

SPEAKING DESCRIPTION OF A MELANCHOLOGICAL TEMPERATURE PERSON

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Annotation: This article gives you information about temperament, how they are formed, their history, what types they are studied, and the description of speech.

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The spiritual world of man consists of a continuous set of actions, one of which directly requires the other, and they rule in the form of a continuous chain system. For the same reason in the psyche of the person are constantly impressions of the external environment, memories of the past, creative thoughts about the future, good intentions, desires, goals and wishes, thoughts, ideas and problems, emotional experiences, volitional qualities. It is constantly changing places. There is a separate individual manifestation of the course, nature, character, mechanism of the spiritual world. This is probably why people tend to respond quickly or slowly, easily or with difficulty, to natural phenomena, social events, factors, and forces of influence.

It should be noted that the dynamics of mental activity is directly related not only to temperament, but also to motives, mental states, emotions. For example, regardless of the type of temperament a person belongs to, if he is capable, strong-willed, determined, curious, he is organized and controlled in his organization and control. The pace of work is slow and sluggish if it is done quickly, if you show indifference to it. In psychology, there is a certain degree of difference between the individual dynamic characteristics of temperament and the dynamic characteristics of motives and psychological states, emotional experiences. In order to highlight the differences between them, additional symbols are introduced and described in a specific way. It is expedient to highlight some of them.

Temperament is derived from the Latin word "temperamentum", which means "mixture". The first doctrine of temperament was created by the Greek scientist Hippocrates, whose typology is still used today.

The concept of the physiological basis of temperament According to the teachings of the ancient Greek scientist Hippocrates, the differences between people in terms of temperament are due to the different proportions of fluids in their organs.

One of the scientists who made a huge contribution to the physiological basis of temperament is the Russian physiologist IP Pavlov.

When studying the higher nervous activity of animals, IP Pavlov discovered that the characteristics of the appearance, course, and duration of conditioned reflexes in dogs differ from those in humans, and this phenomenon can also occur in temperament. I. P. Pavlov concludes that temperament can also be associated with factors that cause individual characteristics of conditioned reflex activity. According to the teachings of IP Pavlov, the reasons for the emergence of individual features of the emergence of conditioned reflexes are the nature of the characteristics of the nervous system. The author pays special attention to the three main features of the nervous system.

- 1) the force of the drive and braking process;
- 2) the degree of equilibrium between the driving force and the braking force;
- 3) the rate of exchange of motion with braking, ie the mobility of neural processes.

IP Pavlov calls the interaction of temperament-related features of the nervous system with the individual features of conditioned reflex activity a type of nervous system and divides it into four types: a) strong, balanced, agile; b) strong, unbalanced, agile; c) strong, balanced, weak; g) weak type.

One of the great Russian psychologists BM Teplov and his students continued the research of IP Pavlov and managed to reveal the peculiarities of the characteristics of human neural

processes. According to BM Teplov, some individual features of conditioned reflexes generated in humans are mutually compatible. According to them, the system of interrelated individual features is characterized by certain features of the nervous system. In particular, the interrelated features include, firstly, the degree of extinction of conditioned reflexes, regardless of the continuation of conditioned excitation, and secondly, the differences between the strength or weakness of stimuli and the volume of the conditioned reaction, thirdly, it depends on the degree of positive or negative impact of the foreign driver on the sensitivity of the main driver, and fourthly, on the strength of the excitation processes in another form or voltage. According to the analysis of the data, a series of individual characteristics of conditioned reflex activity related to the balance of neural processes with the force of braking were discovered using a similar method. The feature of the nervous system, which is expressed in the essence of these individual features, is called dynamics. In addition, they began to call a new trait of instability, a group of individual characteristics of conditioned reflex activity, a new trait that is thought to be the product of the rate of cessation of the excitation process. At the same time, scientific assumptions have been made about the existence of other features of the nervous system, such as: sensitivity, reactivity, etc.

Similarly, scientific observations about the nature of the nervous system represent an interpretation only for general reasons related to a set of individual characteristics that are interrelated with conditioned reflex activity.

The relationship of temperament with the characteristics of the nervous system can often be reflected in the nature of the following factors:

- 1) a person has a conditioned reflex, but it begins to fade quickly;
- 2) the external drive causes a strong braking in a conditioned reflex;
- 3) the person reacts to weak stimuli as strongly as strong stimuli;
- 4) the person identifies features that are combined with the process of weak excitation;
- 5) a person has a strong emotional arousal and distraction.

As mentioned above, the doctrine of I. P. Pavlov explains whether the psychological effect of temperament is related to all the features of the nervous system or belongs to its type. Similarly, this or that trait of temperament comes into contact with a series of traits, not with any trait of the nervous system. As a result, the properties of temperament in the quantitative relationship of the properties of the nervous system also make a qualitative change.

Nowadays, there is a lot of information and factors that the general type of the nervous system depends on heredity, which can be found in the study of animals in comparative psychology.

According to foreign psychological literature, temperament is not related to the neuro-physiological characteristics of the general type of the nervous system, but to: a) the physical structure of the body, b) the relationship between certain parts of the body, The theory that it depends on the general structure is a priority in world psychology. The founders of this theory were E. Krechmer and U. Sheldon, who explained that both body structure and temperament characteristics depend on the hereditary characteristics of the interaction in the activity of the endocrine glands. According to them, there is a certain correlation between body composition and temperament characteristics.

A certain feature of temperament depends not on any feature of the general type of the nervous system, but on a set of features.

If the typology of temperament is compared in terms of human temperaments, then it is clear that there is a group of people who are similar in terms of their characteristics. At the same time, materials on the types of temperament were collected in the prehistoric period. When they say temperament type, they mean a set of mental characteristics that characterize certain groups of people. Nowadays, the type of temperament is not a simple set of features that are common to a particular group of people, but a legitimate, necessary interdependence of these characteristics. The legal interdependence of the characteristics that characterize the type of temperament can be reflected differently.

The interrelation of specific features for each type is also reflected in the fact that the qualitative description of each individual feature is associated with other characteristics of the

temperament type. For example; inability or self-control for one type of temperament: a) passion is intensity, b) hysteria is a high-level imbalance; for the same type, self-control is an example of emotional will, for another it is an example of greatness, of restraint.

From ancient times, all temperaments were divided into four types: 1) choleric, 2) sanguine, 3) melancholic and 4) phlegmatic temperament. One of them is:

Melancholic temperament is characterized by slow but strong agitation and stability of emotions. Melancholics tend to have a stable, lasting mood, but the external expression of their feelings is very weak. Melancholic temperaments may not start suddenly, but once they start, they do not stop what they started. Such temperamental children are pious, humble, and often shy and timid when asked a question. It is not easy to upset or make them happy right away, but if they are upset about something, it will last a long time and will be stable. They do not cling to a job or a game quickly, but when they start a job or a game, they show endurance and perseverance.

From the above point of view, the owner of a melancholic temperament is less enterprising. Therefore, their speech can be assessed as satisfactory. their speech is sometimes weak because they don't say much they don't need to. In general, all of this will fall into place when you grow up, but some may not be able to fully express themselves due to shyness.

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