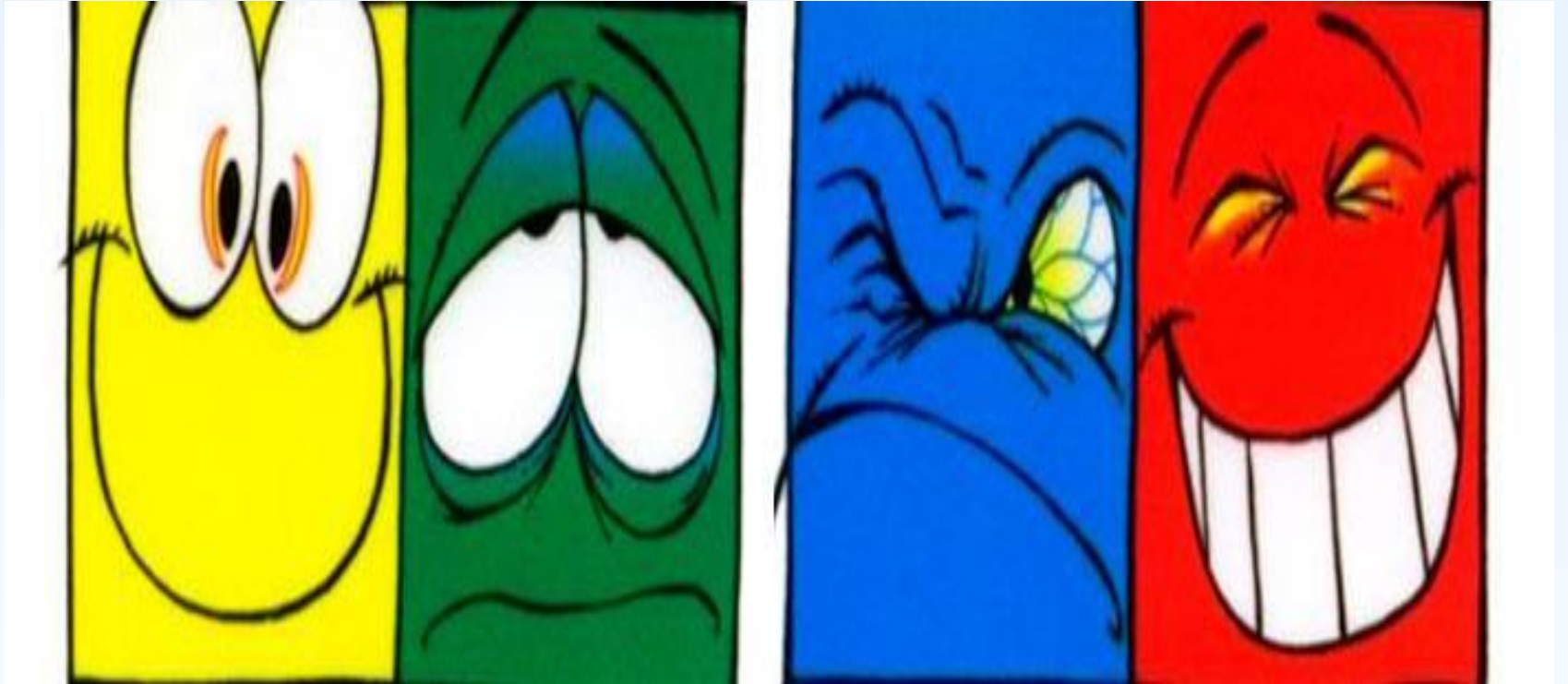
TYPES OF TEMPERAMENT



Allow me to introduce to your
attention.

