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THE ROLE OF HUMAN TEMPERAMENT IN CONFLICT SITUATIONS

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Abstract: When it comes to the role and mechanisms of temperament, one of the individual psychological characteristics of a person, in conflict situations, we observe that there are different types. The process of socialization serves to positively resolve conflicts.

Keywords: temperament, humoral, constitutional, sanguine, choleric, melancholic, phlegmatic, psychological, physiological.

INTRODUCTION

The civilization taking place in the world today requires a person to be in constant motion with the times. Under the influence of the development of global networks in all areas, social and psychological growth of people is observed. It is observed that this process does not always proceed smoothly. It creates the need to analyze the role of human temperament, which is a participant in this process.

The social, economic, political, spiritual development plans being implemented in the Republic of Uzbekistan today are one of the priority areas of state policy. The regulatory and legal documents being adopted in this regard are further increasing the importance of individual psychological characteristics of a person in professional activity, including temperament. In particular, the Decree of the President of the Republic of Uzbekistan PF-21 sets out the tasks of bringing reforms to a new level within the framework of the priority directions of the country's development until 2030. It lists the development of human capital, the introduction of an effective management system, and the improvement of personnel potential as important areas[1]. This directly indicates the need to take into account the individual psychological characteristics of a person, including temperament.

It is known that the first scientific research on temperament began in Greece. It is emphasized that Hippocrates introduced the term “temperament” into science and divided it into four types. Galen also expressed his thoughts and described temperament into 13 types. Eastern thinkers who lived and worked in the Middle Ages also gave their own attitude to temperament. Abu Ali Ibn Sino emphasized the need to use temperament in educating children and treating patients. Modern scientists emphasize the ideas expressed in ancient and medieval times as a “humoral” approach. The humoral approach refers to the ratio of the body’s fluids to the blood.

[1] O‘zbekiston Respublikasi Prezidentining “Mamlakat taraqqiyotining 2030-yilgacha mo‘ljallangan ustuvor yo‘nalishlari doirasida islohotlarni izchil davom ettirish va yangi bosqichga olib chiqishning qo‘shimcha chora-tadbirlari to‘g‘risida” 2026-yil 16-fevraldagi PF-21-son Farmoni. Manba: https://www.lex.uz/uz/docs/-8050769

The physiological basis of temperament was experimentally proven by the Russian physiologist I.P. Pavlov, in the form of the body's reflex activity. He demonstrated the idea put forward by Sechenov through practical testing. Another of our psychologists, B.M. Teplov and his students, continued the work of I.P. Pavlov and studied the manifestation of human nervous processes in human mental activity. Psychophysiological theory of temperament (V.S. Merlin, B.M. Teplova) 1. Controls the dynamics of mental activity; 2. Describes the dynamics of certain mental processes; 3. A stable and permanent character develops over a long period of time; 4. Defines the type of temperament in a legalized form.

Scientists who analyze temperament "constitutively" entered the scientific scene with their own views. They attributed temperament to the structure of the body. E. Kretschmer's typology, W. Sheldon's typology describe the form as the main mechanism for the emergence of human temperament characteristics. Claude Sigo also had his own approach.

The "energetic" theory of temperament is associated with the working capacity of the nervous system. According to the energetic theory, temperament characteristics are compared with the working capacity of the nervous system. Each temperament has its own intensity according to its emotionality and energy expenditure. The typology in this regard was carried out by W. Wundt.

Let's consider the methodological aspects of analyzing temperament and personality in conflict situations. Among the methods that are often used to determine temperament, G.Yu. Eysenck's Temperament Test (EPI), A.Belov's Temperament Test, Klimov's DDS test for determining professional inclinations, and Bassa-Darki's "Aggressive Behavior" tests can be used. With the help of these methods, we can analyze the correlational significance of temperament activity in conflict situations.

Comparative status of types.

1-Table.

Types of Sigo	Kretschmer's types	Sheldon's body types
Digestive	Picnic	Endomorph
Muscular	Athletic	Mesomorph
Cerebral	Leptosomatic	Ectomorph

Temperament according to I.P. Pavlov

2-Table.

Properties of the nervous system	
Weak	power

	unbalanced	balanced	
Weak	Strong	Active	Weak
Melancholy	Unbalanced type (choleric)	Strong, balanced, active (sanguine)	Strong, balanced, weak type (phlegmatic)

B.M. Rusalov also proposed his own approach.

C.3-Table.

Types of activity	Maturity (endurance)	Plasticity	Temp	Emotionality
Intellectual	Intellectual maturity	Intellectual plasticity	Intellectual temp	Intellectual emotionality
Social	Social maturity	Social plasticity	Social temp	Social emotionality
Motor	Motor maturity	Motor plasticity	Motor temp	Motor emotionality

Conclusion.

In the process of studying the materials, hypotheses about the predisposition of temperament types to conflict situations are more often observed in individuals of the choleric type. Famous historical figures of the Sanguine type in conflict situations Napoleon Bonaparte: An energetic and quick-witted commander. His quick decision-making on the battlefield is an example of the sanguine character. Julius Caesar fought many battles and became the emperor of Rome. Honore de Bolzac introduced the term “Balzac age” into the world of literature, and it is natural for a person to face internal and external conflicts as he grows older. Famous people of the melancholic type: Abraham Lincoln was the 16th president of the United States and was famous for his “melancholy” (clinical depression). He experienced deep depressive states throughout his life. Franz Koffka, Leo Tolstoy and several other writers have observed internal conflicts. Internal conflict has also been observed in great artists (Van Gogh, Edvard Munch). When we asked about phlegmatic individuals, AI showed great figures such as Mahatma Gandhi, the Dalai Lama, former German Chancellor Angela Merkel, and Mikhail Kutuzov. Although these people did not personally start major conflicts in history, they were around major conflict situations.

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