

Toshmatova Moxizatxon Inomidin qizi
Andijan State Medical Institute

Teacher of the Department of Uzbek language and literature, languages

THE IMPORTANCE OF TEMPERAMENT IN HUMAN LIFE AND ITS CHARACTERISTICS DIFFERENT FROM CHARACTER

Annotatsiya: Ushbu maqolamizda temperament va xarakterning asosiy o'ziga xos xususiyatlari va o'xshashliklari shuningdek temperamentga qarab qaysi kasblarni tanlash mumkinligi yoki umuman temperamentga qarab kasb tanlash qay darajada to'g'riligi kabi fikrlar yoritib berilgan.

Kalit so'zlar: Temperament, mijoz, fe'l-atvor, xarakter, shartsiz refleks, shartli refleks, sangvinik temperament, xalerik temperament, flegmatik temperament, melanxolik temperament, ekstrovert, introvert

Аннотация: В данной статье освещены основные особенности и сходства темперамента и характера, а также рассмотрены вопросы, связанные с выбором профессии в зависимости от темперамента и насколько это целесообразно.

Ключевые слова: темперамент, тип личности, характер, безусловный рефлекс, условный рефлекс, сангвинический темперамент, холерический темперамент, флегматический темперамент, меланхолический темперамент, экстраверт, интроверт.

Annotation. This article highlights the main features and similarities of temperament and character. It also discusses the selection of professions based on temperament and the extent to which such an approach is appropriate.

Keywords: Temperament, personality type, character, unconditioned reflex, conditioned reflex, sanguine temperament, choleric temperament, phlegmatic temperament, melancholic temperament, extrovert, introvert.

Mijoz is the general behavior of each person, the main sign of the nervous system. The nerve presses its own autonomy to the activities of the individual.

I.Pavlov

Introduction. To the client-unconditional reflex, the verb becomes more like a conditional reflex.

Whichever trait is innate, it is formed by experience such as the unconditioned reflexive behavioral conditioned reflex. A person has a client at the time of his birth, not a character [temperament], he responds differently to external influences, depending on what category, form, he is composed by nature. The client will never change, so self-fate is written on the forehead. Temperament will definitely leave its seal in a person's face, in his gait, in his speech.

According to eastern theory, God created man from 4 elements of Earth, Water, Grass and air. The character of a person will be 4 different depending on which element is added to whom more.

Heavy-natured, hawkish, like soil.

Like water-cold, cold-blooded.

Fire-fire-serjahl.

Unstable as air, light-natured

The genesis of Western theory can be traced back to A.D. They associate it with the name Hippocrates in the 5th-4th centuries BC. There are 4 substances that determine character in the human body. These are:

1. Phalgam

2. Yellow grass

3. Black Oak

4. Blood

The Latin of the client means "temperament" - "I mix in the appropriate relationship." The intervention of these substances will suit the client according to which substance prevails.

If blood (Sanguis) prevails in the body sanguinic, if sputum (mucus-Phlegma) prevails phlegmatic, yellow grass bile (Xole) dominates choleric, a melancholic client is called If black grass (melayne hole) prevails.

Main part. The role of temperament in human destiny is very important. Temperament is the innate mental and emotional characteristics of a person, forming the character, actions and attitude of a person to the environment. There are several ways in which Temperament affects the fate of a person:

1) personality and character formation: Temperament plays a fundamental role in the formation of a person's personality. For example, some people are more extroverted (open, social), while others are introverted (isolated, reflective). These character traits directly affect their professional activity, relationships, lifestyle and decision-making processes.

2) stress resistance and flexibility: Temperament determines how a person responds to stress and how they adapt to difficult situations. For example, people in a choleric temperament can get nervous quickly, but they recover quickly, as a result of which they continue to struggle to achieve their goals even when faced with some difficulties. On the other hand, people in a phlegmatic temperament may not feel stress or overcome it lightly, which makes them calm and productive.

3) relationships and social interactions: Temperament also determines how a person interacts with others. For example, people in sanguinic temperament are social, sharp, and bring joy to others, giving them opportunities to build a wide range of social connections and have a positive Destiny. In contrast, people in melancholic temperament may be more closed to their inner worlds, but they are deeply thoughtful and emotionally sensitive, and in some cases such traits help them to enjoy more of the situations they create.

4) Professional success: Temperament also affects how a person manages his professional path. For example, choleric often work well in leadership positions because they are quick and persistent in making decisions. Sanguinics, on the other hand, can be successful in more creative areas, as they are open to innovation and work well with others.

At the same time, the influence of temperament on fate is not limited only to its innate properties. The development, transformation and formation of personality of a person largely depends on his life experiences, the environment and the development of his abilities. So, although temperament is a factor, in the formation of human fate it is actively involved in combination with other factors.

