JOURNAL OF MULTIDISCIPLINARY SCIENCES AND INNOVATIONS

VOLUME 5, ISSUE 03
MONTHLY JOURNALS

ISSN NUMBER: 2751-4390
IMPACT FACTOR: 9,08

THE PHENOMENON OF PERSONALITY ACCENTUATION AND ITS ROLE IN PSYCHOSOMATIC PROCESSES

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Abstract: This article analyzes the concept of personality accentuation, its types, and the interrelation with somatic diseases. Psychogenic factors, the impact of accentuation on the course of somatic illnesses, and clinical examples are discussed. Research results and recommendations are also provided

Keywords: accentuation, personality type, somatic diseases, psychosomatics, stress, psychotherapy, health, pathology.

Annotatsiya: Ushbu maqolada shaxs aktsentuatsiyasi fenomeni va uning psixosomatik jarayonlardagi o‘rni tahlil qilinadi. Maqola doirasida aktsentuatsiya va psixosomatik jarayonlar o‘rtasidagi munosabatlar, shuningdek, psixogen omillar ta’sirida somatik simptomlarning rivojlanish mexanizmlari yoritiladi. Tadqiqot natijalari shaxs tipologiyasi va ruhiy zo‘riqishlar sog‘liqka ko‘rsatadigan ta’sirini tushunishga yordam beradi.

Kalit so‘zlar: aktsentuatsiya, shaxs tipi, somatik kasalliklar, psixosomatika, stress, psixoterapiya,salomatlik,patologiya.

Аннотация: В данной статье анализируется феномен акцентуации личности и его роль в психосоматических процессах. Рассматривается взаимосвязь между акцентуацией и психосоматическими процессами, а также механизмы развития соматических симптомов под влиянием психогенных факторов. Результаты исследования помогают понять типологию личности и влияние психического стресса на здоровье.

Ключевые слова: акцентуация, тип личности, соматические заболевания, психосоматика, стресс, психотерапия, здоровье, патология.

Introduction. Studying the unique characteristics of human personality is one of the most important directions in the field of psychology. Every person differs in temperament, character, emotional state, and level of psychological stability. In psychology, character accentuation refers to the excessive strengthening of certain aspects of personality, that is, the expression of a particular trait at an extreme level, where specific characteristics begin to play a leading role in a person’s overall life activity. Accentuation usually reflects a disturbance in a person’s psychological balance outside of strictly negative or positive contexts, but it is not defined as a clinical disorder. It also helps explain how people react under different stressful situations or environmental conditions.

The concept of character accentuation was introduced into psychology in 1957 by the German psychologist Karl Leonhard, and many studies have been conducted in this field. If we consider the general description of this concept, character accentuation is a psychological notion that expresses the relative strength or weakness of certain parts of a person’s inner world compared to others. This condition usually arises from the traits of an individual’s personality and may depend on social, cultural, and biological factors. Such accentuations represent both positive and negative aspects of personality and shape a person’s distinctive patterns of behavior.

Research methodology. In psychology, there are various types of character accentuations. In his main classification, Karl Leonhard identified the following types of accentuation:

Extraverted accentuation is a psychological characteristic of personality that is related to a person's interaction with the external world, relationships with other people, and the ways they gain energy. Individuals with extraverted accentuation are usually social and active, open to others, and inclined toward communication. However, when extraversion becomes excessive and intensified, it appears as an accentuation. In such cases, a person may pay little attention to their own personal and inner feelings, focusing instead more strongly on the external environment, interactions with people, novelty, and activity.

Skeptical accentuation is a type of personality in psychology in which individuals constantly experience doubt, anxiety, and uncertainty. People with this type tend not to trust others' opinions or even their own decisions and usually focus on potential risks in any situation. Individuals with skeptical accentuation continuously seek safety, reliability, and stability. They value caution and doubt more strongly, which may create difficulties for them in various life situations.

Corrective accentuation is a personality type in psychology in which individuals have a high level of confidence in their decisions, opinions, and actions. Such people often try to prove to others that their views are correct and fair. Rather than considering others' opinions, they tend to defend their own decisions and viewpoints. People with corrective accentuation usually have firm positions and may be successful in persuading others to accept their ideas. However, this condition can sometimes lead to distrust toward others, uncertainty in communication, or overestimation of their own views.

