



Knowing Human Personality Based on Phisis Constitutional Typology According to Kretschmer and Sheldon's Understanding

Zubaidah¹, Nurhasanah Harahap², Dwi Kurnia Sari³, Nurul Husna⁴, Septiana Amanda Faradila⁵

Jambi University

Email: Dwikurniasari345@gmail.com

Receive: 17/05/2023

Accepted: 17/06/2023

Published: 01/10/2023

Abstract

Typology is knowledge that seeks to classify or group humans into certain types on the basis of certain factors, such as physical characteristics, psychics, dominant influences, cultural values, and so on. According to KBBI, typology is the science of character about the human part in groups according to their respective traits. Personality psychology is one of the branches of psychology that explains the human personality or all the behaviors and characteristics of individual habits that accumulate in him and it is used to react and can also adapt to all stimuli, both inside and outside of behavior and habits is a functional unity especially for a person. Kretschmer developed a human typology based on the physical constitution and psychic constitution based on the physical constitution, human types are further divided into 4 types, while based on the psychic constitution, humans are divided into two types. Kretschmer's theory is one of the great works of the early 20th century. He was a German mental illness expert. Kretschmer built his topology on the basis of physical and psychological structures. Physical structure is divided into 4, namely the type of picnic, asthenic athletic and dysplastic. Personality is also defined and explained by different psychologists in various ways. William Herbert still has his own ideas about personality. He provides the theory that body type can be related to the personality of the person. more muscular body, more active and aggressive, thin or thin people with thin muscles are usually characterized as quiet or fragile.

Abstract

Typology is knowledge that seeks to classify or classify humans into certain types on the basis of certain factors, such as physical, psychological characteristics, dominant influences, cultural values, and so on. According to KBBI Typology is the science of character about the division of humans into groups according to their respective characteristics. Personality psychology is a branch of psychology that explains human personality or all the behavior and characteristics of individual habits that are collected in him and are used to react and can also adapt to all stimuli, both inside and outside of behavior and habits. functional unit especially for a person. Kretschmer arranges human typology based on physical and psychic constitutions. Based on the physical constitution , human types are

further divided into four types , while based on the psychic constitution, humans are divided into two types. Kretschmer's theory is one of the great works of the early 20th century. He was a German mental illness expert . Kretschmer built his typology on the basis of physical and psychological structure. The physical structure (physical) is divided into four namely; picnic, asthenic, athletic and dysplastic types. Although the psychic constitution is divided into two types, namely schizotimic and schizotimic . Personality has been defined and described by different psychologists in various ways. William Herbert Sheldon had his own ideas about personality. He theorized that body type could be linked to a person's personality; obese people with a large bone structure tend to have a friendly and more relaxed personality, while people with a more muscular body type are more active and aggressive. Thin or thin people with thin muscles are usually characterized as quiet or fragile.

KEY WORDS: *Personality, Typology, Behavior*

INTRODUCTION

Personality is often defined as a combination of all the ways individuals react and interact with others (Robbins, 2008). Loekito (1994) stated in Space (2010) that typology is a concept that divides groups of objects based on the similarity of the basic shape figures.

Personality is a person's behavior and is usually reflected in everyday life, how to respond and solve it mission Personality is also one of unique attitudes and actions that make it different from others. Personality can be formed maintained and modified during socialization.

Inherited, psychological, physical and other factors can influence the formation of personality environmental factors (Goni, 2016). The human personality is formed from birth to maturity and finds itself. This development depends on the condition of the child, which is innate and in harmony with the

outside environment. His inner and outer experiences also determine his future personality. personal Well, it was born not only from what was born on its foundation , but developed and developed together with the existing conditions accompanying him The personality itself is not something separate from himself a person, but a being that cannot be separated from that person only the human relationship with his behavior is expressed more clearly and in the situations he experiences (Ghazzali, 2016). Maybe someone can pass the ability to progress. Let's shape the personality in such a way that it adapts and develops with physical and mental development spiritual This can be seen from the birth of a physically healthy person Formation of personality due to physical factors. For example physical factors Birth defects can include physical disabilities , intellectual disabilities , emesis and autism. In the process of development, the following applies: the more mature a person is, the

more more knowledge and more social demands . Usually, Impulse disorder that wants to be satisfied only after meeting someone enters adulthood . Only adults work hard at it Regulatory disorders or feelings of pleasure (Ghazzali, 2016).

