



PSYCHOLOGICAL PROBLEMS CHARACTERISTICS OF TEMPERAMENT AND NERVOUS SYSTEM

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Article history:	Abstract:
Received: October 17 th 2023 Accepted: November 14 th 2023 Published: December 20 th 2023	This article is devoted to the topic of psychological problems in the study of temperament and characteristics of the nervous system. The article also discusses issues such as the psychological definition of the concept of temperament, the content of studies of temperament and the nervous system, the content of specific psychological and biological patterns of higher nervous activity, the relationship between types of temperament and the higher nervous system.
Keywords: temperament, higher nervous system, personality, brain, character, abilities, sanguine, choleric, melancholic, phlegmatic, abilities, excitement, impression, psyche, reactive type, activity, emotion.	

The mental world of man consists of a continuous series of movements, one directly leading to the other, and they rule like a continuous chain system. For the same reason, impressions of the external environment, memories of the past, creative imaginations about the future, good intentions, desires, goals and wishes, reasoning, thoughts and problems, emotional experiences, volitional attributes are continuously exchanged in the ontogenetic world. A solid foundation is being prepared. It is observed that the progress of the spiritual world, its speed, content, form, scope, characteristic, character, quality, and mechanism are manifested in different ways in a single person. That is probably why people tend to respond to natural phenomena, social realities, factors, influence forces quickly or slowly, lightly or with difficulty. In the works of C. L. Rubenstein, it is emphasized that there is a certain degree of difference between individual dynamic characteristics related to temperament, in order to distinguish the differences between them, the following symbols are introduced and described in a unique way, it is appropriate to distinguish some of them:

- In contrast to motives, mental states and events, the same characteristics of extraordinary temperament are expressed in the person himself, in his various activities and behavior.
- Temperament characteristics are stable, unchanging, and stable during a person's life and activity (lifetime) or in a certain part of it (regardless of the reason for susceptibility to influence) due to the fact that they are related to the factor of natural conditioning.

The different characteristics of the temperament characteristic of a single person are not combined with each other illegally, but they are embodied among each other based on a certain law, and the same characteristics create a unique structure that characterizes his types.

In the science of psychology, temperament characteristics mean a set of stable, unchanging individual-typological characteristics of the psyche that determine the dynamics of mental activity of a particular person. These features form a structure that describes a relatively unchanging temperament type in motives, mental states, goals, and activities of different forms and content. If we look and observe the people around us, we will see their diversity. We observe this in their behavior, behavior, interactions, speech, and expression of emotions. Some people are interesting in life, while others are more calm and restrained. Some are cheerful and approachable, while others are sullen and taciturn. M.R. Korablina says that people are characterized by having different temperament, character, abilities and interests. If there are 6.5 billion people in the world today, no two people will meet who are exactly alike.

Temperament is an individual psychological characteristic that is visible in the dynamics of the mental processes of a person, in the arousal and general mobility of emotions. Temperament is derived from the Latin word *temperamentum*, which means "mixture", "proportion".

The first scientific studies of temperament were made by the ancient Greek scientist Hippocrates (460-377 BC). He divided all temperaments into four types. These are:

1. Choleric temperament;
2. Sanguine temperament;
3. Phlegmatic temperament;
4. Melancholic temperament.

According to Hippocrates, there are four types of fluids in the human body and they have their functions and properties, according to which he divided temperaments into four types. Depending on which liquid is more dominant, he divided the type:

1. Choleric - "Chole" yellow grass is dominant. It is taken by the liver. Its characteristic is dryness, its function is to keep the body dry;
2. Sanguine - "sanguine" blood prevails. It is heart i-ch. Its characteristic is heat, its function is to keep the body warm;
3. Phlegmatic - "phlegm" - phlegm column. It's brain k-ch. Its characteristic is coldness, its function is to cool the body;
4. Melancholic - "melain" black grass is dominant. Black spleen str. Its property is moisture, its function is to keep moisture in the body, etc.

Of course, this theory has been preserved in the history of humoral science as an initial theory. This is not the only theory about temperament. At different times there have been attempts to explain the material basis of temperament. German philosopher I. Kant (XVIII century) and the Russian psychologist and pedagogue P. According to the theory of Lesgafts (20th century), the basis of temperament is blood composition, width or narrowness of blood vessels, diameter, characteristics of heart activity.

German scientist E. Krechmer (20s of XX century), American psychologist U. Sheldon (40s of the 20th century) believed that temperament is related to the structure of the human body, the chemical composition of the blood, and the hormones produced by the endocrine glands.

Some temperament symptoms are especially evident in childhood.

All temperaments were divided into four types by the ancient Greek physician Hippocrates (460-370). These are:

Choleric type - this is called reactive type. They are characterized by quick and strong emotions. Their emotions have vivid expressions, which are clearly visible in gestures, facial expressions, behavior and speech. You can tell what kind of mental state they are in by their appearance. Because any kind of happiness or sadness is strong and deep in them. People of this type are active, enthusiastic, energetic, determined and tend to be active all the time. Interests and aspirations are stable. They believe in themselves. That is why determination is visible in his actions.

