

Zadneprianska N.

AN OVERVIEW OF THE 4 TYPES OF TEMPERAMENT

The paper deals with the essence of four types of human temperaments: Choleric, Sanguine, Phlegmatic and Melancholic.

There is a humoral theory of Hippocrates which is based on the idea that four main fluids flow in the human body: blood, phlegm (mucus), yellow bile, and black bile. Normally, these fluids are in balance, but an excess of one or more of them causes almost all internal diseases.

Hot, impulsive, rapidly reacting to the situation, passionate and unbalanced – these are the main characteristics of a person with a choleric temperament type. Among the features of this type are the following: they never sit still, are able to overcome many difficulties, but are prone to sudden mood swings and strong emotional outbursts. A choleric person is a fidgety person, a perpetual motion machine who is always in a hurry, trying to do several things at the same time, but does not always bring them to the end. Unlike a sanguine person, a choleric person can hardly be called cheerful – their energy sometimes takes the form of conflict.

Of the four types of temperament, the sanguine person is the strongest and brightest one. They are associated with high efficiency, mental activity, and energy. A sanguine person has increased sociability and flexibility of mind, is loved for their cheerfulness and friendliness.

Melancholic people are easily wounded, sluggishly reacting to their surroundings, closed, and restrained in speech. Despite such “unenviable” characteristics, melancholic people can boast of a high sensitivity of the nervous system, which allows them to become great musicians, artists, philosophers. Melancholic people have a certain margin of safety, so they are not at all as fragile as one might think, however, in comparison with phlegmatic, sanguine and choleric people, this type of temperament is considered to be quite weak.

Phlegmatic type of temperament can be called the golden mean in comparison with the other types. Due to their calmness, such people often have a beneficial effect on an effective sanguine person, do not pay attention to the exaggerated demands of the melancholic type and are able to restrain the sharp impulses of a choleric person. Among all types of temperament in psychology, phlegmatic people act as a kind of compensator that does not go to extremes, does not create unnecessary problems and maintains balance in the team.

Knowing your type of temperament can help you get a better understanding of your own reactions, emotions and behavioral patterns, which is a key to an enhanced emotional intelligence – a crucial 21st century competence.

Research Supervisor – Hanna KORNIUSH, Ph.D. in Pedagogical Sciences, Associate Professor