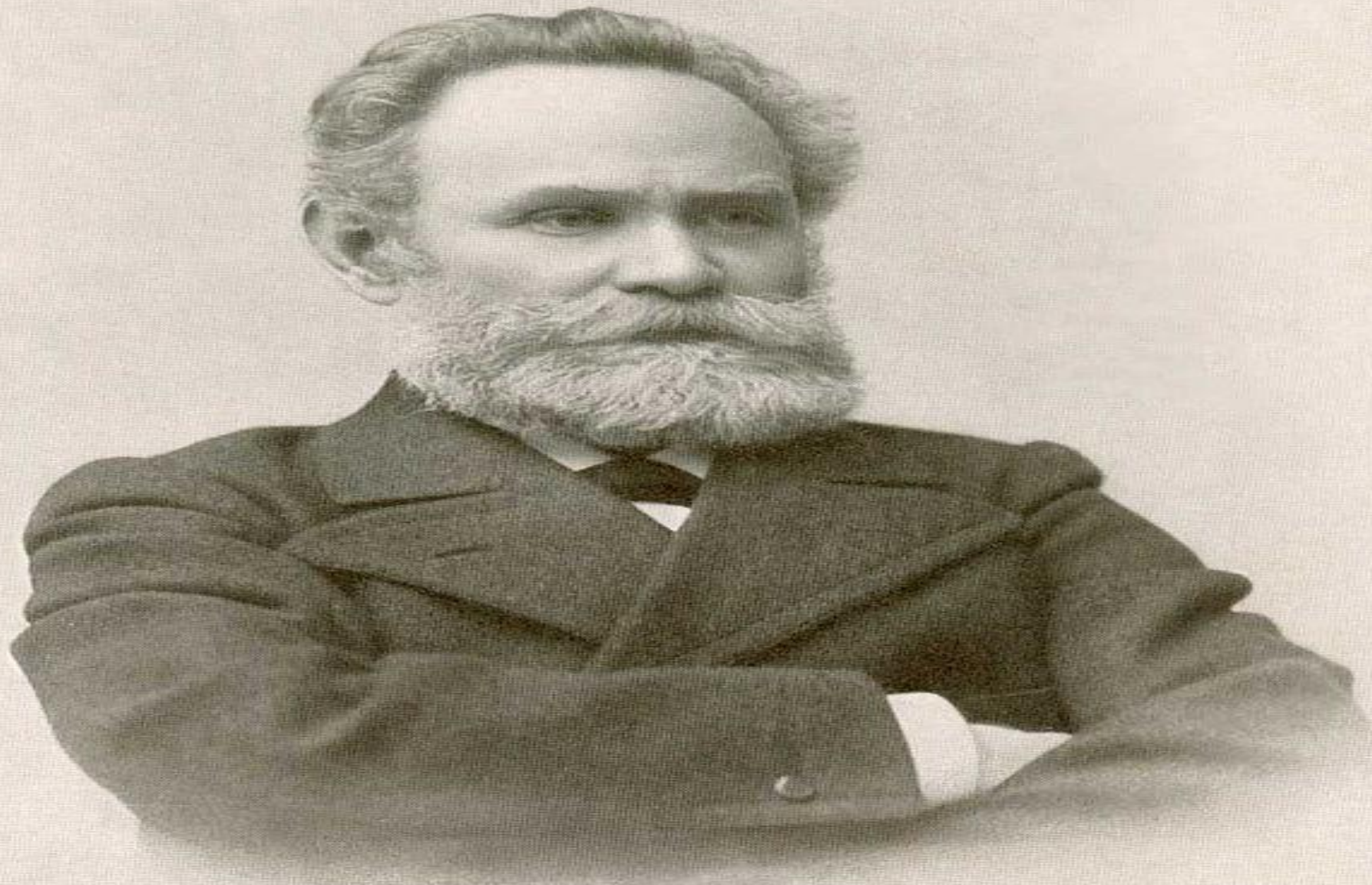
Types of temperament





IP Pavlov identified four main types of the nervous system, according to which the isolated and **four types of** It should be noted that the identification of the concepts of "temperament" and "type of nervous system" unacceptable. The first concept - the psychological, and the second - the physiological. Type of the human nervous system appears as the temperament of his personality.





