

Understanding Student Personality Types According to Hippocrates Galenus Theory

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Abstract: This writing uses a literature search method with twenty-one electronic databases, namely Google Scholar and Google Book. Research from journals published between 2009-2022. Understanding student personality types can help identify in solving student problems because each student has their own personality. This writing aims to know and understand the personality of students based on the theory of Hippocrates-Galenus. By knowing the characteristics and personality types of each student, individual planning is carried out to help students solve problems.

Keywords: *personality, hippocrates galenus, student*

INTRODUCTION

English *personality* comes from the ancient Greek "*prosopon*" or "person", meaning "mask" usually worn by theater performers. So, the original concept of personality is the behavior seen in the social environment, and the emanation of self that the social environment wants to capture (Alwisol, 2009). Personality is formed through a complex interaction between genes, environment and life experiences. It encompasses the traits and characteristics that distinguish a person from others. Individual personality is a fairly complex psychophysical totality of each individual. So it will be seen in their unique behavior (Sujanto et al, 2004).

Modern psychologists examine human personality by observing various social, biological, and cultural factors. However, these modern psychologists neglect the study of

individual intellect and as a result the basis of the factors that determine personality, in the form of material or immaterial, is unknown, so individuals are unable to learn real personality (Syauqi in Ansori, 2020). Personality is part of the soul that is the basis of all human existence and is not divided into functions (Hasanah, 2015). Personality is the totality of individual attitudes, feelings, expressions, traits and behaviors. Attitudes, feelings, facial expressions, and temperament are recognized when a person is faced with certain situations. Everyone has a tendency to behave continuously facing a situation in a way that characterizes him (Ansori, 2020).

The personality that currently exists in society in daily life has changed through face-to-face meetings, gathering and joking with each other. social media meetings through chat, voice calls, video calls and even directly with the crowd, leading to the emergence of personality in the *new style* leads on social media (Ansori, 2020). The opinion of Hippocrates supplemented by Galenus (129-200 BC) states that in the human body there are 4 different fluids in certain proportions. When one fluid is more dominant than the others, it creates certain psychological characteristics. Therefore, Galen classified humans into four types according to their nature: hot-tempered, melancholic, phlegmatic, and bloody (Adibulasyhar & Muhammad, 2019).

Thus, there are four traits in humans that are accommodated by the requirements of the provisions in the form of body fluids, namely: Hotness is found in blood (Sanguinis), dryness is found in yellow bile (choleric), wetness is found in black bile (melancholic) and coldness is found in mucus (Plegmatis). If the proportion of these fluids in the body is normal, then the individual is normal or healthy, but if the harmony of the relationship is disturbed, the individual feels abnormal (E. Koeswara, 2008).

Personality is based on thoughts opinions, social interactions, and behaviors that affect one's ambitions, values, and self-confidence (Saputra, 2017). It is known that each personality has its own characteristics. Sanguine people are energetic, innovative, creative, and enthusiastic. Choleric individuals can still achieve something through learning (Oktawirawan, 2020). Personality type has a little influence in overcoming student problems because of the different characteristics of each personality.

METHODS

The method used is library research with a literature search on student personality types according to the theory of Hippocrates Galenus. This study was conducted by combining several articles from various sources. The articles analyzed were not limited to

articles in Indonesian but also in English accessed through internet searches from databases, namely: Google Scholar and Google Books. With the keyword student personality type according to Hippocrates Galenus theory. Articles that met the inclusion criteria published from 2009 to 2022 using Indonesian and English were systematically collected and reviewed. The technique used to analyze the article data was Inclusion Criteria Review.

DISCUSSION

A. Hippocrates-Galenus Personality Type

Hippocrates argued about the four bodily fluids that are believed to underlie human character and is seen as the concept of physical constitution studies, due to the bodily fluids that have manifested in the human physical form. Personality types according to Hippocrates-Galenus are divided into four main groups that focus on bodily fluids in controlling and influencing individuals. The following is a division of personality types based on the Hippocrates-Galenus typology:

1) Blood (*Sanguinis*)

Sanguine fluid is usually stronger in a person's body. The characteristics present in this type are usually childlike. Sanguine types have very good social behavior, because they are easy to socialize and are also easily liked by new people. Sanguinis love to talk, so they easily adapt to new environments. However, sanguine individuals are difficult to manage, they are irritable, careless, inconsistent, and often raise problems.

2) Yellow Bile (*Choleric*)

Individuals with the choleric personality type have the ability to be good leaders because they can easily make decisions. Individuals with the choleric personality type are always energetic and productive. Choleric types are individuals who will continue to work hard throughout their lives because they love freedom. However, this type likes to dominate because of their leadership traits, they are also easily provoked by emotions, difficult to give in, and belong to the uncaring type.

3) Black Bile (*Melancholy*)

Melancholic personalities tend to be analytical people who like to pay attention to others but they don't like getting attention, perfectionists, serious, frugal, persistent, pessimistic and always willing to help. However, melancholic people tend to focus more on methods or processes rather than goals. Melancholic people cannot express their opinions, they often see problems negatively, and they cannot socialize well.

4) Mucous Liquid (*Plegmatis*)

Individuals with this type of personality are always neutral in all conflict situations and do not want to take sides. Tend to prefer to be a good listener in their social life. Plegmatis have a friendly nature, they are sometimes sarcastic (offensive or mocking humor), very tolerant, easy to understand and like things that are instantaneous. Those with a plegmatic personality do not like to be pushed, do not hesitate and lack enthusiasm for new things.

B. Student character according to Hippocrates-Galenus

There are also differences in the thinking process of each student apart from the differences in personality type. To identify students' thinking processes according to personality type, steps were taken, i.e. students were given a personality type test.

Students with Sanguine personality are jovial and enthusiastic. Students with this personality can express their opinions easily because they naturally enjoy talking. This type of student does not easily understand the problem at hand due to their uncaring nature. However, in problem solving, students can use their creative and innovative nature to find solutions. According to Efendi and Abidin (2017), students with the sanguinis personality type are able to answer correctly and fluently what is asked and known in the test given.

Students with the Choleric personality type are very active during learning. They see problems in big picture terms and explore practical solutions. Students with this personality do move quickly and emphasize the outcome of a solution, leading them to set goals to solve the problem at hand.

Students with melancholic personalities are simple and full of ideas. So when they have a problem, they first analyze it before looking for a solution. When melancholic students solve problems, they analyze the problem more seriously and carefully. In solving problems, these students like to use diagrams, concepts, charts and lists. In addition, these students feel the need to solve problems carefully and long-term in order to find solutions to existing problems (Agustina, 2013). Melancholic students' lack of self-confidence is an obstacle to tackling any task. Although melancholic students are labeled as thinkers, they do not force them to do the thinking process to solve very specific problems (Nilamsari & Fitriyani, 2021).

Students who have a plegmatic personality are not dominant during the learning process because they are quiet students. This student has a patient and calm nature. When faced with a problem, these students can easily understand the problem. during the solution

process, they are good at managing their time. So it does not take long to solve the problem (Sholikha & Arif, 2021).

CONCLUSIONS

Personality is based on thoughts opinions, social interactions, and behaviors that influence one's ambitions, values, confidence. It is known that each personality has its own characteristics. Sanguine people are energetic, innovative, creative and enthusiastic. Attitudes, feelings, expressions and temperament are manifested in actions at a time. Each individual tends to have a distinctive attitude by applying it continuously and consistently to situations, thus becoming a characteristic of him or her.

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