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THE ROLE OF TEMPERAMENT IN THE FORMATION OF INDIVIDUAL AND DESTRUCTIVE INDIVIDUAL RELATIONSHIP STYLE

Abstract: *This article describes the role and characteristics of temperament in the formation of individual and destructive individual relationships in the family, the formation and manifestation of destructive individual relationships in different temperament types, consequences, the role of destructive individual relationships in the destruction of family relationships.*

Key words: *individuality, personality, destructive individual attitude style, temperament, destructive behavior.*

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Introduction

We often hear people everywhere, demanding that those around them always lose their negative qualities and display only positive ones. But how to become the “most positive person” is making many wonder. In order to become a “positive person”, it is important to distinguish between “negative person” and “positive person” and the difference between them. In our view, this is very important in interpersonal relationships. From a psychological point of view, ... there is no such thing as a “negative person” or a “positive person”. Positive and negative qualities are human, but in man they are mixed. ...” is more accurate. So how does this mixture form in it? Does it have any criteria? It is natural to ask.

Based on our research on the destruction of interpersonal relationships in the family [11,12], we came to the conclusion that it has both hereditary and social bases. The Uzbeks say, “When you dig, you dig.” Proverbs such as, “If you see your mother, take your daughter!” such proverbs as the formation of the child's behavior and character of the mother's upbringing shows the social impact. In our view, destructive relationships stem from a destructive personality. The formation of a destructive personality,

on the other hand, has a deep root. To be more precise, a person cannot become a destructive person in an instant. Destructive personality is formed as a style of destructive individual relationships.

The style of individual relationships does not arise spontaneously in a person, it is formed at all stages of personal development, that is, before the birth of a child and from kindergarten age to the acquisition of professional skills. A person's temperament shapes a person's individual relationship style. For the same reason, an individual's relationship style is understood as an individual system that is unique to the individual and the purposeful ways to achieve success.

According to G.Yu. Eisenk's analysis of typological features of personality, the analysis of typological features of personality is often used to describe the psychological characteristics of people with destructive behavior. In the research of O.P. Gnidin, a correlation between the level of destructiveness with the indicators of neuroticism and psychoticism was identified, and the relationship with the indicator of extraversion-introversion was not identified. These results are consistent with data on neuroticism and high levels of psychoticism in individuals serving sentences for selfishness and

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violent crime [2, 3, 4,], and no data on the positive effects of psychoticism on students' destructive behavior.

A unique set of temperament traits is manifested in the process of individual style of human relationships. The individual style of attitude depends not only on temperament, but also on other factors, the communication skills formed in the process of personal development. The individual style of attitude can be thought of as the innate characteristics of the human body and the adaptation of the types of the nervous system to the conditions of activity, just as the individual style of activity. More precisely, the basis of the individual style of attitude is the sum of the characteristics of the nervous system and the attitude formed in the educational process.

There are two different characteristics that go into an individual style of relationship. The first is the features formed due to defects in the individual characteristics of the nervous system. The second is the features that allow a person to make the most of the communication, abilities and skills available to him. The characteristic of temperament is not in the effectiveness of the relationship, but in the specificity of the relationship styles.

In this sense, according to our research, people of any temperament type can also succeed in relationships. It has been found that people with opposite characteristics according to temperamental mobility resort to different movement tactics in the same attitude situation. Choleric people gain people's respect with their activity, quick-wittedness, aspiration, and reliability, while phlegmatic people gain their place with their intelligence, intelligence, and organization. Similarly phlegmatic attitude style negligence, when it comes to negligence, melancholy often uses kindness, dependence, etc. to keep personal relationships positive.

"Individual style of relationship" is a style of "positive", "negative" and "average" relationship, which is naturally conditioned by each individual, strengthened by the influence of education. The "positive" style of interpersonal relationships is an indicator of a person's biological perfection, protection, satisfaction of needs, upbringing in a positive spirit. In the psyche of those who prefer the "positive" style of interpersonal relationships, such qualities as tolerance, gratitude, contentment prevail. The "negative" style of interpersonal relationships is characterized by low social maturity, spiritual poverty, negative emotions, dissatisfaction with relationships, selfishness, inability to see. People who have a "moderate" style of relationship tend to act according to the situation, often behaving politely, being polite, polite, and not overly influenced. However, he may also struggle to defend himself when necessary.

A person's temperament is a key characteristic of an individual. Because of this, we decided to study the style of individual relationships in relation to

temperament characteristics. The issue of human individuality has always been the object of constant study of psychology. Individuality (Latin "individuum" - indivisible, individual) - a set of characteristics that distinguish one person from another; the psyche and personality of the individual; is a unique aspect of spiritual, physiological and personal qualities. Individuality is manifested in such qualities as a person's temperament, character traits, appearance, interests, abilities, perception of the world. Individuality is characterized not only by specific features, but also by the specificity of the relationship between them. A necessary condition for the formation of a person's individuality is, first of all, the environment in which he grows up, the experiences he gained in childhood, upbringing, family structure, characteristics and attitude to the child. In particular, psychologist A. G. Asmolov A. G. Asmolov has the idea that "They are born as individuals, become individuals, and protect individuality" [1].

