

PSYCHOLOGICAL SPECIFICITY OF ADOLESCENT TEMPERAMENT

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Abstract: The psychodiagnostic study of the characteristics of the temperament of adolescence is an urgent problem for modern psychology, which is determined by the needs of practice for data on the characteristics of the psyche of a teenager. The age category under consideration is distinguished by dynamic changes in all physiological systems and mental functions, simultaneously with which, a teenager needs to master new social roles and functions, build relationships in society, and form an idea of himself as a person. These factors affect changes in the personality of a teenager, which can provoke difficulties in his behavior and communication with adults. Therefore, it becomes especially important to determine the characteristics of an individual's temperament in adolescence.

Keywords: temperament, psychodiagnostics, adolescence, character, methods.

The attention of many researchers in the field of psychology is often attracted by the analysis of the role of the genotype and the environment in the development of a person's psychological characteristics and, above all, the peculiarities of his temperament. The concept of "temperament" (from the Latin *temperamentum* - ratio) is characterized by a complex of psychodynamic properties of the individual, which is manifested in the features of his mental activity: intensity; the speed and pace of mental reactions; emotional tone of life.

Scientists consider Hippocrates to be the founder of the theory of temperament; later, the philosopher and physician Claudius Galen developed this theory and became

the author of the scientific treatise "Correct Measure", in which he described four types of temperament in accordance with the main biological substances [1, p. 58-65]. Temperament includes a naturally conditioned tendency of an individual to a specific style of behavior, manifestations of sensitivity to certain influences of the surrounding world, emotionality of human behavior, his impulsiveness or restraint, sociability or isolation, the speed of adaptation in society.

Today, there are various methods for identifying and diagnosing the dynamic side of the psyche, one of which is the questionnaire of J. Strelyau [3] and the questionnaire of G. Eysenck [5]. The identification of features and information about temperament in adolescence is presented in the questionnaire of the structure of temperament of the Soviet psychophysicologist V.M. Rusalov [2]. It includes questions for diagnosing the properties of the subject-activity and communicative aspects of temperament, based on the characteristics of the adolescent's nervous system. V.M. Rusalov in his studies said that the temperament of a teenager directly depends on the properties of his nervous system, which are defined as the main characteristics of functional systems that provide integrative, analytical and synthetic activity of the brain and the entire nervous system as a whole.

Studying other works of domestic and foreign researchers in the area under consideration, various approaches and attitudes of the authors to the psychobiological model of temperament were highlighted. Foreign researchers M. Rothbart and D. Derryberry, in the course of studying the features of the manifestation of human temperament, took into account its qualitative changes in the process of ontogenesis. They also determined the features of the manifestation of the properties of temperament in different age categories and the factors influencing its development [6].

Temperament is an innate phenomenon, the formation of which is influenced, first of all, by genetics and climatic conditions. However, throughout life, a person can influence his temperament by his behavior, environment and habits. Therefore, when raising a teenager, it is important to take into account the peculiarities of his temperament and create the necessary conditions for him to learn to control and manage his behavior. During this period, character traits are usually pronounced: a teenager is more impulsive and active if his type of temperament is choleric or sanguine. If a teenager is melancholic, then the impact of the environment, stress associated with educational activities or relationships with parents, can lead to the fact that he will more often "withdraw" into himself and close from others. The sensitive psyche of teenagers quickly reacts to changing processes in the world around them and it is important in this age period to teach them to accept and understand themselves, to show important life values, to teach them to cope with a particular situation. Under the

influence of temperament, various personality traits are formed. It depends on how much a person will be impressionable, emotional, impulsive, anxious, and so on. Features of temperament affect a person's character, which, in the aggregate, is an important factor for the future self-realization and formation of a teenager's personality, on which a career, the number of acquaintances, motivation for one or another activity and development will depend.

E. Leventhal in her works analyzed the relationship of adolescence with temperament and personality. She said that the older a person becomes, the more his mental reactions slow down, therefore it is in the adolescent period that the individual is prone to a more violent appearance of feelings and emotions. According to its definition, temperament is a bright kaleidoscope of positive and negative qualities that shape individuality [4, p. 78].

Summarizing the above, we note that the personality of each person is unique. The perception of the world is influenced by a huge number of factors - society, environment, genetics, upbringing, living conditions. Therefore, each person has a multifaceted psyche, the basis of which is temperament - a kind of biological basis on which the personality is based. It characterizes the individual characteristics of a person that determine the dynamics of his mental activity and behavior. In psychological science, there are several types of concepts that describe and study the characteristics of a person's temperament. Adolescence is characterized by a more pronounced manifestation of character traits and temperament, therefore, during this period, when raising a teenager, it is necessary to take into account his temperament and create the necessary conditions for the formation of his personality, to bring up the right values and help to cope with various external and internal conflicts and situations.

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