Temperament - are individual human characteristics that define its identity by the dynamics of mental processes, only if they meet three conditions: are clearly marked, are closely related and occur necessarily in the various activities.



First of all temperament manifested in its **sensibility**, that is the strength and stability of the impact that has on human experience and emotional excitability, that is, in effect excitement, the speed with which it covers the person in the stability with which it can be stored .



Expression of temperament
is **impulsive**, characterized by the power-meaning
the speed with which they master the motor area
and go into action, and the stability with which they
remain an effective force.



Choleric temperament characterized by strong sensitivity and high impulsivity, **sanguine** - low sensitivity and high impulsivity, **melancholy** - a strong sensitivity and low impulsivity, **phlegmatic** - low sensitivity and low impulsivity.



Temperament is most clearly expressed in the strength, speed, rhythm and tempo of motor manifestations of man - his practical actions, speech, expressive movements. Manifestation of temperament is not strictly binding, it depends on the content and the specific conditions of activity, from the relationship of man to what he does, and to the conditions in which it is located.

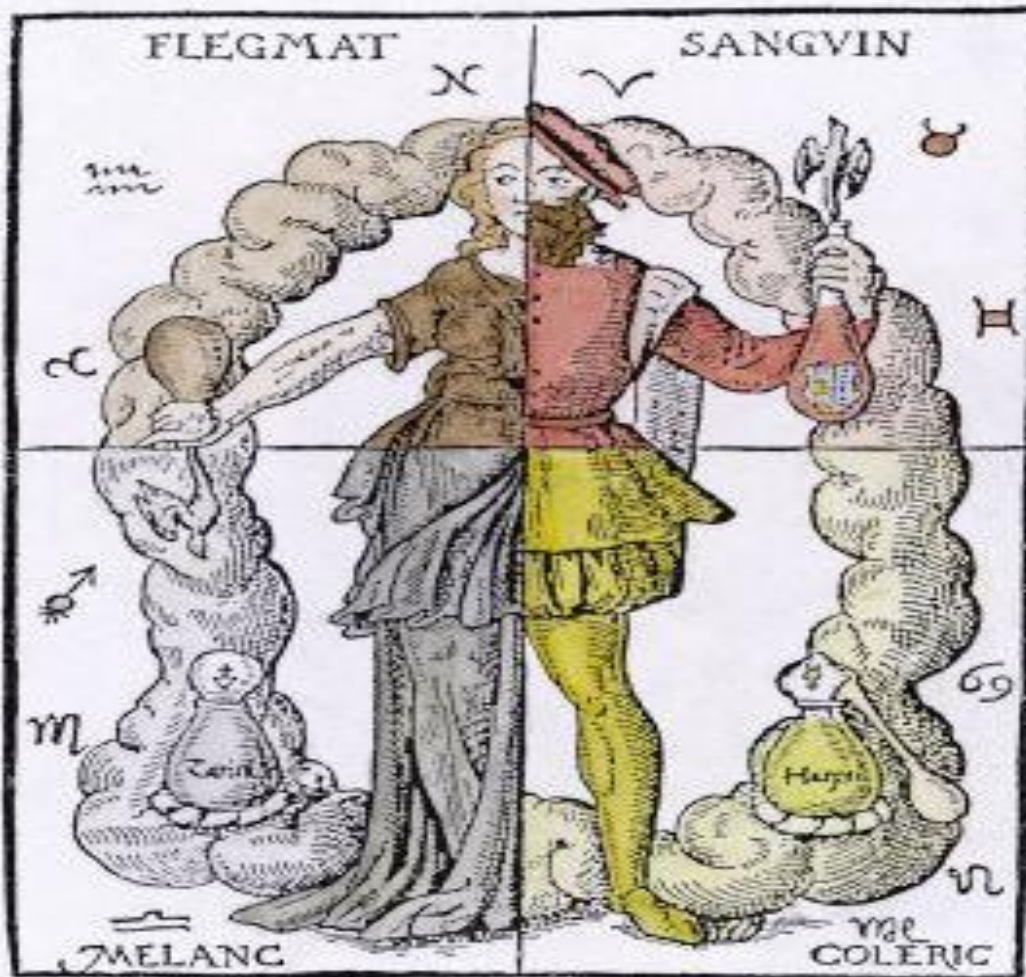






Psychological characteristics of temperament types





Choleric (it is based on a strong unbalanced type of nervous system with a predominance of excitation) - a man with a high level of mental activity, sharpness, vigor, strength, movements, their fast pace, impetuosity. It is characterized by passion, rapidly growing emotional buildup, and then uncontrollable agitation, difficulty in generating braking initiated activities. Choleric full of energy, energetic, but often do not know how to count their forces, they