In psychology, the term individuality is more commonly used to describe the following two phenomena: - individual psychological differences (individuality as a specific feature of a person's psychological characteristics); - hierarchical structure of human psychological characteristics (individuality as the highest level of this structure in relation to the individual and the person).

Individuality is manifested in different characteristics of character and temperament. Its basis can be seen in the habits of the individual, his superior interests, the qualities of the cognitive process, abilities, individual modes of activity. It is not possible to find two people with the same combination of the above characteristics, so a person is considered unique with his or her individuality.

Human personality and relationships are valued as one of the most important aspects of individuality. Therefore, the description and evaluation of individuality is difficult due to the lack of universal criteria, as there are different ways of evaluating each action and relationship. Different levels of assessment criteria are specific to different individuals. For example, one may call a destructive attitude an expression of stubbornness, while another may at the same time see it as a demonstration of commitment to principles.

Individuality is the pinnacle of human development. It is the best-organized system of all human traits, characterized by their harmonious combination, self-conscious management, self-development, creativity in various activities and personal life paths.

Well-known psychologist BG Ananov states that "individuality is a closed system built on the open systems of the subject, due to the interdependence of all its features." At the level of individuality, the mind acquires a new quality and becomes the inner world of the individual, which is relatively autonomous from the

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external world. It is here that a person's unique work takes place that serves to understand the truth, plan life, and develop his or her strategy and tactics. Under the influence of a complex act of self-awareness in the inner world, a person's self-awareness and reflexive features of character, The nuclear structure of the "I" is formed. In the inner world of the individual, the spiritual formation of man takes place. If other forms of personality (individual, personality, subject with their attributes) are studied by other disciplines, individuality as an inner world is a specific and indivisible subject of psychology [].

The assessment of individuality in interpersonal relationships can be based on a simple and typological approach. According to the simple approach, individuality is the most stable feature that significantly distinguishes a person in different situations, while according to the typological approach, individuality can be considered as a stable set of personal characteristics. In interpersonal relationships, individual characteristics such as people's temperament type, control loci, accentuation (extreme strength of certain traits) stand out.

Thus, the concepts of "personality" and "individuality" cannot be considered the same, they only apply in the general field of defining an individual's individuality. Through individuality, the uniqueness of the psyche and personality is manifested, describing the socially significant difference of a person from others. Individuality can characterize both the individual and interpersonal relationships. Social components and between people using individuality at the individual level can express biological differences that may facilitate or impede the process of activity. This is especially true for people who deviate from "normal" development and exhibit abnormal individual characteristics.

Personality involves individuality, but at the same time it is social in nature because of the similarity of the personality with other people. Man is like all living people at the level of civilization, the culture in which he lives. Society has always valued and appreciates individuality, but sometimes it is perceived negatively. Individuality has its contradictions. On the one hand, it develops harmonious relationships with others, on the other hand, it prevents them. Both of these can motivate others to develop and stop independent activity.

B.G. Ananiev was the first in psychology to try to give a psychological description of individuality. There are several traditions of understanding individuality in psychology. Initially, individuality was seen as a specificity, a specific combination of personality traits with varying degrees of severity, but without exception is common to all. However, a clear feature is

hypertrophy, and in this context, the brighter the individuality, the closer a person is to the pathology. Therefore, such an understanding of individuality is to determine the vector of potential pathological personality changes [4,5].

Another notion of individuality has to do with the distribution of personality traits that are only specific, genetically related to certain random situations. In this case, individuality serves as a carrier of important features and qualities - a specific complement of personality, and is defined as a set of individual and personality traits that distinguish one person from another. At the same time, it should be noted that the formation of the style of individual relationships is also individual. The psychological content of individuality more fully expresses the concept of integrity than others. The results of a theoretical analysis of the nature of the various levels of interaction in the human structure and its experimental verification confirm this. At the level of the individual, the role of the quality that shapes the system, the natural characteristics of the individual functions within it, is realized by the direction of the individual. At the level of interpersonal relationships, a person's individual relationship style plays a similar role.

Interacting with each other, the individual style of a person's relationship provides a commonality at all levels, which is expressed in the unity of a person's personality and activity characteristics. This unity of the subject of personality and attitude is reflected in his successful labor, knowledge and communicative activity, which determines the specificity of his contribution to the public fund.

In fact, many are able to show all their potential, achieve the highest results in interpersonal relationships and make it as effective and creative as possible. But we are talking about very successful and productive people who are successful in doing this.

