

TEMPERAMENTS AND RISK OF VIOLENCE IN THE MEDICO-LEGAL PSYCHIATRIC EXAMINATION

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Abstract: Personality is a unitary, individual, and stable characteristic of the person. It evolves with the person and the environment around it and presents individual characteristics to each person, which dictates how to adapt in life. With the help of this quality – personality – the person can cope with the events that occur in his life by both mental and physical adaptation, adopting goals, reflections, relationships, attitudes, roles, behaviors. Personality has in its composition the following: character, motivation, temperament, will, self-assessment and skills. Each temperament has its well-defined characteristics, has positive and negative aspects. None of the personalities can be found in full in a person, in general there are mixes or a predominant type of temperament and qualities from another/other temperament/temperaments.

The association of each personality type with a higher or lesser degree of violence and social danger is one of the concerns of forensic medicine, sometimes constituting a predictive factor in combating antisocial acts.

Keywords: personality, temperament, social danger, violence.

INTRODUCTION

Defining aspects regarding personality and temperament

When we think at the word personality, we immediately associate it with the way a person behaves, with the image he displays towards others. The personality of an individual is best rendered when he is put in front of certain situations because he will act according to the first impulse and will not sit and think about how to act out of the desire to create a false image of his personality.

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With the help of this quality – personality – the person can cope with the events that occur in his life by both mental and physical adaptation, adopting goals, reflections, relationships, attitudes, roles, behaviors.

Personality has in its composition the following: character, motivation, temperament, willpower, self-

assessment, and skills.

Temperament, the central theme of the report, represents “the set of personality qualities that determine the dynamics and energy with which the psychic processes and acts of behavior occur.” In general, a person’s temperament is characterized by stability, but it can be educated and/or influenced by the events it goes through.

Temperament, as stated, would exist in numbers identical to the number of individuals. What makes it divide into the four types of categories (choleric, phlegmatic, sanguine, melancholic) is the similarity between certain human behaviors put in front of certain situations. However, a person cannot fit into just one type of temperament. It presents the characteristics of a main type of temperament and some characteristics of another temperament/temperaments.

Depending on the temperament, that is, depending on the way of thinking and behaving of a person, risks of producing violent events on a psychopathological background may arise.

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Types of temperaments and violence risks

General aspects

As we mentioned in the introduction, temperament can be of 4 types, as stated by two Greek doctors from the period of Antiquity, Hippocrates and Galenus, these categories of temperament remaining in their own right to this day, being improved and polished by the well-known Carl Gustav Jung.

Hippocrates and Galenus proposed as a theory, if it can be said so, the existence of four types of temperaments that can be associated with four components of the human body: choleric temperament - associated with yellow bile, melancholic temperament - associated with black bile, sanguine - associated with blood, phlegmatic temperament - associated with phlegm.

Choleric temperament

Description of choleric temperament

Choleric temperament is attributed to a person who, when subjected to suggestive situations, becomes irritated in a quick, aggressive (verbal or physical) way, combative (wanting to prove his qualities). Temperament is characterized by an impulsivity of the person and an exaggeration and expansiveness of actions and emotions.

The person with choleric temperament tends to be difficult to master, tends to adopt a dominant position towards others and tends to lose patience quickly.

Sometimes people with this type of temperament consider that it is not he who needs to change but the things around him. He believes that his way of behaving is due to the environment.

The choleric can also be described as an active man with an “accentuated motor reactivity” and a changer. He puts passion into what he does and wants his efforts to be appreciated.

The risks of violence of the choleric temperament

Choleric temperament, strong temperament, is most prone to risks of violence due to the characteristics of impulsivity and aggressiveness.

Therefore, when new events occur, when tense, complicated or emotionally charged situations arise, the choleric tends to act through verbal and / or physical violence. Thus, beatings take place in the streets, violence in the couple, domestic violence, violence in educational institutions, etc.

The combative component of the choleric temperament makes the person always want to prove his qualities and impose himself on others in any situation, and when he notices that others around him

do not allow it, he acts by violence.

The rapidity with which the choleric becomes irritated makes him adopt behaviors at the first impulse, without thinking about the consequences. In jest, it can be stated that the choleric person is like a bull at the corrida when he sees red in front of his eyes.

The choleric tends to have an expansiveness in gestures and words, will want to draw attention to himself, and not always in the good sense. A choleric can be difficult to master. When he gets annoyed, he can be hard to appease, he will persist in his expansive and violent actions and words, and he will tend to consider that only he is right. In addition, he will consider that what happens to him makes him adopt that position and manifest himself impulsively and violently.

The choleric only needs a spark to ignite but quickly passes from one state to another.

The personality of the choleric makes those around him avoid conflict situations with him, even leading to his isolation, and this can cause him frustration that again leads to the adoption of violent behavior. Mainly, impulsiveness and lack of analysis make the choleric to be avoided by those around him.

Sanguine temperament

Description of sanguine temperament

The sanguine temperament of a person is given by the “rapid transition from one affective experience to another”. The sanguine is usually a person with a good mood, brisk, who quickly establishes relationships with new people due to the communicative component and who easily adapts to new situations. He has group spirit and sometimes leadership skills.

Like the choleric temperament, sanguine temperament is characterized by increased productivity, but only when the things he does seem interesting to him. In fact, it needs something new, variety, changes, to maintain his interest.

The sanguine has intense emotions, as does the choleric, but his feelings are superficial. However, the sanguine has mental balance when faced with difficult situations, while the choleric does not.

The behavior of the sanguine, characterized by optimism, can be mastered relatively easily, being considered “and not by chance, the prototype of the normal man.”

