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THE IMPORTANCE OF TEMPERAMENT IN THE PREVENTION AND TREATMENT OF GASTROINTESTINAL DISEASES IN AGGRESSIVE ADOLESCENTS

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✓ ***Resume***

This study aims to assess the risk of developing gastrointestinal diseases in aggressive adolescents and to determine the significance of temperament in their prevention and treatment. The study included 212 adolescents aged 13.6 ± 2.4 years, with 96 girls and 116 boys. The temperament types of the participants were identified. The results showed that the phlegmatic temperament was predominant in both groups. However, under the influence of aggressive behavior, gastrointestinal diseases were more frequently observed in boys with choleric and melancholic temperaments, as well as in girls with a phlegmatic temperament. The obtained data confirm the need to consider individual psychological characteristics when developing strategies for preventing gastrointestinal diseases in adolescents.

Keywords: aggression, adolescents, temperament, stomach, intestine, diseases, prevention.

ТАЖОВУЗКОР ЎСМИРЛАР ПОПУЛЯЦИЯСИДА ОШҚОЗОН-ИЧАК КАСАЛЛИКЛАРИНИ ОЛДИНИ ОЛИШДА ВА ДАВОЛАШДА МИЗОЖ ТЕМПРАМЕНТИНИНГ АҲАМИЯТИ

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✓ ***Резюме***

Ушбу тадқиқот тажовускор ўсмирлар популяциясида ошқозон-ичак касалликларининг ривожланиш хавфини баҳолаш ва уларни олдини олиш ҳамда даволашда темпераментнинг аҳамиятини аниқлашга қаратилган. Тадқиқотда 212 нафар ўсмир иштирок этди, уларнинг ўртача ёши 13,6 ± 2,4 ёшни ташкил қилди. Иштирокчилар орасида 96 нафар қиз ва 116 нафар ўғил бола мавжуд бўлиб, уларнинг темперамент турлари аниқланди. Натижаларга кўра, ҳар иккала гуруҳда ҳам флегматик темперамент устунлик қилгани кузатилди. Шу билан бирга, тажовускорлик таъсирида ошқозон-ичак касалликлари кўпроқ холерик ва меланхолик темпераментга мансуб ўғил болалар ҳамда флегматик темпераментга эга қиз болалар орасида учрагани аниқланди. Олинган маълумотлар ўсмирларда ошқозон-ичак касалликларининг олдини олиш стратегияларини ишлаб чиқишда индивидуал психологик хусусиятларни ҳисобга олиш зарурлигини тасдиқлайди.

Калит сўзлар: тажовускорлик, ўсмирлар, темперамент, ошқозон, ичак, касалликлар, профилактика.

ЗНАЧЕНИЕ ТЕМПЕРАМЕНТА В ПРОФИЛАКТИКЕ И ЛЕЧЕНИИ ЗАБОЛЕВАНИЙ ЖЕЛУДОЧНО-КИШЕЧНОГО ТРАКТА У АГРЕССИВНЫХ ПОДРОСТКОВ

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✓ ***Резюме***

Данное исследование направлено на оценку риска развития заболеваний желудочно-кишечного тракта у агрессивных подростков, а также на выявление значимости темперамента в их профилактике и лечении. В исследовании приняли участие 212 подростков в возрасте 13,6 ± 2,4 лет, среди которых 96 девочек и 116 мальчиков. Определены типы темперамента участников. Результаты показали, что в обеих группах преобладает флегматический темперамент. При этом под воздействием агрессивного поведения заболевания желудочно-кишечного тракта чаще встречались у мальчиков с холерическим и меланхолическим темпераментом, а также у девочек с флегматическим типом. Полученные данные подтверждают необходимость учета индивидуальных психологических особенностей при разработке стратегий профилактики заболеваний желудочно-кишечного тракта у подростков.

Ключевые слова: агрессия, подростки, темперамент, желудок, кишечник, заболевания, профилактика.