Self-directed accentuation is a psychological concept in which a person focuses more on their inner needs, feelings, and desires. Such individuals set high demands on themselves, pay close attention to managing their emotions, and are often somewhat limited within their inner world. For people with self-directed accentuation, their own feelings and changing needs come first, and they may sometimes experience difficulties in interacting with others or adapting to the social environment.

Impulsive accentuation is a personality type in which a person tends to make quick and unconsidered decisions. Individuals with this type often base their actions on their immediate feelings or urgent needs and strive to fulfill their thoughts or desires right away. People with impulsive accentuation frequently forget caution and make decisions without thinking about serious consequences. Such individuals often see themselves as very changeable, and sometimes they may be perceived by others as difficult to understand or control.

Exploratory accentuation refers to individuals who are interested in new ideas and knowledge, but they often wish to confirm and validate their own opinions.

Dominance-oriented accentuation is a type of personality in which individuals strive to manage, control, lead, and maintain their position in the social environment. Such people attempt to impose their ideas and decisions on others and prefer to keep control in their own hands. Individuals with dominance-oriented accentuation often seek to see themselves as leaders and try to strengthen their social status in interactions with others, in group work, and within society.

Highly responsible accentuation refers to individuals who experience a very strong sense of responsibility. They take their duties very seriously and are extremely devoted to their work.

Emotional accentuation is a type of personality in which special attention is given to a person's feelings, how strong or stable they are, and their overall psychological state. Such individuals are usually more sensitive when it comes to managing or expressing their emotions. They may also be very responsive to the emotions of others, but they are often strongly connected to their own inner feelings and psychological states. People with emotional

accentuation may change their mood very quickly; for example, they may become happy about something or easily fall into sadness.

Optimistic accentuation is a personality type in which individuals tend to see the positive aspects of life and look toward the future with hope and confidence. Such people consistently reinforce their good opportunities, achievements, and hopes for the future. Individuals with optimistic accentuation often try to maintain a positive outlook even when they face various difficulties. They tend to expect more opportunities, beneficial changes, and positive situations in life, which contributes to their psychological stability.

Pessimistic accentuation is a personality type in which individuals often focus on the negative aspects of life, failures, and risks. Such people usually view the future pessimistically and constantly prepare themselves for bad outcomes, difficulties, and unfavorable situations. Individuals with pessimistic accentuation often underestimate their own opportunities, changes, and potential successes, and they tend to see life events from a more negative perspective. For such people, their feelings and moods are often negative, and they may be more prone to stress and anxiety.

The emergence of character accentuation may be influenced by factors such as genetics and biology, social and cultural conditions, and psychological trauma. Some accentuations are genetically transmitted, meaning they are inherited. Hormones and changes in brain structure can also influence the development of accentuations. The influence of parents, teachers, friends, and society plays an important role in shaping these accentuations. Such conditions can affect a person's adaptation processes and may cause somatic symptoms to intensify, especially in stressful situations. From this perspective, studying the relationship between accentuation and somatic illnesses occupies an important place in medical and applied psychology.

The psychologist Karl Leonhard defined personality accentuation as an excessively developed form of certain aspects of human character. In this view, accentuation is not considered a disease, but rather a condition that lies on the boundary between normality and pathology. The well-known Russian psychiatrist and psychologist A. Y. Lichko further analyzed this concept in the psychology of adolescents and youth. He conducted in-depth scientific research on personality accentuation (sharply expressed personality traits) and the psychopathology of adolescence. In his work, he continued and developed K. Leonhard's ideas about "personality accentuation" and connected them with adolescent psychology.

A. Y. Lichko carefully analyzed the excessively expressed forms of certain personality traits and explained the formation of personality and possible deviations during adolescence. In his well-known work *"Psychopathies and Character Accentuation in Adolescents"* (Психопатии и акцентуации характера у подростков), he thoroughly studied adolescents' personality types, their behavior, and problems of social adaptation. He also scientifically analyzed psychopathies during adolescence and linked them to social and psychological factors.