To understand the differences between Temperament and character, first of all, it is necessary to consider each of them separately.

Temperament: innate (inborn): Temperament is the innate characteristics of a person, which are genetically transferred hereditary. It determines what mental and emotional reactions a person shows, what level of energy he has. Temperament exists from the moment a person is born and often remains unchanged. Temperament is usually stable throughout life. It organizes the basic values, feelings and reactions of a person's behavior. Temperament is often associated with neurological or physiological processes. For example, some people may get nervous quickly or have a lot of energy, while others may be calmer and more passive.

Temperament indicates the main mental state and main reactions of a person, for example, irritability or cheerfulness. This varies according to its main types of temperament (sanguinic, Choleric, Phlegmatic, melancholic).

And character is formed during a person's life, under the influence of his experiences, upbringing and the environment. It includes human habits, dignity, and moral behavior. Character is also the result of a person's worldview and views. The character can be changed. During life, a person can develop, improve or worsen his character. For example, a person who is not patient can try to improve this aspect of himself over time. Character often depends on social and moral values. The behavior of a person and how he treats others are the main signs of character. Character is a person's way of thinking, making decisions, dealing with others, and submitting to social norms. For example, being conscientious, sincere, patient, or cruel can be different examples of character.

Summarizing the differences;

The main difference is that when temperament has an innate and biological basis, character is formed by social and moral influences. Temperament usually does not change, while character can develop or change.

Temperament, in principle, is formed at the time of a person's birth and is maintained throughout his life, while character changes throughout life, with various experiences and upbringing. Temperament determines how a person feels often and automatically (e.g., fast irritability or cheerfulness), while the character shows how he controls and reacts to these sensations.

Thus, although temperament and character are related, they differ from each other in different aspects. Temperament represents the natural and biological aspects of a person, and character represents his social and moral development.

Choosing a profession according to temperament can affect a person's success, but this is only one factor, and there are many other factors to succeed. Temperament is directly related to a person's behavior, attitude to work and how he adapts to the environment. If a person chooses a profession that suits his temperament, he can increase his chances of success. The following aspects will help you better understand this process:

1. Sangvinic temperament (creative and social): suitable professions: Sangvinics are often successful in professions that require communication and social relationships. Examples include marketing, sales, psychology, media, teaching. The basis for success is served by: their social and optimistic nature, the ability to meet new people and quickly adapt can increase success in the profession. They usually do well in influencing others and in teamwork.
2. Choleric temperament (leader and activist): suitable professions: Choleric perform well in leadership positions or professions that require quick and effective management of activities. For example, management, entrepreneurship, military service, sports, politics. The following serve as the basis for success. Their perseverance, energy and speed of Decision Making create opportunities for them to succeed. Choleric are often serious and goal-oriented, which helps them achieve high results in their profession.
3. Melancholic temperament (deep-minded and consistent): suitable professions: melancholics are successful in professions that require more analytical thinking, in-depth analysis and attention to detail. For example, scientific research, programming, medicine, art, psychotherapy. Characteristics that serve as the basis for success: their consistency, delicate thinking and strict discipline make them successful. Melancholics often work clearly and systematically, which helps them solve complex issues.
4. Phlegmatic temperament (calm and balanced): suitable professions: Phlegmatics are successful in professions that require patience, peace and balance. For example, teaching, medicine (doctor or nurse), auxiliary services, librarianship. The basis for success: their calmness and delicate sensitivity, as well as the ability to work calmly and efficiently with others, help in achieving success. Phlegmatics are often reliable and patiently manage each situation.

The role of temperament to succeed in choosing a profession:

Choosing a career suitable for temperament improves a person's attitude to work, motivation in doing work, and resistance to stress. For example, sanguinics and choleric can be successful in professions that require social and quick action, feeling more comfortable in this area.

Flexibility depending on temperament: however, temperament remains only one factor. An important role in a person's success is also played by his education, abilities, experience, ability to resist hardships and the environment.

Conclusion. Temperament is the innate, biologically formed emotional and mental state of a person, which becomes immutable and stable. It is based on how a person reacts to his feelings, more often.

Character, on the other hand, is the behavior, habits and moral norms of a person, which are formed through social and moral influences, and can change and develop.

Thus, when temperament determines a person's natural reactions, the character determines his way of controlling these reactions and forming relationships with others. Temperament can be unchanged, while character develops based on life experiences.

Temperament plays an important role in choosing a profession, since a profession corresponding to the natural characteristics of a person increases its success. However, to achieve success, one should not rely solely on temperament, since other factors, such as ambition, hard work, knowledge and skills, are also important. Choosing a career suitable for temperament will undoubtedly help a lot in achieving success

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