

## METHODS OF DETERMINATION OF TYPES OF HIGHER NERVE ACTIVITY IN PRIMARY SCHOOL STUDENTS

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### ABSTRACT

*This article is about the type of higher nervous activity (temperament) and describes the characteristics of temperament in children, methods of identification and education. At the same time, the character of each type of temperament, and this character changes to some extent as a child grows up as a result of the educational influence of the external environment, parents, teachers, educators and others around him. The data are given in.*

**KEYWORDS:** *Sanguine, Melancholy, Choleric, Phlegmatic, Character, Temperament, Education, Upbringing, Nervous System, Stress, Reflex, Hygiene, Trigger, Mood, Behavior, Selfishness.*

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### INTRODUCTION

The education system of the Republic pays special attention to the training of highly qualified, creative and enterprising personnel who will be able to solve professional and life problems independently in the future. Educators in the field of education have a great responsibility in this regard.

The educator is the organizer of the learning process in the classroom. A person who understands the psyche of each student in the class, who knows the temperament of the child, who can identify his character, who can change a negative character for a positive one.

A child is born with a single temperament. People around him, parents, family environment, educators, teachers can change the character of the child in the temperament. It is the people around you who can change a child's negative traits for the better. This means that parents, educators and teachers play a key role in the development of a positive character in a child.

### Literature review.

From time immemorial, people have observed individual characteristics in each other's behavior. The following four types of clients, known in ancient Greece, are still used today: choleric, sanguine, melancholic, and phlegmatic. By comparing the behavioral characteristics of these four types of temperaments, it is easy to distinguish how people with different temperaments respond in the same situation. [5]

Temperament is a very stable trait that is given to a person at birth and changes throughout his life and activities. It gives the child a sense of identity and stability. Russian physiologist olim

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I.P. Pavlov divided higher nervous activity into four types. These distinct types of higher nervous activity correspond to the four temperaments identified by Hippocrates.

Hippocrates distinguished four types of temperament - sanguine, phlegmatic, choleric and melancholic. [5] However, in their pure form, they are rare. Throughout life, under the influence of others, in the process of education, lifestyle, temperament. In children, temperament traits become more pronounced, and it is easier to see them if you observe the child's behavior for a while. No "bad" temperament. Rudeness, aggression, selfishness, low culture are the result of bad upbringing.

From a physiological point of view, temperament is determined by the type of high nervous activity a person has, which affects a person's relationship with the world around them. Roughly speaking, we were born with it, but temperament can change throughout life.

A person's behavior, mental perception, thinking, consciousness, interaction with others, and all such mental qualities are determined by his higher nervous activity. Higher nerve activity depends on the normal function of the nerve centers in the cerebral hemispheres and their cortex, or on the strength of their excitation and inhibition processes, the speed of propagation, and their relationship to each other. [6].

## **Research Methodology.**

Types of high nervous activity are formed on the basis of temperament. The characteristics of the nervous system determine the temperament of the child. Each of us has heard expressions like choleric, melancholic, sanguine, phlegmatic. Do you know what these phrases are? how do these phrases relate to us?

Such expressions as choleric, sanguine, phlegmatic, melancholic are called temperament.

## **What is temperament?**

The word temperament is Greek for *temeratum*, which means "mixture" (Hippocrates, 460-356). Temperament is a natural tendency of a person to a certain style of behavior. a set of individual mental and physiological characteristics of an individual. It reflects a person's sensitivity to external influences, the emotionality, impulsiveness or calmness of his or her behavior, politeness or human agility, ease or difficulty in social adjustment and communication.

## **Where does temperament come from?**

From a physiological point of view, temperament is determined by the type of high nervous activity a person has, which affects a person's relationship with the world around them. Roughly speaking, we were born with it, but temperament can change throughout life.

Depending on the type of high nervous activity, there are four main types of temperament: choleric, sanguine, phlegmatic and melancholic (Scheme 1).

For the first time, Hippocrates considered the basics of character, and he distinguished the types of temperament (phlegmatic, sanguine, choleric, melancholic), that is, he identified four temperaments in humans - choleric, sanguine, phlegmatic and melancholic. This theory was later developed by Ivan Petrovich Pavlov, a Russian physiologist who studied high nervous activity in humans. As a result of his many years of scientific observations, he divided human neural

activity into four types according to the speed, intensity, and interrelationship of the excitatory and inhibitory processes in the nerve cells of the brain.

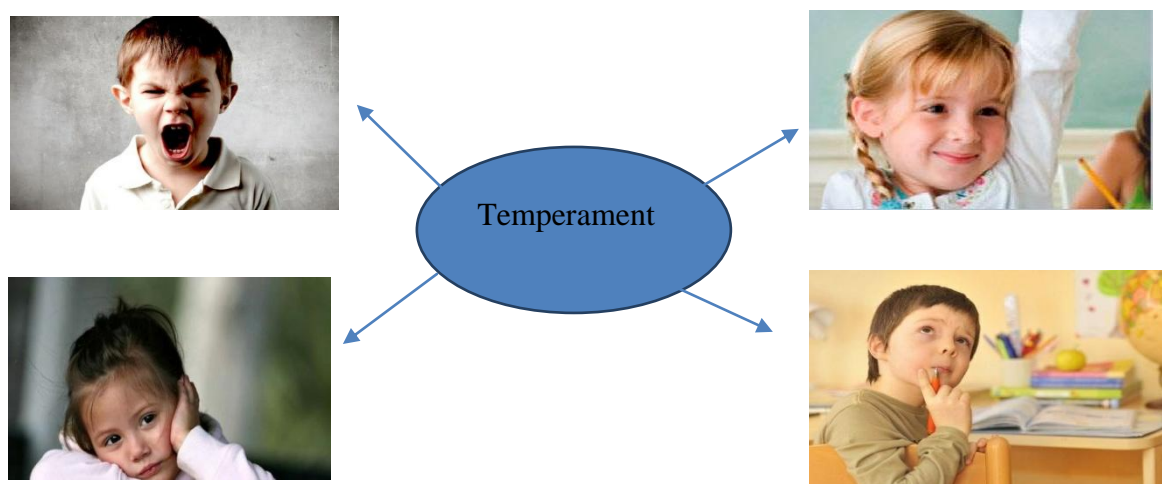
According to him, the four types of higher nervous activity in humans correspond to the four temperaments identified by Hippocrates: choleric, sanguine, phlegmatic, and melancholic. The active type is choleric, the active type is sanguine, the less active type is phlegmatic, and the weak, weak type corresponds to a melancholic temperament.

