

MEASUREMENT OF PERSONALITY TYPE AND ITS FEATURES

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ABSTRACT

This article discusses the issues of determining predispositions, psychological type of person using Myers-Briggs typological questionnaire (MBTI). This questionnaire allows reducing the processing time information and rapid use of the obtained data on the main characteristics of the person. In result occurs optimization of process of psychological consultation. Since the MBTI questionnaire is used for the first time in the Uzbek cultural environment, the nature of its application and the content of the evaluation scales are explained. The main purpose of the article is to give users of the survey a holistic view of it. It was also possible to substantiate its wide range of possibilities by clearly indicating the areas of application of the survey.

Keywords: Questionnaire MBTI, psychological type, predisposition, receive information, the decision, the characteristic, interaction with the external world.

INTRODUCTION

Psychologists need to know the methods of psychodiagnostics to provide right and scientifically grounded advice to a person for psychological, professional or personal problems. Often, psychologists are involved in analyzing how a person behaves in one or another life situation, manifesting his or her individual-psychological traits in specific professional activities, and whether or not he or she will succeed or not.

There are a lot of methods that help to determine the psychological characteristics of a person in modern psychology. By applying them, it is important to determine the psychological attributes of a person, that is, how he or she behaves in different situations. There are many attempts to explain the characteristics of people and their typology, and they are still being investigated. In any typology, particular attention is given to identifying and explaining similarities and differences in behavior of people. It should be noted there are a number of specific approaches to the classification of persons concerning to the theory of individual. For example, K. G. Yung's functional types [8], E. Krechmer's constitutional groups [5], E. Shpranger [7], K. Leongard's accentuated personality [4], A. L. Lichko's individual approach [5] can be remembered. We can observe man's differentiation in everyday life. Sometimes we differentiate those around us from being arrogant, polite, vulnerable, rebellious, ridiculous, and so on. In contrast to this classification, there are several types of persons in psychology. One of them is K. G. Yun's theory in which persons are divided into types such as *extraversion* and *introversion* ones. K. Leongard, on the other hand, relies on the growth of their characteristic features when decoupling the individual. He divides persons into hyperthymic, cycloid, emotional-labile, astheno-neurotic, sensitive, psychasthenic, schizoid, epileptoid, hysteroid, unstable and conformal types. Here the main purpose is not to list these types, but rather to focus on the psychodiagnostic methods that help them. K. G. Yung's social and psychological typology is usually used for such purposes. There is a special methodology

based on his typology. Using this method, you will find many facts about human life, behavior, and activities. It will give effect to investigate to career guidance. According to K. G. Jung's research, all the interests of a person depend on the level of their sympathy and antipathy towards other people, events and life-styles. He suggested that human behavior can not be formed by accident, that it can be predicted and classified. In his opinion, differences in behavior are shaped based on the key mental functions of the person throughout the life. These are manifestations of man's birth, and the character is formed based on them over time [8].

In his book 'Psychological Types', K. Yung divided people into different psychological types, depending on their ability to perceive and evaluate information because each individual has the capability to receive and estimate information. Yung thinks that everyone shows on what he or she is inclined to very early. He is convinced of how well he is accustomed to his predecessors, or consciously. At the same time, it may occasionally show non-human qualities here. As people grow older, their behavior becomes more complex and different. However, desire is always the most important in the human life. The main task of a professional psychologist is to find out what kind of desire is a 'leader' in human behavior [1, 8].

Jung argues that gathering information about environment and making decisions according to it is one of the most important aspects of human psychology. He describes the psychological characteristics of people on the scale.

S-N scale: information gathering

S-sensor type, N-intuitive type

Jung has admitted that there are two ways to get information: the way of perception – S (sensation) and the intuition – N (intuition).

C (way of perception). Human intends to maximal use five senses taking information to understand what actually happens around environment, especially to make the situation more precise. He is so attached to the environment he lives in, that the images and ideas do not attract him. First and foremost, he is interested in the practical experience that is taking place 'here' and 'now'.

N (intuition path). He accepts the universe not directly, but through conscious or unconscious imaginations. Using his own intuition, he strives to go beyond what is directly known, to understand the meaning and significance of their relationships and relationships, to look at things from the point of view of totality and integrity.

The difference between S and N is important, because the method of information collection lies in the relationship between people. Also, K. G. Yung's T-F scale: Decision-making (T – Thinking type, F – feeling type), E-I scale: E-energy source (I-intruded type), J-P-scale: Interaction with the external world (J – judging type, P – perceiving type).

