

THE PSYCHOLOGICAL STRUCTURE OF A HUMAN BEING: INDIVIDUAL, PERSONALITY, AND INDIVIDUALITY. TEMPERAMENT, CHARACTER, AND ABILITY**Tajiboyeva Odinakhon**

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Abstract: This article analyzes the main components of the human psychological structure — the concepts of individual, personality, and individuality, their interrelations, and their roles in human mental development. In addition, the paper explains the essence of psychological features that define a person's internal structure, such as temperament, character, and ability. The interdependence of the biological (as an individual), social (as a personality), and unique (as individuality) aspects of a person is examined on scientific grounds. It is shown that mental activity, willpower, and creative potential are revealed through the harmony of temperament, character, and ability. The article is devoted to the analysis of theoretical issues in psychology related to personality development, individual differences, and the role of humans in society.

Keywords: individual, personality, individuality, temperament, character, ability, psychology, social development.

Introduction

Human beings represent a complex unity of nature and society, and understanding their essence is one of the key objectives of psychology. A human is simultaneously a biological organism, a social being, and an individual personality. Therefore, distinguishing between the concepts of individual, personality, and individuality is essential in psychological studies.

Furthermore, psychological traits such as temperament, character, and ability form the inner structure of personality. This article explores the psychological structure of humans based on these six fundamental concepts.

The Concept of “Individual” and Its Psychological Meaning

The term individual derives from the Latin *individuum*, meaning “indivisible” or “single entity.” In psychology, individual refers to a biologically existing member of the human species. A person is born as an individual — possessing innate reflexes, physiological processes, and hereditary traits. However, at this stage, the person is not yet a social being. Only through interaction with society — communication, learning, and education — does one begin to develop personal qualities. The main features of an individual include biological integrity, nervous system activity, physiological adaptability, and the natural basis of mental functioning.

The Concept of Personality and Its Social Essence

Personality is a human being who has developed within social life, is capable of conscious activity, and understands their place and role in society.

According to psychologists such as A.N. Leontiev and S.L. Rubinstein, a personality forms through social relations and activity. A child, under the influence of society, learns social roles, moral norms, and values, gradually becoming a fully developed personality.

The main features of a personality include:

- Consciousness and self-awareness;
- Activity and responsibility;
- The ability to perform social roles;
- A system of values and beliefs.

Thus, personality is a socially active subject who consciously regulates their behavior and contributes to society.

Individuality — The Uniqueness of a Human Being

Individuality refers to the distinctive psychological characteristics that differentiate one person from another. Every human being is unique in terms of emotions, thinking, interests, worldview, and abilities. Individuality is the specific combination of temperament, character, abilities, emotions, and volitional qualities that define a person's psychological image. It determines one's creativity, life choices, and self-awareness. Developing individuality plays an essential role in self-knowledge, self-regulation, and the realization of personal potential.

Temperament — The Dynamics of Mental Processes

Temperament is the set of innate psychological traits that determine the speed of emotional reactions, mental activity, behavior rhythm, and emotional stability. According to the classification proposed by Hippocrates, there are four basic types of temperament:

Sanguine — active, cheerful, optimistic;

Choleric — strong-willed, quick-tempered, energetic;

Phlegmatic — calm, balanced, consistent;

Melancholic — sensitive, emotional, introspective.

Temperament influences the style of behavior but does not determine moral or social attitudes. It is biologically based and expresses the dynamic side of a person's psyche.

Character — The Stable System of Behavior

Character is a set of stable psychological traits formed through social experience, upbringing, and activity. It reflects a person's attitude toward themselves, others, work, and society.

Positive character traits include honesty, determination, diligence, patience, and justice.

Negative traits include indifference, laziness, dishonesty, and aggression.

Character development is influenced by family upbringing, education, social values, and personal goals. Character ensures the moral, volitional, and emotional stability of the personality.

Ability — Success in Activity

Ability refers to individual psychological characteristics that enable a person to perform certain activities effectively.

In psychology, abilities are classified into two types:

General abilities: thinking, speech, memory, attention, observation;

Special abilities: musical, artistic, technical, scientific, sports, or pedagogical abilities.

Abilities are based on innate aptitudes but develop through learning, practice, and work.

Recognizing and cultivating one's abilities allows an individual to express their individuality and achieve success in personal and professional life.

Interrelation Between Individual, Personality, and Individuality

The categories individual, personality, and individuality represent different stages of human development:

Individual — the biological aspect of a human being;

Personality — the social form of existence;

Individuality — the unique psychological manifestation of the person.

Additionally:

Temperament defines the dynamics of mental processes;

Character expresses social and moral development;

Ability ensures success in activity.

Together, these elements form the psychological structure of the human being and determine their mental potential and social role.

Conclusion

In psychology, studying humans involves analyzing three main dimensions: biological, social, and individual. The concepts of individual, personality, and individuality describe these dimensions and reflect the different levels of human development. Moreover, temperament,

character, and ability constitute the inner psychological structure that determines a person's activity, willpower, emotional balance, and creativity. To fully understand a human being, it is necessary to study these aspects as an integrated whole. The more a person understands themselves, the better they can develop their individuality and make meaningful contributions to society.

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