quickly dissipate, and then work with overexertion, falling into a situation of stress. People with a temperament prone to mood swings, impatient, prone to emotional breakdowns, sometimes aggressive. In the absence of proper upbringing of their lack of emotional balance can lead to an inability to control his emotions in difficult circumstances



Sanguine (the basis is strong, balanced, flexible type of nervous system) - a person characterized by high mental activity, vigor, stamina, speed and agility movements, diversity and richness of facial expressions, rapid speech. It tends to change often experience, easily and quickly responds to environmental events, with no visible effort can shift its focus from one object to another, can also allocate attention. His emotions - mostly positive - to quickly emerge and quickly replace each other. Sanguine easily ignited interest in the new business, but also cool down quickly, often without taking it to the end, they do not have the patience and volitional pressure to achieve the goal. They are relatively easy to experience failure and trouble. Under adverse conditions, and negative influences of educational mobility sanguine could lead to lack of concentration, undue haste actions, superficiality.



Phlegmatic (the basis is strong, balanced, inert type of nervous system) - a man with a low level of mental activity, sluggishness, expressionless facial expressions. This tranquil unflappable man with strong ambitions and a more or less constant moods and feelings. Phlegmatic difficult to switch from one activity to another and adapting to new surroundings, he is serious in everything, even in recreational activities. In relation with his friends even and moderately sociable, by looking hard to determine, worried he or calm. Under adverse conditions, the phlegmatic may develop fatigue, emotional poverty, the tendency to perform repetitive habitual actions.