Cholerics enter every work with their whole being. They are able to fearlessly overcome any difficulties and dangers encountered in the course of work. They finish what they started. Even in difficult situations, they quickly and boldly take firm, drastic measures and decisions.

Likes to work with many people. With the activity of their passionate passions, they follow many people behind them. He puts so much effort into work that after the work is done, he is indifferent to other work for a certain period of time. After gathering the necessary energy, he starts working again with enthusiasm.

Sometimes they find it difficult to perform tasks that require great patience and extreme caution. He loses his temper in conflict situations. Caesar, brave, quick witted, belligerent, more aggressive (aggressive).

Children with this type of temperament are enthusiastic, enterprising, therefore, at the same time, they are hot-tempered and irritable. If he is upset about something, this upset will last a long time. Keeps cake. He tries to take revenge.

He tries to be the first leader in any activity. He likes to give orders to his comrades and pass judgment. Weaker children are afraid of him. The stronger ones also prefer to fight with them less, because they do not back down during a fight. Sarkarda A.V. Suvorov's biographers consider his temperament to be choleric, and write that "his views, words, and actions gave the observer the impression that he did not know what silence was and was burning with the desire to do hundreds of things at once." If a table or chair falls out in front of him, he is described as jumping over it and passing by, impatient to avoid it or move it to the side.

Sanguine temperament. According to A.G. Maklakov, he describes this temperament as follows: "A sanguine is a curious, productive employee. But it happens only when there are many and interesting things to do, i.e. during constant movement. If there are no such things, it will be unpleasant and boring."

Emotions are quick and strong in Sanguine. However, it does not have the power of a choleric. They have a mobile, restless nature. Can quickly adapt to new conditions. He is quick to get along with strangers and gets along with them. Good at KVN's.

He uses a lot of gestures in communication. The pace of speech is also fast. He will be cheerful, open-hearted and open-minded among the team. Most people like to be inside. He keeps up with it by organizing various interesting games. In the evenings, everyone is tamed.

His imagination is highly developed. It is responsive to external influences, spiritually active. They do well in situations that require promptness and intelligence. However, they do not have the patience to solve complex and serious issues, they make many decisions hastily. They change it so fast. They feel little responsibility for what they say and do. Their interests, aspirations and moods change frequently. Failures and disappointing events do not leave a deep impression on them.

They quickly and enthusiastically take on many things at once, and cool off from it just as quickly.

Children with a sanguine temperament are restless, active, quick and sharp-witted. They learn new things quickly. They learn lessons quickly and easily, but not deeply and firmly. They are always ready to do any work. In lessons, they always raise their hands to answer. He does not sit quietly even during the lesson, he can talk to someone, make fun, after receiving a warning from the teacher, he sits a little quietly, he can make true promises. He often forgets his promises and may not fulfill them. They quickly get involved in any activity and like to change their roles frequently. They can easily get upset and cry. Their crying sometimes alternated with laughter and vice versa.

But, in general, when this type is under certain education, they become good, positive people. Academician I.P. Pavlov included himself in this type, and M.Yu. Lermontov and others. Phlegmatic temperament "phlegmatic," says I.P. Pavlov is a calm, steady and diligent worker of life."

This type of temperament is characterized by very slow arousal of emotions. Usually they are restrained and meek, quiet. It is not easy to upset, anger or please them, their moods are more stable. His movements are weighty and restrained. He reacts calmly to unpleasant events and messages, is resilient and tenacious.

Its biggest drawback is its sluggishness and slow movement. It does not start immediately. He thinks carefully first, and then he starts. But when he starts work, he never does boring and small tasks thoroughly until the end.

Children with this temperament are meek, quiet, disciplined, and untouchable. They don't like the hustle and bustle of games. Even during breaks, their voices are not heard. If one of them cares, they withdraw themselves. They are not afraid, but let not theirs come too.

Does not tend to show initiative. Even if he knows, he does not raise his hand to answer.

They learn the lessons slowly but thoroughly. He does not break discipline in classes... People with this temperament develop positive feelings such as self-control, coolness, depth of thought.

The melancholic temperament "When a melancholic gets into a new situation, he loses himself," wrote I. Pavlov. This temperament is distinguished by a quick but weak excitement of emotion.

Usually they are shy, especially they can't go quickly to strangers. They tend to be lonely. They are impatient and slow to cope with difficult and dangerous situations. They cannot defend their opinions and desires, their rights. Gets depressed quickly.

