

TYPES OF TEMPERAMENT

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Temperament is a stable set of individual psychological personality traits associated with the dynamic aspects of activity. Temperament is the basis of character development. A character can be changed under the influence of external environment, but temperament can't be changed under its influence. Temperament is formed within the higher nervous system activity. Gallen and Hippocrates described four types of temperament: 1) sanguinics who are variable due to the frequent changes of mood, quick response to all stimuli, they accept their failures quite easy; 2) phlegmatics, who are unflappable, have a stable mood, rarely show their emotional state or response; 3) choleric, who are impulsive, combative, unbalanced with very rare changes of mood; 4) melancholics who are vulnerable, prone to depression.

Ivan Pavlov described the following four types of temperament: 1) sanguinics are strong, balanced and agile; 2) phlegmatics are strong, balanced, inert; 3) choleric are strong, unbalanced; 4) melancholics are weak and inert. Type of temperament determines human behavior in different situations. The first two types are less prone to depressions, bad thoughts, irritability.

We have carried out questioning among our group mates. The aim of the work was to establish the connection between the students' temperament and their educational activity. The connection between a temperament and behavior of patients during the course of treatment has been also established. It has been noted that melancholics are more suspected to the idea that life is vanity of the vanities and do not wish to take a serious course of treatment and very often are predisposed to the negative outcomes of the disease rather than positive. People with a sanguine type of temperament, in their turn, usually take all possible ways of treatment and physiological aid. People with a choleric type of temperament usually do not take their state of health seriously and very often underestimate their

state of health and refuse from the treatment proposed to them. People with phlegmatic type of temperament also pay much attention to their health. In conclusion, we want to emphasize that identification of the type of character is very important for treatment of the patients as it will determine the type and tactics of proper treatment in many ways.

Ключові слова: темперамент, психологічний, риси, характер.

Key words: temperament, psychological, traits, character.

Анотація

Тези відображають науковий підхід до такого явища як темперамент та його типи. Автори визначають чотири основні типи темпераменту (сангвініки, флегматики, холерики та меланхоліки) на основі досліджень вчених, починаючи від Галлена та Гіппократа та закінчуючи дослідженнями Івана Павлова та ін.

Summary

The thesis deals with scientific approach to such phenomena as temperament and its types. The authors define the four basic types of temperament (sanguinics, phlegmatics, choleric and melancholics) on the basis of research of scientists beginning with Gallen and Hippocrates and ending with Ivan Pavlov and others.