It has been noted that, in the case of this type of temperament, the communicative component can fall into the extreme where the person gets to form relationships with people in his own interest, while managing to manipulate people due to his slightly

expansive nature. The sanguine can also be characterized by inconstancy and superficiality.

The risks of violence of sanguine temperament

The inconstancy and the characteristic of a person with a sanguine temperament of quickly moving from one state to another can produce, as in the case of the choleric temperament, events with a degree of violence. This means that the sanguine can be easily annoyed by the events around him, but not as quickly as the choleric.

The attitude of the sanguine to impose himself sometimes, to put himself in the position of leader, can materialize when trying to impose his position or his ideas by violence. However, as I mentioned in the previous paragraph, the sanguine has a higher degree of supportability than the choleric, managing to sometimes analyze his impulses.

The intense emotions that the choleric person experiences can also make him resort to violent gestures because of the amplitude of those feelings. However, the emotions of a sanguine are more superficial than those of a choleric.

The communicative component of the sanguine that helps him establish relationships with new people relatively quickly can fall into the extreme of forming those relationships for his own benefit, possibly leading to conflicts between the sanguine and those people, when they realize what is, in fact, the true reason for the friendship.

Phlegmatic temperament

Description of phlegmatic temperament

The phlegmatic temperament of a person has as its main characteristics: calmness, balance, sometimes slowness in behavior, reservation. The person with this type of behavior shows a lower level of manifestations and emotions, has an inclination to routine, to refuse experiencing new things, sinking into work. Thus, a difficulty in adapting from one situation to another and the lack of communication with those around them are noted.

Work, for the phlegmatic, helps him persevere in life and activates his component of patience.

However, the phlegmatic shows tolerance for the surrounding events, has an increased level of patience, is obedient and does not soar towards the unknown.

In general, the feelings of a phlegmatic are durable and monotonous, without expansiveness in thinking and gestures. On the contrary, the phlegmatic person is characterized by a state of tranquility and

calm. He successfully manages to master himself, does not respond to challenges, not even to impulses.

Emotional balance is an important characteristic of the phlegmatic temperament, which is also characterized by an attitude that tends towards meditation, towards analyzing things before making a decision, sometimes exaggerating in this regard.

The calmness shown by the person with this type of behavior can have consequences in the sense of accumulations of frustrations that can be suddenly and explosively released.

The risks of violence of phlegmatic temperament

Lack of communication with those around them shown by a person with a phlegmatic temperament can lead to the development of events with a certain degree of violence. The difficulty of adapting from one situation to another can cause the phlegmatic frustration that can accumulate with time, risking rebounding, even if he has a higher degree of rebellion from what is happening around him compared to the other two categories of temperaments described above.

Violent events have a low degree of occurrence in the case of this type of temperament because the phlegmatic does not tend to explore the unknown, is not expansive in behavior and does not usually respond to challenges.

Melancholic temperament

Description of melancholic temperament

Melancholic temperament can be described as that temperament in which the person shows a sensitivity to things around him and for this reason, he internalizes himself, is emotive and has difficulty adapting to new situations. Prudence is a feature of this type of temperament, often caution is exaggerated. This caution also portrays an attitude of procrastination.

The melancholic person has a pessimistic attitude, does not believe and does not hope for anything, sees only the empty side of the glass and thinks that only evil will happen. Keeping to himself, the melancholic experiences failures, which immerses him even more in his state of pessimism.

The working capacity of the melancholic is generally reduced, with a tendency towards reverie activities, activities that fall into the vicious circle of failures and closure in himself. In the event of an increase in working capacity, this shall take the form of activities that produce exhaustion. However, the melancholic has a sense of duty, when he engages in something he is perseverant and responsible.

Difficulties in adaptation, poor mental

endurance, and the tendency to be reserved and to go unnoticed make the melancholic person one with strong interiorization actions. Self-distrust leads the one with a melancholic temperament to close himself, to refuse contact with those around him and not to have good opinions about himself.

The sentimental component of the melancholic is usually stable but tends to depend on those around him.

The melancholic experiences anxious states, is rigid and sober in behavior, preferring not to socialize too much.

Risks of violence of melancholic temperament

The melancholic's pessimistic attitude and the under-appreciation of himself are what can make them adopt behaviors of violence more on himself than on those around him.

The failures due to his prudence, as a result of closing in himself and the lack of communication, can cause him frustrations and make him later adopt violent behaviors on himself and sometimes even towards other people, adopting an attitude of revenge for what is happening to him. Even poor mental stamina and self-distrust can cause the melancholic to develop anxiety and mental illness that affect both him and those around him.

In conclusion, temperament is a characteristic of people that distinguishes them from each other, and the features of temperament are manifested frequently, they are typical in certain situations, with a natural interaction between them.

Each temperament has its well-defined characteristics, has both positive and negative aspects. None of the temperaments can be found in full in one person, in general there are mixes or a predominant type of temperament and qualities from another/other temperament/temperaments.

The behavioral structure is an interface between the person and the world and fulfills the role of mediator between the intensity, duration and significance of external influences and the effects in the psycho-behavioral sphere.

At birth, each of us acquires certain temperamental traits on which one can hardly intervene through education. Therefore, each temperament has its advantages and disadvantages, its good and less than good ones. Temperament develops throughout life in more complex conditions, taking on certain emotional shades.

It also supports the influences of the development of other personality components. The types of nervous activity, and at the same time temperaments, do not involve certain values – they cannot be appreciated from a moral, aesthetic, intellectual point of view.

There are no good or bad temperaments, superior or inferior. There are no pure temperamental types.

Temperaments do not change. Certain features can be shaped with time, they can compensate for certain negative aspects. But in general, the features of temperament cannot change.

Conflict of interest

The authors declare that they have no conflict of interest.

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