Relevance

Currently, issues such as aggression, emotional instability, inability to manage feelings, imitation of animal behaviors, and the influence of the "quadrobirlik" subculture—extending even to moral deviations that lead to sexual proximity with animals—are emerging as highly urgent problems among youth. The increasing number of aggressive adolescents globally indicates that aggression is becoming a complex and multifaceted psychological phenomenon. To address such widespread aggression, it is necessary to comprehensively study each of the factors contributing to it and implement new approaches in practice.

Literature review and methodology

Foreign psychologists have conducted extensive research into the origins, developmental factors, and causes of aggressive behavior. Notable studies include "The Relationship Between Violence and Deviant Aggressive Behavior" by A. Bandura and P. Walters, "Measuring Aggression" by A. Bass and A. Darki, and "The Connection Between Aggression and Social Status in Familiar and Unfamiliar Children" by I. Kon. R. Baron and D. Richardson have also studied aggression as an act of hostility and destruction. The theoretical and practical methodological foundations of the topic are analyzed from both theoretical and practical perspectives in the research works of Z. Freud, G. Allport, E. Kretschmer, J. Piaget, A. A. Rean, D. Cattell, L. S. Vygotsky, and other scholars.

Arnold Bass is one of the prominent researchers of aggressive behavior. He defines frustration as a feeling that blocks the process of behavior resulting from dissatisfaction with a situation or state and introduces the concept of "attack," which induces a tendency towards resistance in the body. In this context, an attack leads to a strong aggressive reaction, while dissatisfaction leads to a weak reaction. A. Bass emphasizes the importance of considering differences among forms of aggression and introduces three pairs of criteria for classifying aggressive behaviors.

№	Aggression Type	Active		Passive	
1	Verbally	*Direct*	*Indirect*	Direct	*Indirect*
2	Physically	verbal aggression	irritation	hesitation	Feelings of guilt
		physical aggression	informal aggression	irritation	Defiance

The mentioned factors classify aggression into eight types, noting that their origins are tied to a person’s temperament. Aspects such as impulsiveness of temperament, intensity of reactions, and the degree of activity are described as influencing the formation of aggressive behavior as a characteristic of the individual. The forms in which aggression manifests in a social environment are classified. In Ibn Sina's work “The Canon of Medicine,” the classification of foods is mentioned as a cause behind temperament. By integrating Ibn Sina’s classification of foods that induce temperament into Arnold Bass’s categories of aggressive behavior, a category of foods that provokes aggression emerges. The

understanding of the value of avoiding foods that conflict with one's temperament during adolescence serves as a determinant in mitigating aggression, an inseparable part of health value.

Aggression is considered a symptom of illness in Ibn Sina's “The Canon of Medicine,” that is, as a component of its structure. "Material causes are such a foundation that health and illness arise from it. The closest foundation is the organ or the spirit. Farther away are the humors, and even farther are the elements" [10, p. 66]. In this definition, the meanings of "spirit," "elements," and "humors," which serve as the material causes and foundation of aggression, differ from contemporary concepts. "According to Ibn Sina, the 'spirit' is a physical substance that emerges from the mixture of elements and possesses a state similar to celestial bodies. It spreads to the organs controlled by the heart" [10, p. 511].

