



## TEMPERAMENT AS A FACTOR OF ACTIVITY

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### ABSTRACT

*The article under discussion depicts the issues of the temperament as a factor of activity. The authors of the article consider that the role of temperament in work and study depends on the impact on the activities of various mental states caused by the unpleasant environment, emotional factors, educational influences. Human productivity is closely related to the characteristics of his temperament. And yet, the temperament at the moment also recognized in many ways ambiguous and unresolved problem. However, with all the diversity of approaches to the problem of practice and scientists believe that the temperament has a general biological root, forming a person as a social subject.*

**KEY WORDS:** *temperament, activity, factor, behavior, biological, approach, social subject, person, emotional factors, environment, abstract, logical thinking, perception of reality.*

### DISCUSSION

Temperament is a dynamic characteristic of mental processes and human behavior, manifested in their speed, variability, intensity and other characteristics.

Various points of view have been expressed on the nature of temperament, starting with Hippocrates and Galena, who identified four types of temperament (these types are almost invariably to this day and are used in the study of modern psychologists), E. Krechmer linked the nature of temperament with the chemical composition of the blood, his theory supported U. McDougall and Japanese psychologist T. Furukova; Albrecht Galler introduced the concepts of excitability and sensitivity, and his student G. Vriesberg linked temperament with the peculiarities of the nervous system; I.P.Pavlov experimentally confirmed the theory of the physiological basis of temperament; K. Krechmer, who was a scientist, introduced the idea of the nature of temperament. Sigo linked the difference in temperament features with physiology, and V. Wundert with the force and rate of change of

emotions. Based on these studies, the study of temperament have been conducting today.

The works of I.P. Pavlov, B.M. Teplov, V.S. Merlin, I.M. Paley, L.B. Ermolaeva -Tomina, and many others made a not insignificant contribution to the study of the issue. According to I.P. Pavlov, temperaments are the "main features" of individual features [2]. They are commonly distinguished as follows: sanguine, phlegmatic, choleric and melancholic. Temperament is neither "bad" nor "good", each has its own temperament. It is good in some cases and bad in others. Your temperament can be trained through tests or various cases in life.

I.P. Pavlov singled out three more "purely human types" of higher nervous activity (HNA): thinking, artistic, and average. Representatives of the thinking type (the activity of the second signal system of the brain of the left hemisphere prevails) are very judicious and inclined to a detailed analysis of life phenomena and abstract and logical thinking. People of this type are usually interested in mathematics, philosophy, they like scientific activity.



People of artistic type (the activity of the first signal system of the brain of the right hemisphere prevails) have figurative thinking; it is imprinted with great emotionality, brightness of imagination, immediacy and vividness of perception of reality. They are primarily interested in art, theater, poetry, music, writing and artistic creation. They seek a wide range of communication, these are typical lyrics, and people of the thinking type they are skeptical about as "breadcrumbs". Most people (up to 80%) refer to the "golden middle" type. Their character is slightly dominated by rational or emotional beginning, and it depends on education from early childhood, on life circumstances. It starts to appear by the age of 12-16: some teenagers give most of their time to literature, music, art, others - to chess, physics, mathematics. Modern research has confirmed that the right and left hemispheres have specific functions, and the prevalence of activity of this or that hemisphere has a significant impact on the individual personality.

Dynamic features of human personality are not only in the external manner of behavior, not only in the movements - they are also manifested in the mental sphere, in the sphere of inducement, in general performance. Naturally, the features of temperament affect in training and in working life. But the main thing is that differences in temperament are not the level of mental ability, but the originality of its manifestations [5].

It has been established that there is no dependence between the level of achievement, i.e. the end result of actions, and the peculiarities of temperament, if the activity takes place in conditions that can be defined as normal. Thus, regardless of the degree of mobility or reactivity of an individual in a normal, non-stressed situation, the results of activity will in principle be the same, since the level of achievement will depend mainly on other factors, especially on the level of motivation and ability. However, studies that establish this pattern shows that depending on the temperament changes the way the activity itself.

Depending on the characteristics of the temperament people differ not the final result of the activity, but the way to achieve results. Studies have been conducted to establish the relationship between the way the actions and the features of the temperament. These studies considered the individual style of activity as a way to achieve results or a way to solve a particular problem, mainly due to the type of the nervous system [5]. The results of studies of the vast majority of authors, regardless of the peculiarities of the studied groups and experimental situations in which the typical way of performing actions for these individuals was studied, show that it

is the type of nervous processes, has a significant impact on the formation of a certain style of activity.