Understanding the physiological basis of temperament According to the teachings of the ancient Greek scientist Hippocrates, the difference between people in terms of temperament characteristics depends on the location of fluids (hilt) in their body parts in different proportions. According to him, there are four types of fluids (hilt) in the human body, which are bile or bile (Greek. "chole" - grass), blood (Latin. "sanguis" or "sanguinis" - blood), black grass (Greek. "melas" - black, "chole" - grass), phlegm (Greek. "phlegma" - phlegm) and the like, according to which:

- 1) the characteristic of the herb is dryness, its function is to maintain dryness in body parts or to keep the body dry;
- 2) the property of blood is heat, its function is to keep the body warm;
- 3) the property of black grass is moisture, its function is to maintain body moisture;
- 4) the characteristic of sputum (mucous substance) is coldness, its function is to keep the body cool.

According to the teachings of Hippocrates, each person has these four types of fluids, one of which takes precedence, and depending on which of these mixtures is more important, people differ in temperament, for example, yellow bile in choleric, blood in sanguine, black bile in melancholic, phlegm (mucous) in phlegmatic. substance) is emphasized to prevail.

Hippocrates' mixture of four different substances (fluids), i.e. the concept of temperament and its typology (sanguine, choleric, phlegmatic, melancholic) are used symbolically in modern psychology. The scientific psychological foundations of temperament and its physiological mechanisms were developed in the stages of the next socio-historical development, and research in this regard is continued. Russian physiologist I.P. Pavlov is considered one of the scientists who made a great contribution to the physiological foundations of temperament. While studying the higher nervous activity of animals, he discovered that the characteristics of the emergence, passage, and continuation of conditioned reflexes in dogs differ from those of humans, and this phenomenon can also be found in temperament. I.P. Pavlov concluded that temperament can also be related to the factors that cause individual characteristics of conditioned reflex activity, and according to this theory, the reasons for the realization of individual characteristics of the emergence of conditioned reflexes are the essence of the characteristics of the nervous system. The author attaches particular importance to three main features of the nervous system:

- 1) power of the propulsion process and the braking (stopping) process;
- 2) the degree of balance between the power of excitation and the power of braking (balance of the nervous system);
- 3) the rate of alternation of excitation with inhibition (mobility of nervous processes).

The activity of the nervous system can form new characteristics to a certain extent with life and education. However, the strength, speed, and balance of excitation and inhibition in the nervous system remain in effect. Only the characteristics of their manifestation will change. In the 50s of the XX century, I.P. Pavlov's teaching was deepened. Psychologists B.M. Teplov, V.D. Nebilitsim, V.S. Merlin, I.V. Ravich-Shcherba discovered the existence of new properties of the nervous system. These are dynamic (quick, light, easy passage of nerve connections in the brain), lability (alternating one process with another), activity. Accordingly, among the classical four types of temperament, other types were discovered. However, scientists have preserved 4 classical types.

He shows that the temperament of each animal is not related to one or another of these characteristics, but depends on their collective style, legal combination. I.P. Pavlov calls the combination of individual characteristics of conditioned reflex activity and characteristics of the nervous system related to temperament as the type of nervous system and divides it into four types:

- 1) strong, balanced, agile;
- 2) strong, unbalanced, agile;
- 3) 3) strong, balanced, sluggish;
- 4) 4) weak type.

One of the great Russian psychologists, B.M. Teplov (1896-1965) and his students continued the research of I.P. Pavlov and managed to discover the specific aspects of the characteristics of human nervous processes. and applied the calculation of the obtained results (factors) through the methods of mathematical statistics. According to the information obtained by the representatives of B.M. Teplov scientific school, some individual characteristics of the conditioned

reflexes formed in a person have mutual harmony, and the system of interrelated individual characteristics is characterized by a certain characteristic of the nervous system. Among them, the interconnected properties, firstly, the degree of extinction of conditioned reflexes, regardless of the continuation of the conditioned stimulus reinforcement, secondly, the differences between the strength or weakness of the stimuli and the size of the conditioned response, and thirdly, the positive (negative) influence of the foreign (unfamiliar) stimulus on the sensitivity of the main stimulus. fourthly, they report that it depends on the strength of excitation processes of a different form or voltage. According to the analysis of the data, groups of individual characteristics of conditioned reflex activity related to the balancing of nervous processes with the force of braking (stopping) were discovered with the help of a similar method.

Also, the representatives of B.M. Teplov scientific school explained the set of individual characteristics describing the rate of formation of positive and inhibitory conditional reflexes. An unusual feature of the nervous system, expressed in the essence of these individual characteristics, is described as dynamism. In addition, they called the characteristic (new characteristic) lability (lat. «labialis» - instability), which was assumed as a product of the rate of cessation of the excitation process of a group of individual characteristics of conditioned reflex activity. At the same time, they put forward scientific assumptions about the existence of other properties of the nervous system, including: sensitivity, reactivity, etc.

Thus, it is necessary to know the individual qualities related to the nervous system, because they directly serve to organize the processes of work and study by each person in accordance with his interests. For example, V. S. Merlin has done a lot of work on the psychological classification of temperament and management of their manifestation in life situations. such extraversion and introversion traits in a person are based on a number of qualities, such as getting into work, quick development of skills, and they can also be changed and thus temperament can be controlled.

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