The author acknowledges the spirit's similarity to celestial bodies, defining the microelements that constitute it as follows: "Any element is a simple substance that serves as the fundamental parts for the human body and other things... Two of the elements are light, and two are heavy. The light ones are fire and air; the heavy ones are water and earth" [10, p. 69]. These elements exist in varying proportions in different food compositions and, as a result of dietary intake, pass through the four stages of digestion, becoming integrated into the human body, that is, connecting to the organs. "When the opposing qualities of the extremely small parts of elements influence one another to a certain limit, the resulting state is called temperament. The quality of the smallest parts of elements is needed for most of each element's parts to mix with most of another's parts. This interaction between elements results in a corresponding mood. This mood is temperament. The primary qualities above are four: heat, cold, wetness, and dryness” [10, p. 71]. In the process of forming a state corresponding to all the aforementioned qualities, the elements come to the state of attaching themselves to the bodily organs. For this reason, food is considered one of the powerful factors that influence humors. Based on the balance of elements in it, "the moisture of good and excessive humors falls into four types: sanguine humor – the best of moistures, phlegmatic humor, choleric humor, and melancholic humor" [10, p. 83]. Each of these natural humors corresponds to a specific temperament: sanguine humor – sanguine, phlegmatic humor – phlegmatic, choleric humor – choleric, melancholic humor – melancholic. These humors, due to the dominant element within them, generate a corresponding natural aggression. Natural aggression serves as a protective means for a person to safeguard themselves, their reputation, their wealth, and their lineage. An adolescent becomes capable of managing it within limits that do not harm others. To preserve natural temperament, the composition, quality, quantity, timing, and daily consumption of food must align with the individual's temperament. Because, "when food is first digested… it turns into a substance resembling the water of barley… the liquid part of the substance travels through veins called mosorikho from the stomach and intestines. Mosorikho are fine, solid vessels connected to all intestines. The liquid part of the substance falls into what is known as the portal vein… the substance ripens, and in the ripening of anything similar, particles like foam and scum appear. If the ripening goes to an extreme, sometimes something close to burning with that foam and scum also appears; if ripening is insufficient, a raw substance arises. That foam is bile; the scum is gall, and these are natural. The liquid part of the burn is bad bile, and the contaminated scum is bad gall, and these are unnatural; the raw remains are phlegm. However, of all these, the ripened and pure is blood" [10, p. 91]. Therefore, the adolescent's feelings directly depend on the microelements and other substances in the food, their quantity, how well they mix with digestive enzymes, and the temperature of ripening. Because, "the humor is a moistened, fluid substance that primarily turns into food. Some humors are commendable, so much so that they can either become part of the consumer's materials or also resemble food substances. In conclusion, we can say that they substitute the substance that penetrates and spreads into the body of the consumer" [10, p. 83]. Hence, if the consumed food does not correspond with the temperament, an unnatural humor arises and transforms into an unnatural humor and provokes a mood that contradicts the temperament—aggression, that is, it generates unnatural bile, phlegm, blood, or gall. These elements lead not only to a short-term aggressiveness following digestion but continue to do so until their particles fulfill their role and exit the body, resulting in severe, unnatural aggression.

This means that aggression is also caused by the influence of "unnatural substances" that are embedded in the behavior. Because "just as hilt-like elements are bodies that emerge from the initial combinations of substances, the members are also bodies that arise from the initial combinations of these hilt-like elements" [10, p. 94]. In other words, as the unnatural hilt-like elements combine, the healthy cells in the body's organs begin to be replaced by new cells that do not match the body's temperament. This mismatch consistently triggers unnatural aggression and increases the probability of the

development of serious, complex diseases such as cancer, which are difficult to treat. The "unnatural cells" of the body's organs have a functional lifespan that is 2-3 times shorter than that of natural cells. Alongside the compatibility of consumed food with temperament, its digestibility is also considered an important factor in preventing aggression.

The production of high-quality mucus from food substances requires adolescents to have a habit of chewing and grinding thoroughly. This is because "during the chewing of food, a certain degree of digestion occurs... The surface of the mouth alters the chewed substance to some extent; the secretion of heat facilitated by this change helps... The fact that a certain degree of enzymatic action is observable in the chewed substance is evidenced by the fact that the previous taste and smell are no longer detected" [10, p. 90]. In medicine, it has been established that amylase and maltase enzymes, which break down carbohydrates and initiate digestion, are present in saliva. The absence of smell during chewing signifies that the food substances have thoroughly mixed with the enzymes. Only food fully mixed with saliva transforms into the liquid part of mucus and is digested well. Otherwise, there is an increased likelihood of forming a mixture resembling unnatural bile or unnatural burn from the thick part. The unnatural bile hilt increases the impatience and impulsivity in adolescents, creating a tendency towards oral and physical aggression. The hilt of unnatural trade, in turn, enhances arrogance, suspicion, and irritability in the adolescent, leading to feelings of doubt and irritation aggression. Chewing food with large bites and swallowing it slightly chewed, similar to the consumption of foods that contradict temperaments, stirs up four categories of aggression among the eight types noted by Arnold Bass.