Before the sanguine should continuously set new, if possible interesting tasks that require concentration and tension. It is necessary to constantly include his active work and systematically encourage his efforts.

Phlegmatic should be involved and interested in active work. It requires systematic attention. It cannot be switched from one task to another. With regard to melancholic is unacceptable not only sharpness, rudeness, but also simply heightened tone, irony. It requires special attention, should be praised in time for his successes, determination. Negative assessment should be used as carefully as possible, in every way mitigating its negative impact. Melancholic - the most sensitive and vulnerable type with it should be extremely gentle and friendly [5].

It depends on the temperament, which way a person realizes their actions, but it does not depend on their content side. The temperament is manifested in the features of the course of mental processes. Influencing the speed of memory and memory strength, fluency of thought operations, stability and ability to switch the attention [3].

The temperament features should be taken into account in professional selection. The profession of operator of an automatic system control panel, for example, requires a timely and rapid response to changes in the operation of many units and the quick making of the right decisions; discipline in the classroom requires that the student can restrain his feelings and desires. These requirements cannot be arbitrarily changed as they depend on objective reasons - the content of the activity.

Temperament, affecting the dynamics of an activity, can affect its productivity. In different types of activities, the role of temperament is different. In educational activities and in mass professions (turner, locksmith, weaver, saleswoman, doctor, teacher, engineer), one of the properties of temperament, necessary for successful activity and weakly expressed in a given person, can be compensated for by other properties and the resulting methods of work. For example, weavers of inert type, whose attention is very stable, in the process of work are rarely distracted. In a situation where it is necessary to eliminate the downtime of machines or breakage of a thread, this is a positive property. Moving type weavers, whose attention is no less stable, more often than inert weavers, switch from one machine to another. In situations of possible malfunctions, this is also a positive property. Thus, more frequent attention switching compensates for greater distractions, as these workers are quicker to detect



faults. Consequently, in mass professions and in learning the properties of temperament, affecting the activity, in the end, do not determine its productivity, because some properties can be compensated for by others.

In such professions as test pilot, big power system manager, cosmonaut, mine-rescuer, international class athlete, etc., whose activity is connected with regular emergency voltage, risk, danger, big responsibility, the level of requirements to psyche is very high. Properties of temperament - high anxiety, low noise immunity - can not be compensated by other properties. In such professions, the properties of temperament determine the professional suitability of man. In these types of work requires a preliminary selection of people on a number of properties that temperament features meet the requirements of the activity. This way of adapting the temperament to the requirements of the activity is called professional selection.

Each property of temperament requires individual methods of work or influence on people. Thus, melancholic quickly gets tired. Therefore, he/she needs more frequent breaks to rest than others.

Temperament depends on the influence of various factors that determine the level of neurologic-psychological tension ( performance evaluation, expectations of control activities, speed up the pace of work, the impact of disciplinary action). Such regulation of activity by differentiating the value of active stimuli depending on the type of nervous system and human temperament is used by good organizers of production. This way of adapting the temperament of the activity is to individualize the requirements, conditions and ways of working (individual approach) [2].

There is also a third type of adaptation of temperament to the requirements of activity. It consists in overcoming the negative impact of temperament with a positive attitude to activity and appropriate motivations. For example, in a very interesting lesson, causing increased activity of students, the degree of choleric restraint is not less than that of sanguine, and the performance of melancholic not less than phlegmatic.

## CONCLUSION

So, summing up the above, it should be noted once again that the study of temperament have been and are engaged in psychologists from different countries.

Temperament characterizes the dynamism of the personality, but does not characterize its beliefs, views, interests, is not an indicator of value or low value of the person, does not determine its capabilities (do not mix the properties of

temperament with the properties of character or abilities). The general activity of mental activity and human behavior is expressed in varying degrees of desire to act actively, learn and transform the surrounding reality, to manifest themselves in a variety of activities. The expression of general activity is different for different people. Two extremes can be noted: on the one hand, sluggishness, inertia, passivity, and on the other hand, great energy, activity, passion, and impetuosity in activity. Between these two poles are representatives of different temperaments.

Emotional activity is expressed in emotional susceptibility (sensitivity and sensitivity to emotional influences), impulsivity, emotional mobility (speed of change of emotional states, their beginning and termination). Temperament is manifested in the activity, behavior and actions of the person and has external expression. On the external steady signs can be judged to a certain extent about some properties of temperament [4].

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