

INFLUENCES OF TEMPERAMENT TYPES ON UNIVERSITY STUDENTS' WELL-BEING, ACADEMIC PERFORMANCE AND COLLEGE ADJUSTMENT

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Abstract: The purpose of this present study was to investigate the influence of the temperament types toward university students' well-being, academic performance and college adjustment. Temperament types are basic dimensions of personality that are fundamentally based on biology and genetics. Its biological foundation posits that temperamental traits are relatively stable, consistent across cultures and situations, and evident throughout the lifespan. The marked individual differences are due to the developmental processes—a byproduct of maturation, heredity and experience. The use of temperament types poses greater advantage as it commands easy reference to the dominant personality characteristics, which bring clearer understanding of a person's strengths and limitations. The findings of the study showed that the temperament types of Sanguine, Choleric, Melancholic and Phlegmatic have variable effects on students' well-being, academic performance and college adjustment demonstrated. The implications of the findings illustrated that in order to achieve better well-being and adjustment, students have to get a good grasp of their temperament types and work accordingly on their positive and negative sides.

Keywords: Temperament, Temperament Types, Personality, Well-Being, Academic Performance, College Adjustment.

Introduction

Personality tests have long been used in assessing personality characteristics of individuals. Whether the test is used for guidance purposes, or job placement, personality measures have become varied and wide-ranging, and are mainly distinguished by the constructs they are designed to measure. Many of these personality scales however, made use of personality traits as the criteria for measurement and not the temperament types. The advantage of using the temperament types as classified by Galen is its easy reference to the dominant characteristics of the individual, and clearer understanding of their strengths and limitations. This allows a more effective appraisal of what a person of a certain

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