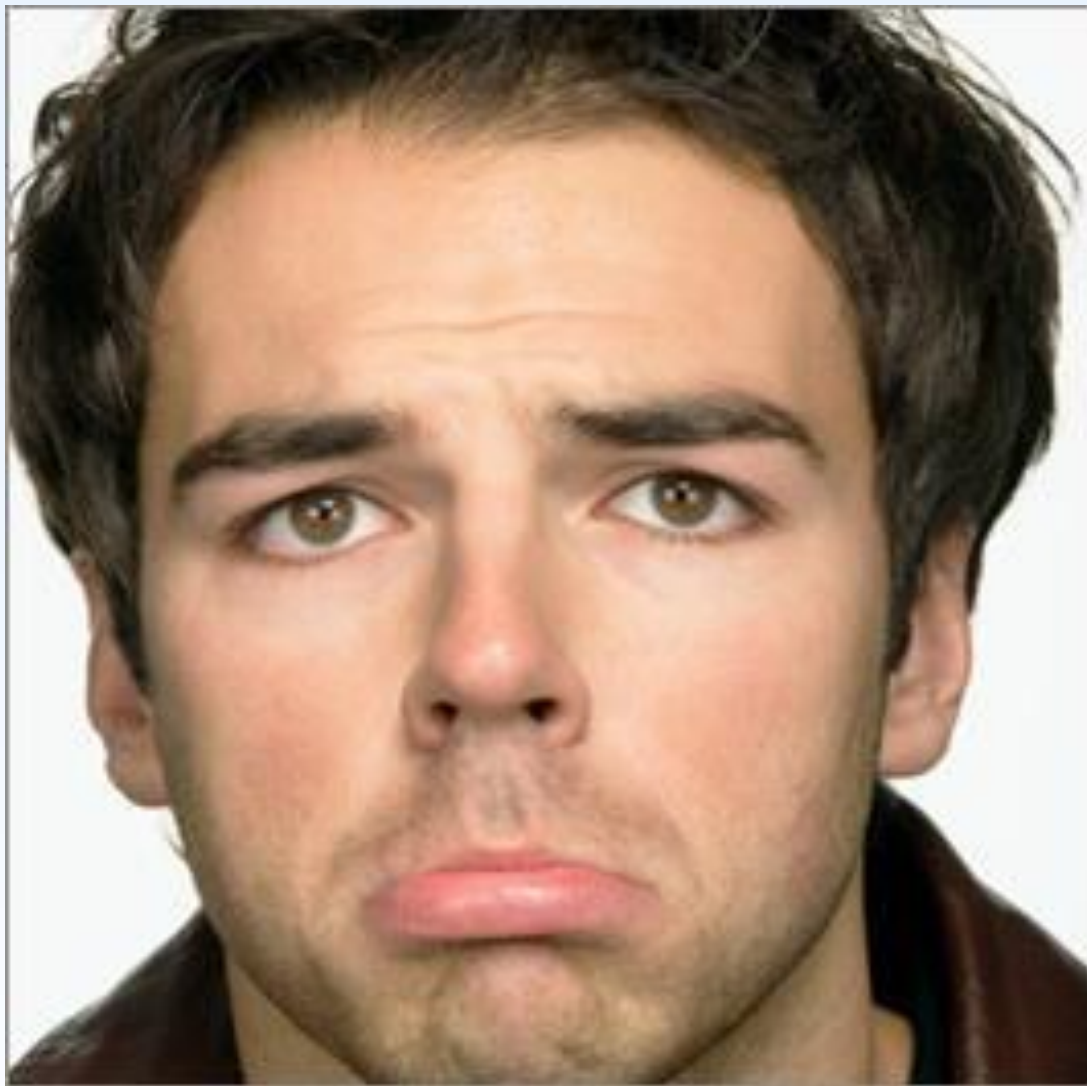


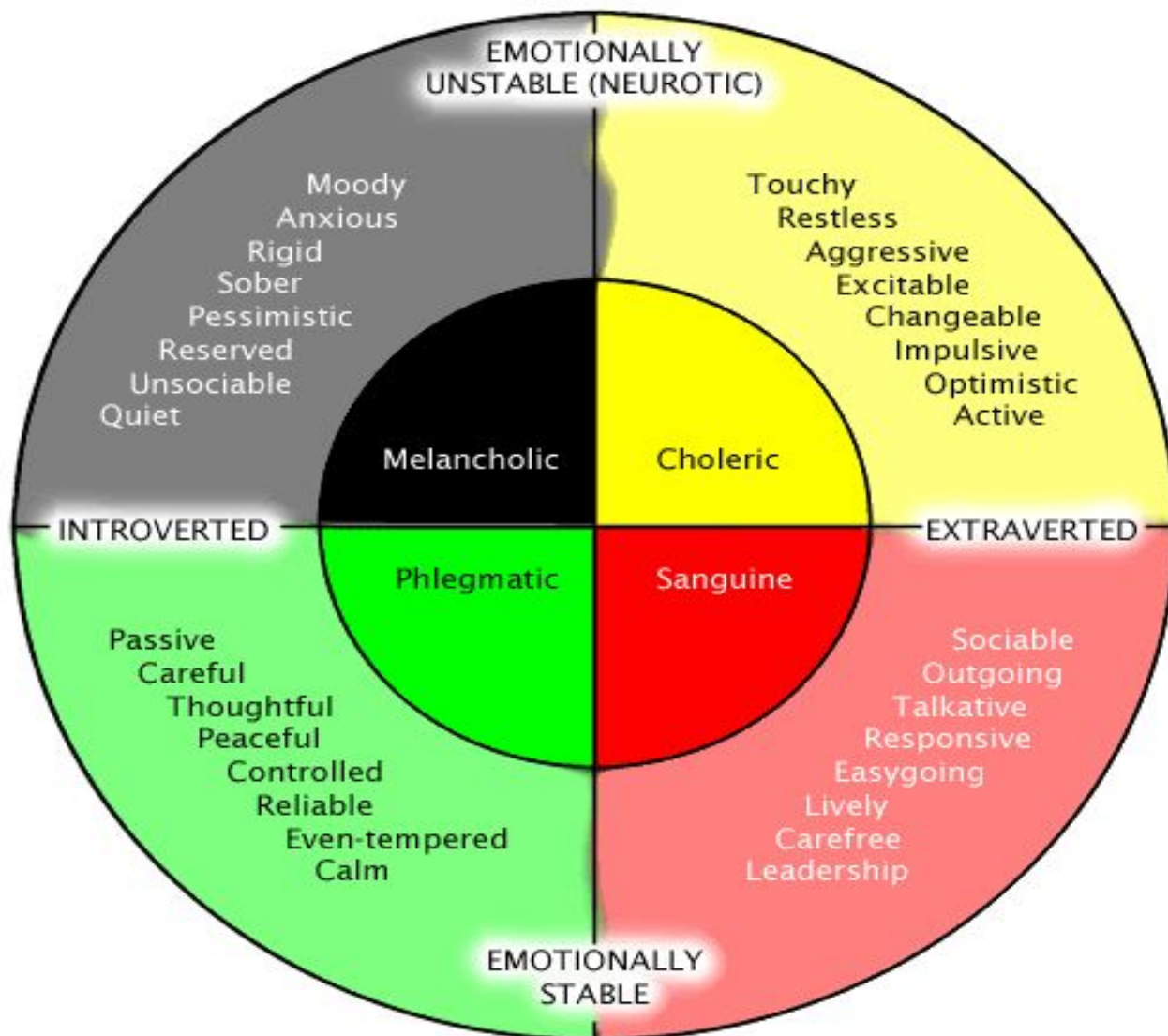


Melancholic (it is based on a weak type of nervous system) - a man with a low level of mental activity, slowness of movement, restraint motor skills and speech, fatigue.

This taciturn, unsociable and emotionally sensitive and impressionable people. It is characterized by the depth of emotion and resistance in low their external expression, and with a predominance of negative emotions.

Melancholic hardly enters into new people, getting in a stressful situation, he fusses, feels confused, sometimes breaks down, closed in itself. He easily vulnerable, deeply felt even minor mishaps and trouble light. Under adverse conditions, the melancholic may develop increased emotional vulnerability, isolation and alienation. Individuals with a temperament - is often men of honor, conscience and devoted friends.





Eysenck, H.J and Eysenck, M.W. *Personality and Individual Differences*.
Plenum Publishing, 1958.

If the estimate given psychological characteristics of temperament, it is easy to see that each of them has both good and bad qualities. In other words, there are temperaments "bad" or "good", each of them is good in some circumstances and poorly in others.