Discussion and results

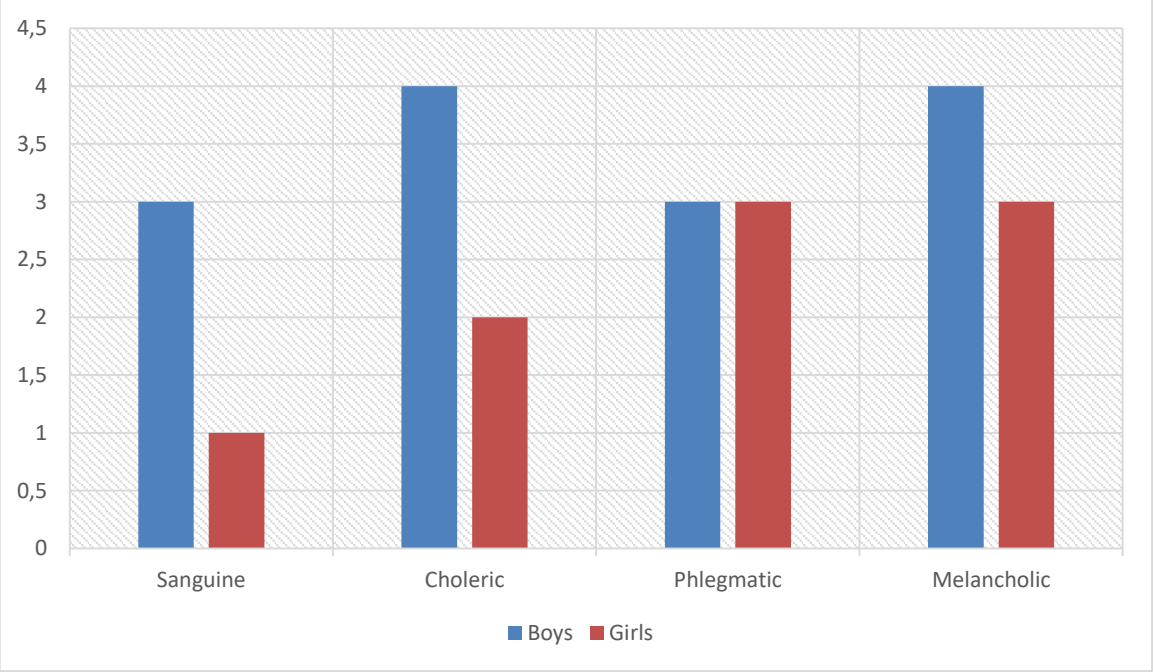
Consuming food that corresponds to one's temperament, in appropriate composition, quality, and quantity, while sitting calmly and thoroughly mixing it with enzymes, is the essence of a balanced diet. This value involves choosing foods suitable for one's temperament and consuming them in moderation, which also includes thoroughly chewing them until their taste and aroma are diminished. Nowadays, due to the prevalence of contrary eating habits among adolescents, they exhibit impatience, arrogance, distrust, and emotional irritability, leading to verbal and physical aggression. The widespread adoption of a balanced diet, which is an integral part of health values, can help prevent aggression from surfacing significantly in adolescents. This value also requires consideration of the seasons when selecting foods that match one’s temperament, as each season has a dominant temperament that uniquely influences human emotions. For instance, during spring, the sanguine temperament prevails, causing heightened emotions in sanguine individuals, leading them to act impulsively and struggle to control themselves. In summer, the choleric temperament dominates, while in autumn, the melancholic temperament is prevalent, and in winter, the phlegmatic temperament is dominant, with specific emotions triggered according to each temperament's unique traits. Therefore, adolescents must take into account the influence of the season on their food choices. In summer, which is hot and dry, it is recommended to consume foods suited for a cold temperament. In the dry and cold autumn and the wet winter months, individuals with a hot temperament should consume warming foods.