Thanks to the work of these researchers, now everyone knows who has which temperament: choleric, sanguine, melancholic or phlegmatic.

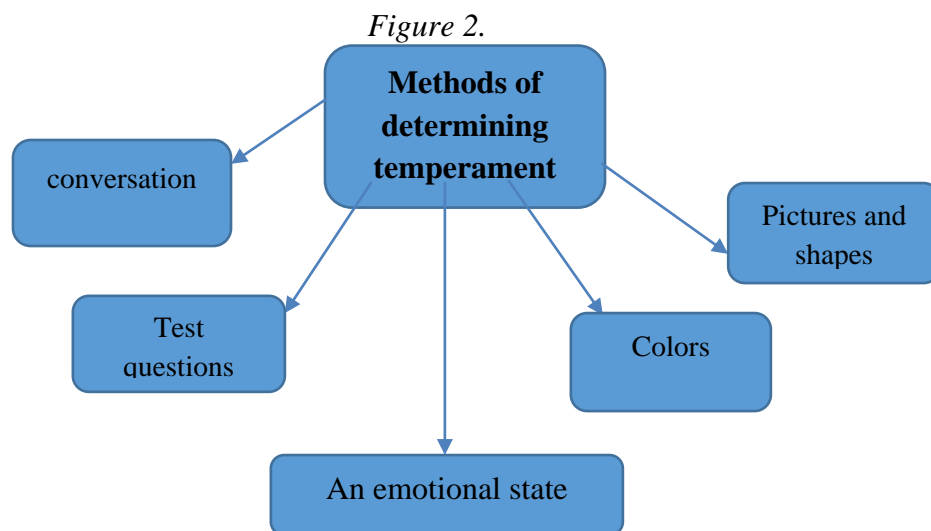
The above types of high nervous activity (temperament) are congenital.

Temperamentning belgilari asosan bolalik davrlarida yaqqolroq ko‘rinadi, bola ulg‘aygan sari tashqi muhit, ota-ona, o‘qituvchilar, tarbiyachilar va atrofda kishilarning tarbiyaviy ta‘sirinatijasida tipga xos bo‘lgan belgilar ma‘lum darajada o‘zgaradi, ayniqsa birinchi va to‘rtinchi tipning vakillarida o‘zgarish ancha sezilarli bo‘ladi, chunki ularning xulq-atvoridagi salbiy taraflari ko‘proq bo‘lganligi uchun atrofda insonlarning tarbiyaviy e‘tibori ularga nisbatan ko‘proq, bo‘ladi.

*Figure 1.*



Types of higher nervous activity are congenital, and the character within the family environment, the educational process, changes within the type. Everyone has a certain temperament, but not 100 percent.



**Figure 2. Methods of determining temperament.**

**Analysis and results.**

The pilot school was Secondary School No. 10 in Fergana, Fergana Province, and Secondary School No. 40 in Fergana District.

Figure 3.

**Results of a survey of 10-40 general secondary schools in Fergana region**

School of number	class	Number of pupils		Choleric		Sanguine		Phlegmatic		Melancholy	
		overall	girls	overall	girls	overall	girls	overall	girls	overall	girls
10	1-4	276	155	89	50	72	35	61	41	54	29
40	1-4	117	50	48	21	27	12	22	10	20	7
total		393	205	137	71	99	47	83	51	74	36

**CONCLUSIONS AND RECOMMENDATIONS**

A total of 393 primary school students participated in the study to determine the type of higher nervous activity in students.

Of these students, 137 had choleric, 99 had sanguine, 83 had phlegmatic, and 74 had melancholy temperaments.

A person's behavior, mental perception, thinking, consciousness, interaction with others, and all such mental qualities are determined by his higher nervous activity. Higher nerve activity depends on the normal function of the nerve cells (nerve centers) in the cerebral hemispheres and their cortex, or on the strength of their excitation and inhibition processes, the speed of propagation, and their relationship to each other. Types of high nervous activity are formed on the basis of temperament. The characteristics of the nervous system determine the temperament of the child.

The use of cartoon characters, pictures, geometric shapes, and color tests helps to determine the type of high nervous activity, ie temperament, of kindergarten children and primary school students.

Hence, determining a child's temperament is important in the educational process. Knowing your child's temperament will help you create an agenda that fits your child's personality. Proper structure of the child's schedule helps him to be orderly, to feel full of responsibility, to grow spiritually and morally, to grow up healthy, to be active during the day and to succeed in school.

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