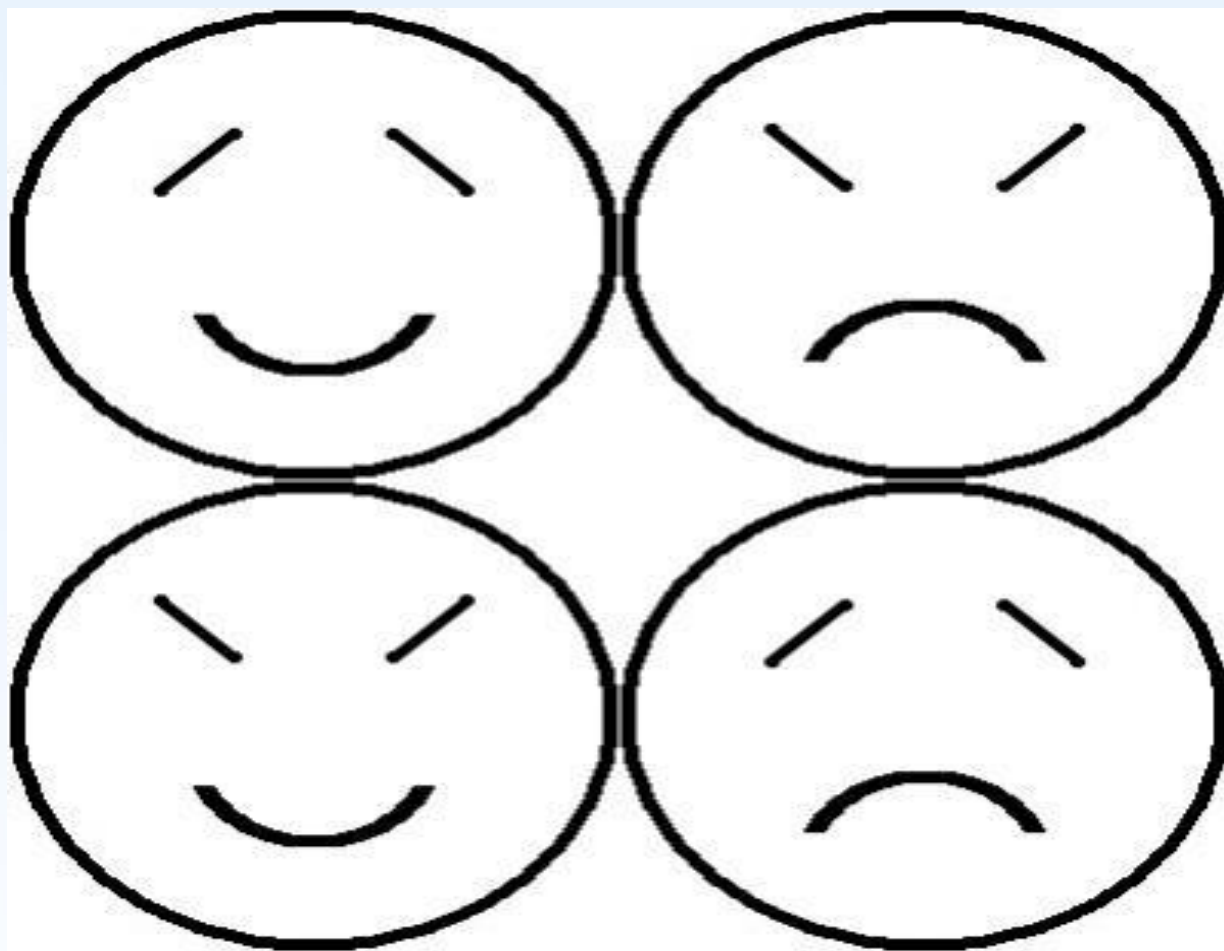
Among the prominent people have been with a different personality ***temperament***, such as Pushkin was choleric, Peter 1 - sanguine, Kutuzov - phlegmatic, and Tchaikovsky - melancholic.

It should be borne in mind that, in practice, clean, distinct temperaments of these occur less frequently, usually characterized by a person or that a combination. However, the high prevalence of some features of the same type can relate with a certain degree of conditionality, the temperament of the people to a certain type.

Manifestations of temperament more clearly pronounced in young people, with the age of manifestation of temperament become less bright, muted, as behavior more regulated traits.

In all its manifestations temperament is transformed in the process of the formation of character, and become the property of temperament traits, the content of which is associated with the direction of the individual.





Features of temperament should be taken into account, to break, to eliminate or modify the uncomfortable symptoms of temperament is not only pointless, but harmful.

Knowing the temperament is important for a proper understanding and explanation of his actions, actions and movements to predict future human behavior in different situations and in different circumstances.

As we have already noted, in the person's life, in the formation of his personality become the property of temperament traits.