Consuming cold-natured foods can lead to an unnatural state arising from excessive cold, and aggression may escalate beyond bounds. It is advised to consume fewer moist foods in winter. Eating figs, apricots, grapes, Arabian dates, almonds, and pomegranate, which has four natures, helps maintain the moderation of their temperament and prevents aggression throughout the seasons. In a general sense, maintaining each temperament’s natural state is considered essential for alleviating aggression. For this purpose, it is advisable for individuals with a warm temperament to consume warm-natured foods, while those with a cold temperament should focus more on cold-natured foods. Similarly, individuals with a dry temperament should consume dry-natured foods, and those with a moist temperament should eat moist foods. Excessive consumption of foods contrary to one’s temperament can lead to unnatural temperaments in adolescents, resulting in emotional disturbances and escalating aggression. An adolescent who has learned to manage their natural aggression specific to their temperament may struggle to control unusual forms of aggression. Each temperament's conditions are defined in accordance with Ibn Sina’s principles: “The active cause of natural bile, or an excess of blood, is moderate warmth; the active cause of burned bile, particularly in the liver, is extreme heat. Its material cause lies in the consumption of liquid, hot, sweet, oily, and pungent foods; the formal cause is reaching the culmination of nourishment; the final cause is the nourishment of the body.”

The research was conducted among 212 adolescents aged 14-15 years. Among them, 96 are girls and 116 are boys. The following results were obtained regarding temperament.

Temperament	Boys	Girls
Sanguine	27	22
Choleric	28	23
Phlegmatic	32	26
Melancholic	29	25

Based on the identified temperament, it has been determined that aggression in adolescents leads to the emergence of mental and gastrointestinal diseases. The following results were obtained for boys and girls based on temperament.



The impulsiveness of temperament, the intensity of reactions, and the level of activity describe the influence of these factors on the formation of aggressive behavior as a personality trait and classify the manifestations of aggression in the social environment. In Ibn Sina's "Canon of Medicine," a classification of foods is presented as causes that drive temperaments. When Arnold Bass's categories of aggressive behavior are integrated with Ibn Sina's classification of foods that induce temperament, a group of foods that provoke aggression emerges. The formation of the value to avoid foods that contradict one's temperament in adolescents serves as a determinant that eliminates aggression, being an inseparable part of health values.

In Ibn Sina's "Canon of Medicine," aggression is studied as a symptom of disease, meaning it is a component of it. "Material causes are such a basis that health and disease are built upon. The nearest

basis is the organ or the soul. A further basis consists of substances, and even more distant are elements" [10, p. 66]. The meanings of the terms "soul," "element," and "substance," which act as the material cause and basis of aggression in this definition, differ from modern concepts. "According to Ibn Sina, the ‘soul’ is a physical substance that arises from the mixture of elements and has a state akin to celestial bodies. It spreads to the controlling organs via the heart" [10, p. 511].

Conclusion

For adolescents, excessive consumption of cold-natured foods can lead to an unnatural state of substances in the body due to the increase in coldness, resulting in an overflow of aggression. It is recommended to consume fewer moist foods in winter. The consumption of figs, apricots, grapes, Arab dates, almonds, and pomegranate, which is considered the king of fruits, by all four types of substances in every season helps maintain their temperate nature and prevents aggression. Generally, maintaining the balance of each temperament is crucial for eliminating aggression. Therefore, it is advised that warm-natured individuals consume warm-natured foods, while cold-natured individuals should consume cold-natured foods more often. In this way, dry-natured individuals are advised to eat dry-natured foods, while wet-natured individuals should consume wet-natured foods. The excessive consumption of foods that contradict one's temperament can lead to unnatural substances in adolescents, resulting in disturbances in emotions and an overflow of aggression. An adolescent who has learned to manage their naturally aggressive temperament will not be able to control extraordinary aggression. Ibn Sina describes the causes of each temperament and the substances that induce them as follows: "The active cause of natural bile, that is, the abundance of blood, is moderate heat; the active cause of burning bile, particularly from the liver, is excessive heat like fire. Its material cause includes liquid, hot, sweet, oily, and sharp foods; its formal cause is the completion of maturation; and its final cause is nourishing the body" [10, p. 92].

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