The German psychiatrist Ernst Kretschmer (1888-1964) developed a theory of personality based on the relationship between physical traits and personality traits. Before Kretschmer's theory emerged, early researchers provided many other perspectives on the relationship between physical characteristics and personality. The Greek physician Hippocrates (460-370 BC) proposed a physical typology and a typology of temperament, showing the relationship between humor, character, and behavior, indicating the importance of modern hormone secretion as a determinant of behavior.

METHOD

The research we conducted in this article is a literature review or literature. Where we have collected this article from several sources, these sources include books, ebooks, journals and other relevant literature to support the writing of this article.

RESULTS AND DISCUSSION

1. Type personality According to Kretschmer

Kretschmer arranges human typology based on physical and psychic constitutions. Based on the physical constitution , human types are further divided into four types , while based on the psychic constitution, humans are divided into two types.

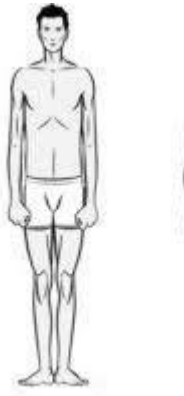
Kretschmer's theory is one of the great works of the early 20th century. He was a German mental illness expert . Kretschmer built his typology on the basis of physical and psychological structure. The physical structure (physical) is divided into four namely; *picnic*, *asthenic*, *athletic* and *dysplastic* types. Although the psychic constitution is divided into two types, namely *schizotimic* and *schizotimic*

The following is an explanation of each of the physical and psychological typologies: Physical types , namely;

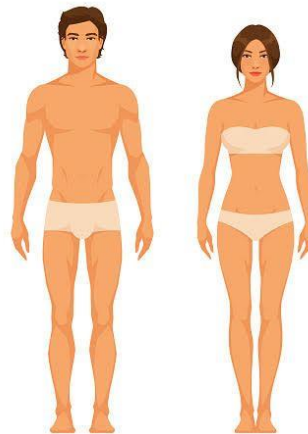
1). *Picnic or pyknoid type*, that is a person who has round stature, short body fat, round body, round face, round soft arms, bloated chest, belly fat. This type has a happy nature, optimistic, cheerful, likes humor, popular, broad social relations, lots of friends, likes to eat.



2). *Asthenic* or *Leptosome type*, namely people with tall, thin stature, small body, narrow face, narrow chest, long small arms, small muscles, narrow chin, flat stomach, sunken face, lack of blood, has a critical nature, has the ability to think abstractly, dreamy, moody, sensitive, socially rigid and easily offended.

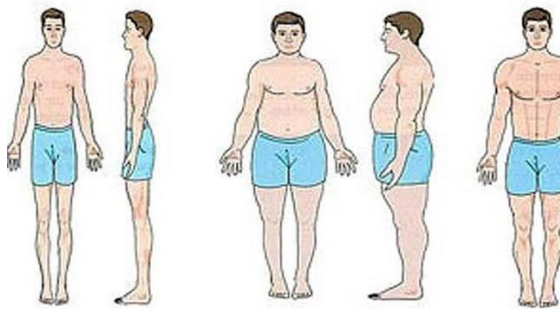


3). *Athletic Type*, y ie. someone who has a mixed body shape between picnic and atheist, realistic nature, dominant character, extroverted, polite, tall, strong person, big muscles, broad chest, thick chin. Athletes like activities that require physical strength, are bold, aggressive, adaptable and stubborn



4). *Type Dysplastic*, called mixed type, very tall or very small and short. According to Kretchmer's fourth type, this is the extreme type. This type is an exception from the three types presented, it cannot be added to any of the three types

because it does not have a unique property for that type. Different parts that seem to contradict each other coexist. Kretschmer himself considered this dysplastic type to be a deviation from the normal constitution.



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According to Kretschmer, currently there are two types of people based on psychological constitution, namely schizothymic and cyclothymic.