Types are described as a combination of trends. Type descriptions are frequently mentioned in various scientific sources and guidelines [1, 2, 3, 4, 8]. Therefore, there is no need to dwell on them in detail.

Examples of person types:

- ESFP (slogan: we only live once in the world);
- ISFP (slogan: look at everything, but not interfere with anything);
- ESTP (feature: very realistic);
- ISFJ (feature: very high sense of duty) and others [6].

Yung points out three controversial pairs that can describe the psychological process of receiving and processing information: *extraversion*- introversion, sensory – intuition ИЛИ sensing - intuition, thought – emotion ИЛИ thinking – feeling.

In 1950, American scientist Katerina Briggs and her daughter, Isabel Mayers, added to them a new scale – ‘acceptance – evaluation’ [6]. This methodology has been translated into more than 30 languages in the world psychology. In the practice of global psychology, it is possible to find information about the three types of MBT.

The first form – MBTI is represented in step I and contains 94 comments. This shape is intended to match the person types. About this form of questionnaire is specifically mentioned in the article. is survey. This has also facilitated the adaptation of the questionnaire in the Uzbek cultural environment, and the first adaptation has been made. Along with the methodology questionnaire (annex 1), the general features of the methodology are discussed below there. The compatibility of the questionnaire with the psychometric criteria is considered as another topic of the article.

The second form of the questionnaire is MBTI Step II and the third form –MBTI is named as Step III. The MBTI Step II consists of 144 questions and describes the portrait of individual differences within the range. MBTI Step III was focused on the development of the types of developmental dynamics, and there was insufficient information available.

The authors of the survey were interested in creating a psychological tool that explains and describes individual differences. However, this psychological tool was to be fully consistent with the theory of human tendencies (the idea of the Yung). It is then possible to identify individuals and differences in personality and to apply the results in practice.

Mayers-Briggs typology has more advantages than other typologies. This can be understood by the basic rules and scope of the MBTI survey.

The main provisions of the MBTI survey are as follows:

- interesting and important behavioral stereotypes may be identified by using questionnaire, they are useful for understanding people and their relationships;
- it can determine individual differences in acceptance of information and in decision-making;
- this is not a test, but an indicator and does not have ‘correct’ or "wrong" answers;
- the idea of division into two parts (dichotomy) is proposed in the theory, so Psychometric indicators are used in MBTI;
- MBTI scales are not independent, and there is a specific dynamic relationship between them;
- the development of personality both in theory and in the description of species is considered as a life-cycle process;
- type – this is a convenient way to describe different psychic processes (acceptance of information, perception and evaluation);
- there are no ‘good’ or ‘bad’ types, each of them has its own disadvantages and advantages;
- there are four psychological process (S, N, E, F) and states or orientations (E, I, J, P) which consist of opposite pairs: S-N, E-F, E-I, J-P);

- each respondent uses all the processes and states, but he / she will prefer or prefer to choose one of the pair of ‘pole’;
- concrete examples of the appearance of each element in the interpretation of the results;
- the basic mental functions of MBTI scales are related to the acceptance and estimation of information, which can be attributed to any behavior. Therefore, the scope of the questionnaire's practical application is quite broad [6].

Fields of application of the MBTI Questionnaire are following:

1. MBTI helps to solve problems concerning to career promotion and career guidance. They are:

- orientation towards individual orientation and profession choice;
- the possibility of determination of access to preferred methods of receiving and evaluating information;
- exchange of point of views with business partners;
- effective distribution of tasks among employees;
- determination of the best possible relationships among group members.

2. MBTI in individual and family counseling:

- developing personal specific features and explaining their priorities to client;
- the practical approach to the development of personality identity and the ways of communication with the social environment;
- explanation to the person the ways of development of receiving and evaluating information and to teaching him or her to determine his / her life on that basis;
- description similarities and differences in behaviors of different people;
- helping parents to adopt children as they are and to help with other activities (especially when parents and children are of different types) [6].

Getting acquainted with the Mayers-Briggés technique teaches a person to know his strength sides and to use full advantage of them, allows people to understand latent aspects of their behavior, and the way they interact.

The Mayers-Briggs survey consists of 94 items. The respondents choose two answers, in some cases, one of the three answers provided question. Some of the questions describe human behavior in different situations (e.g., evening parties give you: a) more annoying; b) it always brings joy. The rest of the question is to create a pair of concepts (e.g.,: a) to creat; b) build). Respondent (person participating in the survey) is given a special answer sheet. He defines the answer in it that he chooses.

