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**RELATION BETWEEN STRUCTURE OF TEMPERAMENT  
AND ADAPTIVE CAPABILITIES IN MEDICAL STUDENTS**

Temperament is a complex of dynamic characteristics of human behavior. It can be defined as constitutionally based individual differences in reactivity and self-regulation [2]. Different studies showed the existence of a pattern of relationship between temperament and person's adjustment [1, 3]. However, temperament characteristics are only contributing to adjustment, not equivalent to it. Specific structure of temperament of a person may influence one's ability to respond to various changes of environment by a specific range of predisposed reactions and speed of those responses. The aim of our study was to research the interdependence of structure of temperament and adaptive ability in young people on example of medical students.

Research was carried out in 30 students of Kharkiv National Medical University of 1-6 years of study. All examined persons gave their written consent to participate in research. Structure of temperament was determined with help of Rusalov's questionnaire. For study of organism's general adaptive ability the test of individual minute (IM) by Moiseeva was used.

Questionnaire of temperament structure by Rusalov is used for diagnostics of subject-object (general activity) and object-object (communicative) aspects of temperament and for quantitative assessment of its main properties, including intensity, plasticity, tempo and emotionality. Results of the test showed that in subject-object sphere prevailing type of temperament among the examined medical

students is sanguine/choleric (26,7%), sanguine/phlegmatic (16,7%) and sanguine (13,4%). In subject-subject sphere the most abundant types are sanguine/phlegmatic (26,6%), sanguine/choleric (26, %) and sanguine (20%). Therefore, the dominant type in examined medical students was sanguine in different combinations.

IM reflects sequence, length and speed of different processes that occur in internal and external environment. Perception of time determined with help of IM changes depending from age, presence of specific diseases, intake of drugs, intellectual and physical load etc. [4] In people with high adaptive abilities the subjective time is close to metrical. Change of IM indicates the lowering of adaptive abilities that is explained by its correlation with change of somatic and autonomic indexes and provides the basis of its usage for evaluation of adaptation [6]. Measurement of IM in current study showed that 26,7% of students have normal minute length (55-65 s), 46,6% have prolonged individual minute (more than 65 s) and 26,7% have shortened individual minute (less than 55 sec). Adequate subjective minute length indicates good adaptive ability, while increased and decreased minute may be a sign of adaptation lowering.

Comparing the type of HNA and measurement of individual time, from the group of examined persons with high adaptive ability 87,5% belong to sanguine temperament type and its combinations. Shortened individual minute was determined in 71,4% of cases in people with choleric and melancholic types. Prolongation of subjective time was determined in students with different types of temperament, including 42,9% of choleric, 21,4% of phlegmatic and 14,3% of melancholic.

Analysis of research results allows to confirm the interrelation of temperament type and adaptive ability of the organism, showing that people with choleric and melancholic types tend to have lower adaptive ability in comparison to sanguine and phlegmatic, that is provided by hereditary peculiarities of higher nervous activity. The highest adaptive ability was determined in students with sanguine type of temperament and its combinations. However, only in 26,7% of examined persons the adequate length of individual minute was defined, thus showing the tendency of decrease of adaptive abilities among the medical students of KNMU.

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