1) A schizophrenic, that is, a person with a schizotypal temperament, has the same mental features as a schizophrenic, only very vaguely. This group struggles to connect with the world around them, tends to isolate themselves, and is prone to autism and withdrawal. Features that stand out or dominant, i.e. selfish, few friends, difficult to communicate with, etc.

2) Cyclothymic, that is, a person with cyclical moods, his psychological characteristics correspond to those of a sweet, but very vague depressed patient.

For this group it is easy to touch with the world around them, easy to communicate, easy to get used to other people, easy to feel joy and sorrow, their spirit is open. The characteristics that stand out and dominate compared to the schizotypal type are many friends and easy to communicate with. The link between physical condition and temperament is that people with a picnic constitution tend to have a cyclothymic temperament.

2. Personality Type According to Sheldon

Sheldon claims that genetic and biological factors play a decisive role in the development of an individual. He also believed that a representation of these factors could be obtained through a series of body-related measurements. In Sheldon's opinion, there is a hypothetical biological structure, namely morphogenotype (development of the form and structure of an organism), which forms the basis of phenotypic physical appearance (characteristics observed by a person) and plays an important role. in it, not only to specify. physical development, but also behavioral development. Somatotyping is an attempt to measure morphogenotype, although it has to work indirectly and is mostly based on physical measurements (phenotypes), but the

purpose of these measurements is to obtain biological markers. (Calvin S Hall and Gardner Lindsey, 1993).

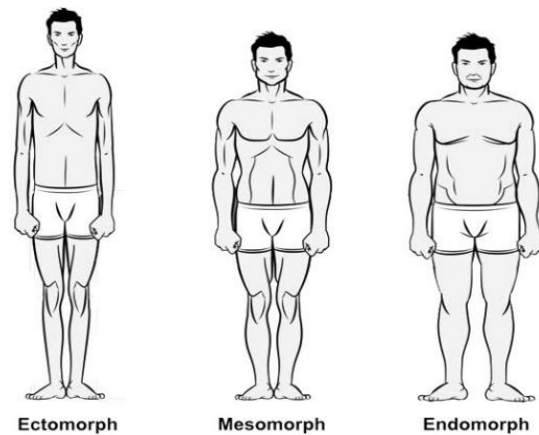
Sheldon knew that others already missed his body, but he started inductively. Start by finding some corpses/corpses that can be examined again. To be practical, Sheldon takes pictures of the human body from front to back in a standard way. This method is called:

Somatotype Performance Test. (Muslim, 1968: 50)

In this case through physical dimensions it can be distinguished into two components, namely primary and secondary.

a). Primary bodily components

After a long time, Sheldon investigated and carefully assessed the photos. Sheldon and his assistants concluded that there were three physical components or dimensions. These three dimensions are the core of body structure measurement techniques.



1). *Endomorph* type . Individuals with a high endomorphic component while those with a low Mesomorph and Ectomorph look soft and round. In accordance with this flabby and round nature, the bones and muscles are underdeveloped, and the ratio between height and weight is relatively low. People of this type have low body mass and easily float in water. While his personality loves peace and is able to calm others and has a good sense of humor and has more tolerance than the Mesomorph and Ectomorphy types.

2) . *Mesomorph* Type . Individuals of the mesomorphic type have a high mesomorphic component while the endomorphic and ectomorphic components are low, so that the mesomorphic component is more dominant than the endomorphic and ectomorphic components. The parts of the body that originate from the mesoderm are more developed (muscles, blood vessels and heart). Physically it looks like this: This

type is strong, hard, swollen muscles, resistant to pain, many athletes, travelers and soldiers belong to this type, the personality traits of this type are active people, usually not quiet, prefer to lead rather than being led, this makes them a person quiet one. . compete and do not want to lose.

3). *Ectomorph* type . Individuals with the ectomorphic type have a dominant ectomorphic component. Ectodermal organs such as the skin and nervous system are more developed. Physically Visible: Big chest, small and flat, invisible muscles are weak, this personality type is usually quiet and introverted, also sensitive and has a good sense of humor.

b). Secondary Body Components

In addition to the primary physical components, Sheldon also suggested that there are three secondary physical components, namely:

1). *Dysplasia* i.e. Kretchmer's expression - an expression used by Sheldon to describe an inappropriate or incomplete mix of the three principal components in different areas of the body. In early studies, Sheldon found that many dysplasias were associated with ectomorphism and were more common in women than men.