Each answer option has a value corresponding to (0, 1 or 2 points). In the processing of the results, both polar points on the scale are calculated (i.e. separate for E, I, S, N, T, F, J, P). For example, if the sum of the points of the respondent E above the sum of scores I is classified as extravagant. That is, he spends most of his time as extravagant. He chooses an extravagant type of activity and needs various aspects of life. The SN scale is indicative of the fact that the respondent chooses intuitive perceptions rather than receiving sensors. If the sum of points defined by the tendency is small, the typological characteristic of the respondent is not clear. In general, the letter shows the direction of tendency, and the numbers indicate the level of implementation. Thus, the quantitative indicator gives an idea of the stronger or more impressive behavior of the respondent. But it does not allow us to think about the level of development of this trend

The TYPE formula consists of four letters – one letter per scale (e.g., ESTJ, INFP). This is a way to describe each type. Type formula represents the following tendency: first letter – E or I (*extraversion* or *introversion*), second letter S or N (sensor or intuition), third letter T or F (thinking or intuition), fourth letter J or P (judging or perception).

No methodology can fully clarify the whole complexity of a person or its behavior. MBTI results are not always reliable. Therefore, the respondent is offered to discuss with the detainee his psychological type of detection.

The reliability of the results of MBTI surveys depends on the ‘sincere’ response to the questions, as with other surveys. In some cases, the person immediately admits that the identified type is of its own character. Such respondents need to discuss examples of how to show the type and talk more about using the learned knowledge in practice. Some persons have strong doubts about their type. Therefore, they should be familiarized with the information obtained during the stages of the Mayers-Brits typological survey. This information will help them to identify what they are most likely to do and to find the appropriate psychological type.

In order to learn and differentiate between professional and personal development knowing the types of people is important pedagogical significance. There are several commonly accepted methods for determining the types of entities. Based on them, it helps to define the differences between the subjects of the educational process and to design the socio-cultural background of their professional-personal development, taking into account these differences. Personal differences are legitimate. It is a logical consequence of the difference in the person's mental activity. These fundamental differences are manifested in the way people perform their mental functions, and understand the processes of perception, perception of individuals, events and thoughts [6, 8].

At the same time, accepting and meditating on the mentality of people determine their behavior. Accepting – determines how the individual can see the particular situation, and the way of thinking indicates what he / she wants to do in this situation. The subject uses the process of forming the world's perceptions of the process by using a process that he chooses to regard as a process, that is, whether he chooses to feel or intuition. Due to his regular practice, the subject can easily manage the process he chooses, and this process further expands his perception of the universe.

Taking different ways of receiving the persons develop themselves in different directions (orientations). Logical thinking provides a way to make different decisions. Thinking back on subjective values leads to a personalized conclusion.

The subject's to choose one of two ways of thinking is a determining factor in its differentiation in development. The main differences in acceptance and thinking are the differences in behaviors.

The advantage of the method of acceptance is that it does not depend on the prevalence of thinking.

Psychologists say that the four combinations of preferences (ST-feeling + thinking, SF-sensation, NF-intuition + sensation, NT-feeling + thought) reflect the outward appearance of thinking and behavior. In other words, they describe the types of entities. Regardless of the personality of the person he / she chooses, these interdependent subjects can easily and easily

understand each other. Because what way of thinking combines them, that is the way to think. In other words, they see the same universe and think about it in the same way. The above mentioned combinations of preferred methods of acceptance and thinking need to be examined based on the subject's relative interest in the external and internal world. The formation of a subject's behavioral and behavioral motivation depends on the surrounding environment or its inner world [2].

Thus, depending on the individual perception of the environment, individuals are divided into the following types: Extraverted: Sensing, Thinking, Judging; Introverted: Intuitive, Feeling, Perceiving.

It is difficult to know which of the two processes is a dominant process than the acceptance of man's choice and the preferred method of thinking. This means a 'collapse' of the other processes by the dominant process. If a process reaches the highest level of development, it requires considerable attention, and other processes are not well developed. Feeling and thinking processes can be simultaneously developed, and one of them serves the development of another.

CONCLUSIONS

Based on the above-mentioned considerations, it can be concluded that the selected psychological typing is a great help to experts. The MBTI-type indicator is highly prognostic. It is possible to predict the behavior of a person in different situations of life by identifying the tendency of the person to be more inclined and thus to solve the problem of professionalism.

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