Maximum success in interpersonal relationships - the task of an important factor shaping the system - is to shape the style of individual relationships. A leading factor in a person's individual relationship style is the way in which the person's relationships are sought, found, and systematized according to the purpose, in ways that are relevant to the person's goals.

People of different temperament types have different character traits, personality traits, situations. A similar pattern of interpersonal relationships takes shape. The main goal of our research is to show the role of temperament in the formation of individual relationship style.

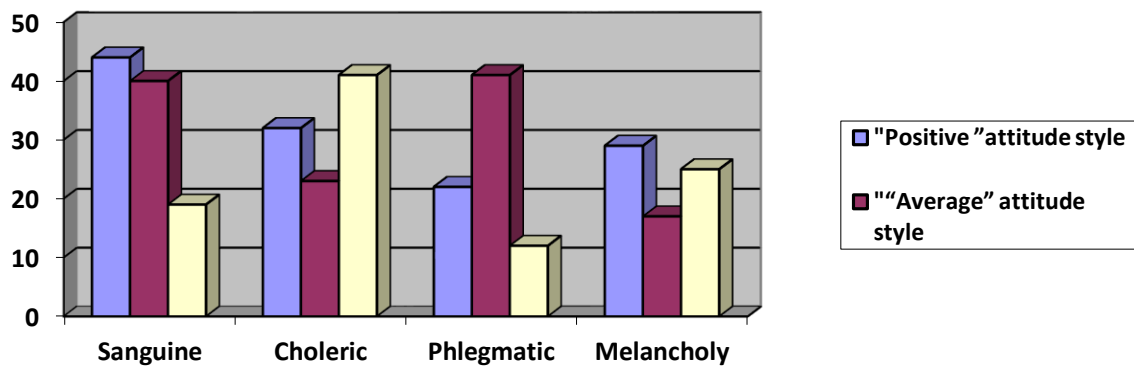
Based on our research, we came to the conclusion that there is a link between temperament and personality destructive relationship style.

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Table 1. The relationship between temperament and personality destructive relationship style

Person destructive attitude styles Temperament type	A "positive" attitude	"Moderate" attitude style	"Negative" attitude style
Sanguine n=103	44	40	19
Choleric n=96	32	23	41
Phlegmatic n=75	22	41	12
Melancholy n=81	29	17	25



Picture 1.

In particular, the style of individual relationships can be destructive if left unchecked, such as the high reactivity of the Sanguine-type person, his laughter at trivial things, and his outbursts of harsh anger at trivial facts. However, it is easy to call sanguine to discipline. They are able to quickly hold on to the manifestation of their feelings and their involuntary actions. Their minds work fast, they are resourceful, their movements are finally extremely smooth, their emotions, their moods, interests, and aspirations are highly variable. It is therefore important to identify the weaknesses of the sanguine first. Those who belong to the sanguine type are quick to get along with new people, learn new requirements, new conditions easily, move quickly from one job to another. their moods, interests, and aspirations are highly variable. It is therefore important to identify the weaknesses of the sanguine first. Those who belong to the sanguine type are quick to get along with new people, learn new requirements, new conditions easily, move quickly from one job to another. The mind is compact. Has the property of extrovert. responds to lower external impressions than his perceptions of past and future life. While positive attitudes predominate in sanguine, the instability of their interests in the formation of an individual style of relationship, as well as the lack of internal rigidity, are also mixed together. As a result, it is natural for some sanguines to have destructive relationships.

Choleric, like sanguine, is characterized by low sensitivity, high reactivity, and activity, but reactivity predominates over activity. Therefore, in the formation of an individual style of relationship, they include activity, agility, speed of mental temperament, ability to do something, alertness, initiative, openness, inability to behave, restlessness, restlessness, instability, nervousness. If a person in the choleric category is brought up properly in time, he is capable of great deeds, otherwise the tendency to destruction may prevail.

Phlegmatic - low sensitivity, low emotional arousal, difficulty laughing, irritability, mood swings. The formation of an individual style of attitude in phlegmatics occurs mainly on the basis of their indifference, indifference, diligence, completion of the work begun, carelessness, and so on. The fact that they do not disturb their peace even in the event of a major accident prevents them from avoiding destructive relationships. But this does not mean that they do not experience negative reactions, they are characterized by the adoption of drastic measures in the relationship if they are provoked by bad influences.

Melancholy - has a high sensitivity. Tears flow from his eyes for a sensitive, insignificant reason, extreme resentment, sincerity, as well as sluggishness, lack of self-confidence, shyness, the ability to wash his hands and slap his armpits when a little difficulty

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arises, leads to the formation of a unique individual style in relationships.

From the results of the above research, it can be concluded that temperament characteristics play an important role in the formation of an individual's destructive style of individual behavior. However, it is

not the only indicator that determines an individual's destructive attitude style, and also an individual's destructive attitude style can be positive, moderate, and negative in individuals with different temperament types. They are more common only in people with a certain temperament.

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