2). *gynandromorphism* Gynandromorphs are individuals who display both male and female characteristics. The cause of this phenomenon is usually, but not always, mitotic events during early development. Although an organism consists of only a few cells, one of the dividing cells usually does not have the same sex chromosomes.

3).). The third secondary physical component, and perhaps the most important, is (texture), namely how the individual looks or looks physically (performance).

3. Behavior analysis (personality)

Although constitutional psychologists already have solid tools for assessing a person's physical characteristics, if they want to really study the relationship between the body and behavior or personality, they will have to develop or borrow other methods of assessing behavior. Sheldon makes the interesting point that although behavior appears to have many dimensions or variables, there are in principle only a small number of underlying components that are expected to underlie seemingly complex behavior.

Sheldon collected characteristics already found in the personality literature. From this research he obtained some 650

different characteristics. Through a process of controlling and removing non-significant properties, Sheldon derives 50 properties that represent all of these properties. Then it looks for feature groups with a guideline correlation value of only 0-60, and the number of correlations belonging to different groups should be only 0.30. In this way the three main component groups of temperament are obtained.

The main components of temperament:

1) Viscerotonic type. The first important component of temperament is called viscerotonia because of the group of characteristics it contains related to visceral/digestive function and anatomy. Viscerotic people have a relatively large and long digestive tract and a large liver. The viscerotonic character traits are relaxed, like entertainment, like to eat, need a lot of input from others, sleep well, need other people in dealing with difficulties.

2) Type of somatonia The characteristics contained in it are related to the control and anatomy of somatic structures. Somatonic people control their muscle activity at will. People in this group like the appearance of masculinity, want to do things that use muscles, and want physical experiences. The characteristics of a

somatonic temperament are as follows: masculine attitude, energetic (energetic), needs to move a lot, likes to be honest, loud, looks more mature than it really is, needs to move in the face of difficulties.

3) The third main component type is called Cerebotonia. Actually Sheldon is not sure about this name. It got its name because the main activity is considered conscious attention and inhibition of bodily movements. The characteristics of the cerebrotonic type include a less masculine and indecisive attitude, quick to react, don't dare to socialize with many people (sociophobia), don't dare to stop many people's habits. settled, they live regularly, voice is not free enough, sleeps badly (barely), looks younger than he really is, in the face of adversity he has to isolate himself.

3. Link between the Physical and Mental Disorders

Sheldon's research is not limited to normal people, but also to problems related to anomalies. Sheldon, in his research published in 1948 (with Katz), argued that mental illness consists of three main dimensions. These three dimensions are primarily concerned with values that are frequently used in psychiatric diagnoses. The psychiatric component is:

- 1) The affective, extreme form is present in sweet-depressive type psychosis (between extremes of joy and sadness, depression).
- 2) Paranoid, the extreme form occurs in people with paranoid psychosis (many desires, thoughts are very far from reality: threatened, too large, etc.).
- 3) Heboid, its extreme form, which occurs in people with hebephrenia, a form of schizophrenia (antisocial).

CONCLUSION

Kretschmer organizes human typology into physical and psychological structures. Human types are further classified into four groups based on physical structure, while humans are classified into two types based on psychological structure. Kretschmer's theory is one of the great works of the early 20th century, he was a German psychiatrist. Kretschmer organizes his typology based on physical structure and psychological structure. The physical structure (physical) is divided into four namely; Picnic type, asthenicus, athletic and dysplastic type. At the same time, the mental constitution is divided into two types, namely schizothymic and cyclothymic.

Sheldon believes that genetic and biological factors play an important role in a person's development. He also believed that a representation of these factors could be obtained through a series of body-related measurements. In Sheldon's opinion there exists a hypothetical biological structure, namely the morphogenotype, which forms the visible physical basis and plays an important role not only in the discovery of physical development but also in the formation of behavior.

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