The following main types of accentuation may lead to somatic illnesses as a result of psychogenic influences:

- **Hyperthymic type** – active, cheerful, conflict-prone, and initiative-taking individuals.
- **Conformal type** – individuals who strive to be like everyone else and tend to adapt to the opinions and behavior of those around them.
- **Stuck (rigid) type** – characterized by nagging behavior, a tendency to lecture or moralize, being easily offended, suspiciousness, and vindictiveness.
- **Astheno-neurotic type** – characterized by increased fatigue and irritability.
- **Dysthymic type** – slow, with a mood that easily decreases; individuals prone to internal experiences and introspection.

- **Epileptoid type** – marked by increasing irritability, hostility, resentment, and affective explosiveness.
- **Affective-labile type** – characterized by rapidly changing moods.
- **Anxious type** – characterized by fear, insecurity, and low self-esteem.
- **Demonstrative type** – individuals who seek to be the center of attention, display strong emotional expression, and may be prone to exaggeration or lying.
- **Excitable type** – characterized by poor self-control, instinctiveness, and impulsiveness.

Although these types differ from one another, all of them can influence the formation of somatic response reactions during states of psychological stress. Most studies indicate that individuals with accentuated personality traits tend to show a shift in psychological adaptability toward pathological tendencies during situations of frustration or under the influence of external or internal stress. Medical and psychological research and observations have shown that many somatic diseases arise under the influence of psychogenic factors.

Somatic diseases are physical disorders of the human body that are often associated with psychological stress, emotional tension, and internal conflicts. Among psychosomatic illnesses, the following are common: hypertension, bronchial asthma, stomach ulcers, cardiac arrhythmia, and others.

Psychogenic factors (that is, conditions arising from psychological causes) directly influence physiological processes. For example, prolonged stress increases the secretion of the hormone cortisol in the body, which weakens the functioning of the cardiovascular system and the immune system.

The relationship between types of accentuation and somatic disorders has been noted in many studies. Each accentuation type shows a tendency toward specific somatic reactions. For example:

- **Astheno-neurotic type** – rapid fatigue, increased heart rate, headaches, insomnia.
- **Dysthymic type** – digestive disturbances, depressive symptoms, decreased appetite.
- **Anxious type** – cardiac arrhythmia, stomach spasms, vegetative dysfunction.

These personality types act as a “premorbid background” in the development of psychosomatic syndromes. In other words, personality traits that exist before the onset of illness can significantly influence the course of the disease.

Numerous medical and psychological studies (Paleev, 1998; Abdullayeva, 2019; Jalilova, 2020) show that when a person’s emotional stability is low, somatic symptoms tend to manifest more strongly.

For example, in cardiovascular diseases, the severity of symptoms is higher among anxious and hyperthymic individuals. Also, with the help of psychotherapy, a significant reduction in symptoms has been observed in patients.

Psychotherapeutic approaches (cognitive-behavioral therapy, relaxation exercises, autogenic exercises) reduce stress and contribute to somatic recovery.

Although personality accentuation has not reached the level of pathology, it is an important factor determining a person's response to stress. Specific personality types play a central role in psychosomatic processes. Therefore, it is necessary to identify accentuation in a timely manner, conduct preventive psychodiagnostics, and teach stress management techniques.

1. It is advisable to conduct a more in-depth study of personality types among undergraduate and graduate students.
2. Incorporating psychotherapeutic methods, relaxation, autogenic training, meditation, and other psychological training exercises into health-improvement programs would be effective.
3. Medical psychologists should regularly carry out psychocorrectional work with somatic patients, providing an analytical assessment of both personality traits and psychogenic factors.

4. Personality accentuation is a strong and clearly expressed form of character traits. It is not considered pathological, but in stressful situations, it can exacerbate maladaptive problems.
5. In psychosomatic diseases, psychogenic factors, personal characteristics, and internal disease perceptions play an important role.
6. There are specific links between types of accentuation and somatic diseases: some accentuation types increase susceptibility to certain illnesses.
7. Scientific research and clinical examples confirm these connections, but the topic requires further in-depth and comprehensive study.
8. Using psychodiagnostics (surveys, tests) to identify personality accentuation, implementing psychotherapy and stress management, and providing psychological support during illness are important tools.

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