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TEMPERAMENTAL TYPOLOGIES - THEORIES AND IMPACT

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ABSTRACT : The article highlights the main theories regarding human typology from the perspective of temperament. The concept of "temperament", introduced for the first time by the Greek physician Hippocrates, since ancient times, aroused and still arouses the interest of specialists in various fields which have in the area of interest specific aspects of the human being. This concept was studied by philosophers, psychologists, psychiatrists and psychophysiologists (Immanuel Kant, Hermann Lotze, Ivan Pavlov, Carl Jung, Gerardus Heymans, etc.), theories being developed and proposed that were exploited in many fields of activity and have proven their usefulness through their contribution to the realization and optimization of these activities.

Keywords: traits, theories, typologies, temperament.

Concern about temperament appeared in antiquity, when Hippocrates founded the first theory on psychological types based on the mixture of humors in the body and Galenius described the 4 types (choleric, sanguine, phlegmatic and melancholic) and continued to arouse the interest of philosophers, anthropologists and psychologists.

Starting from the premise that the body constitution predisposes to a certain behavior, Kretschmer (apud Opre, 2006) distinguishes four constitutional types: picnic; leptosoma or asthenic; athletic; dysplastic - with congenital malformations.

Pavlov considered the type of nervous system: strong or weak (determined by the strength or energy of the nervous system and expressed by resistance to conflict situations or strong stimuli); mobile or inert (determined by mobility, respectively the ease with which it goes from excitation to inhibition and vice versa, depending on external demands) and balanced or unbalanced (determined by the distribution of the force of the processes of excitation and inhibition; approximately equal forces determine the balance of the nervous system , and the predominance of excitation causes an unbalanced nervous system) and distinguished (Opre 2003):

- strong, balanced, mobile type (correlated with sanguine temperament);
- strong, unbalanced, excitable type (correlated with choleric temperament);

• the strong, balanced, inert type (correlated with the phlegmatic temperament);

• weak type (correlated with melancholic temperament).

Starting from Pavlov's theory, Gheorghe Zapan (1984) added 3 more types to the three types of nervous system: persistence, affective tone, direction (Zapan, 1984). It mentions the levels of the temperamental system: the general motor level (of activity), the affective level, the perceptual-imaginative level and the mental level (of thinking), and each level is characterized by temperamental indices: strength, balance, mobility, persistence, affective tone (sthenic and asthenic) and direction (extroverted or introverted).

In addition to the development of a new temperamental typology, he made an important contribution especially in the realization of a temperament diagnosis method, proposing in this sense a novel mathematical formula (Zapan G, 1992).

The Dutch G. Heymans and E.D. Wiersma (apud Birch, 2000) approaches temperament using three fundamental psychic dimensions (attributes):

a) emotionality or emotional instability that represents the person's reactions to the events they face and distinguish two types: the emotional type (tendency to be highly emotional) and the non-emotional type (is very hard to emotional about);
b) the activity, which assumes the presence or absence of the disposition to action (the force of the nervous system used by Pavlov in his typology) and distinguishes two types: the active type (always engaged in action, the tendency to remove obstacles that prevent the action from taking place) and the non-active type (makes an effort to carry out the action as if everything were against his wishes).
c) affective resonance: refers to the "echo" that an event has on the individual and distinguishes two types: the primary type (the individual quickly detaches from the event that happened, the present being experienced immediately, the reactions being spontaneous and immediate) and the secondary type (an event preoccupies the individual for a long time; the event is analyzed, classified and intervenes in the previous experience of the subject; even a minor event can have a very deep "echo").

From the combination of the three polar dimensions (emotive-nonemotive, active-inactive, primary-secondary) eight types of temperament result (Opre, 2003), namely: passionate (emotional, active, secondary), choleric (emotional, active, primary), sentimental (emotional, non-active, secondary), nervous (emotional, non-active, primary), phlegmatic (non-emotional, active, secondary), sanguine (non-emotional, active, primary), apathetic (non-emotional, non-active, secondary), amorphous (non-emotional, non-active, primary).

The French R. Le Senne, G. Berger, A. Le Gall (apud Opre, 2002) add to the attributes used by the Dutch typology six other psychological components: the breadth or extent of the field of consciousness, extraversion, tenderness or affective sensitivity, intellectual passion, avidity and sensory interests, resulting by their combination in several particular types.

Jung developed one of the most generally accepted theories of temperament, taking into account individual differences due, on the one hand, to the typical way in which a person receives internal and external stimulation and, on the other hand, to the characteristic direction of movement of the psychic energy (Jung, 1997).

Thus, Jung talks about the attitudes of introversion and extraversion and the functions of thinking, feeling, sensation and perception.

Jung's typology of temperaments is based on polar traits. The meaning of psychic energy allows a new classification into two classes: extravert and introvert (Jung, 1997).

He believes that the human personality is differently oriented: either towards the external world, towards objects (the extraverted type), or towards the inner world, towards oneself (the introverted type). The extraversion-introversion polar dimensions highlight inter-individual differences, expressing both the dominant way of the individual's interaction with the world and the orientation of his psychic energy. People in whom these orientations are not predominant, but are in a state of equilibrium, belong to the ambivert type.

Among the multiple possible attitudes, four are distinguished, respectively those that are oriented mainly according to the fundamental psychological functions (thinking, feeling, sensation and intuition) (Jung, 1997). Sensation and intuition are the functions by which the individual gathers information, and thinking and feeling are ways of making decisions.

By reference to the quality of fundamental functions, he distinguishes: rational types (thinking type and feeling type), and irrational types (sensation type and intuition type).

These four functions are necessary strategies to receive and process information Sensation establishes what is present in reality, thinking gives us the opportunity to see what the meaning of the fact would be, feeling gives us its value, and intuition shows us how the event will evolve in - a certain future situation (Hall, Lindzey and Campbell, 1997, p.115). The four functions are present both in the extrovert type and in the introvert type, but they have manifestations of different intensities.

To these four functions, Myers and Briggs add two more, namely judgment and perception, which express the way we relate to reality (Myers, McCaulley, Quenk and Hamme, 1998).

Katharine Myers and her daughter, Isabel Briggs-Myers, capitalized on their observations in the development of a working tool called "Myers-Briggs Type Indicator" (Myers-Briggs Type Indicator - MBTI). Starting from the psychological types established by C.G. Jung, they postulate the following basic personality characteristics:

• extraversion-introversion related to the person's predominant orientation towards the external or internal world;

• the sensory function - the intuitive function, which expresses the way knowledge is assimilated;

• reflexive function - affective function - with reference to decision-making;

• the judicial function - the perceptive function - regarding the preference for an organized lifestyle or vice versa.

By combining these eight characteristics, obtained 16 personality types:

1. extrovert-intuitive-affective-judgmental (open, creative, interested in people, organized);
2. introverted-intuitive-affective-judgmental (reserved, creative, interested in people, organized);
3. extraverted-intuitive-affective-perceptive (open, creative, interested in people, flexible);
4. introverted-intuitive-affective-perceptive (reserved, creative, interested in people, flexible);
5. extraverted-intuitive-reflexive-judgmental (open, creative, logical, organized);
6. introverted-intuitive-reflexive-judgmental (reserved, creative, logical, organized);
7. extraverted-intuitive-reflexive-perceptive (open, creative, logical, flexible);
8. introverted-intuitive-reflexive-perceptive (reserved, creative, logical, flexible);
9. extraverted-sensory-reflexive-judgmental (open, practical, logical, organized);
10. introverted-sensory-reflexive-organized (reserved, practical, logical, organized);
11. extraverted-sensory-affective-judicial (open, practical, interested in people, organized);
12. introverted-sensory-affective-judgmental (reserved, practical, interested in people, organized);
13. extraverted-sensory-reflexive-perceptive (open, practical, logical, flexible);
14. introverted-sensory-reflexive-perceptive (reserved, practical, logical, flexible);
15. extraverted-sensory-affective-perceptive (open, practical, interested in people, flexible);
16. introverted-sensory-affective-perceptive (reserved, practical, interested in people, flexible).

Along with the theories regarding personality factors, when temperamental attitudes are related to personality factors, the study of temperament as a dimension of personality has a new

theoretical model. Thus, the two dimensions, extraversion and neuroticism (emotional stability-instability), specific to the Big Five model, are analyzed according to the four types of the ancient taxonomy. Thus, we can talk about extroverted emotional stability in the case of blood type, introverted emotional instability for melancholic, extraverted emotional instability for choleric and introverted emotional stability for phlegmatic (Eysenck and Eysenck, 1975).

The combination of temperamental dispositions with the dimensions of positive and negative affectivity was first addressed by Russell (apud Gray and Watson, 2001) and later by Watson and Tellegen. Thus, all these dimensions can be included in a complex model containing bipolar dimensions (pleasure, positive affectivity, negative affectivity, unpleasantness) (Watson et al. 1999).

The English psychologist Hans Eysenck takes up this distinction of Jung, but adds a new dimension called the degree of neurosis. This expresses the emotional stability or instability of the subject. Eysenck represented the two dimensions on two perpendicular axes, obtaining the extroverted-stable, extroverted-unstable, introverted-stable and introverted-unstable types, which he associated with the four classic temperaments.

This theory, as well as Jung's, have enjoyed wide applicability and recognition.

Although the MBTI was and contested , Gardner and Martinko (1996) make references to a number of notable results obtained with the MBTI and Schneider and Sîntion use the MBTI in their research by which he tries to prove the hypothesis of personality homogeneity (Schneider et al, 1998, Sîntion, 2001).

Constantin mentions multiple applications both in the practice of professional evaluation and in career guidance (Constantin,T, 2004).

Conclusions

Sustained interest and constant attention to temperamental typologies has led to their development along with other personality theories as well with psychometric models.

Temperamental typologies were explored,exploited and proven useful in various fields of activity including:

• psychoanalytic counseling and personal development;
• family counseling (compatibility between spouses, family problems);
• school and professional counseling and guidance;
• recruitment consultancy, team compatibility;
• marketing and advertising by explaining consumer behavioral motives
• in management, building the company's strategy according to the types of employees),

• educational activities and educational management.

Knowing and using temperamental typologies contributes to the optimization of activities, including educational ones.

Regarding educational activities, regardless of the typology used, temperamental typology has made and makes it possible to highlight educational dominances specific to various temperamental types, choose preferred teaching and assessment methods, differentiate tasks and choose school tasks according to the preferences of various temperamental types , thus constituting a theoretical basis for the differentiated or personalized approach to learners.

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