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## **HUMAN TYPOLOGIES ROLE IN PSYCHOLOGY AND PHYSIOLOGY: SOME IMPORTANT THEORETICAL AND APPLIED ASPECTS**

Ethno-age typological aspect found its reflection in the work [2, p. 19–44] about prevention measures at smoking in high school students.

Ethno-gender-age aspect is illustrated in following works of Iranians scientists. Life skills training is found to be as an effective approach in improving the social adjustment and academic performance of adolescent students-girls [8, p. 121–129]. There is the parents education level direct influence on loneliness degree: parents with higher level of education had better psychological conditions and lower level of loneliness than parents with lower level of education after the youth(s) left home as well as mother expressed higher anxiety, depression and sense of loneliness comparatively to fathers [11, p. 17–29]. Mothers' marital satisfaction, communication, conflict resolution and idealistic distortion can predict anxiety in female adolescents. Also, mothers' marital satis-

faction, communication, conflict resolution, and idealistic distortion can predict self-concept in female adolescents [17, p. 79–87]. Psychological work pressure mediate the relationship of personality traits and supervisor support with work-family conflict and job satisfaction [9, p. 48–69]. 64% of the variance in students general health is explained by gender role conflict. That is why individuals with less gender role conflict possess much better psychological health [3, p. 93–100]. Self-regulation can be thought as an appropriate intermediate link in the relationship between religiosity and moral identity as it has been demonstrated in female students from Isfahan [13, p. 105–117]. There is relationship between creativity, conscientiousness, time motivational and attitudinal aspects and time management in male and female undergraduate student from Ardabil [6, p. 29–39]. Other experiments in the same students demonstrated that with the change and control of conscientiousness, tenacity and prefer to organize we can improve the time management and provided success of individuals [7, p. 103–122]. The psychological collectivism of students with authoritative parenting methods and safe attachment style had a higher frequency compared to other categories of students (males and females), there was no significant difference in the psychological collectivism between male students and female students [15, p. 81–102]. There is a difference between drawing samples in girls and boys with normal and good parents [1, p. 54–65]. Very important problem is the subject of the next work [14, p. 249–262] that concluded following: the findings suggested that the more control over the children is, the more they will be sensitive to negative assessment from other people and this is more characteristic for gifted female adolescents [16, p. 149–160]. The results indicated that the attachment based psychological methods usage have significantly increased the maternal sensitivity and significantly decreased the child's negative representations of self and mother in the experimental group.

Control locus belongs to rather important typological aspects, externals and internals – to important human typologies. Rather seldom there is a description of it in a complex of ethno-gender typological aspect as in this work of Iranian scientists the main conclusion of which was that the amount of codependency and its dimensions including external focus, reactivity, codependency and marital satisfaction of women on the verge of divorce are more than normal couples [12, p. 4–16].

Extra-introversion is also seldom described together with ethno-age aspect like in this work of Iranian scientist according to the results of which there is a

significant correlation between psychological stresses and mental and general health in students, but there was no significant correlation between psychological stresses and body image. Also, there was a significant negative correlation between general health and neuroticism and a significant positive correlation between general health and extraversion [10, p. 40–47]. The results indicated that individuals (students) higher in neuroticism were more likely to use music for emotional regulation (influencing their mood states), those higher in extraversion were more likely to use music as a background to other activities, and those higher in openness to experience were more likely to use music in a cognitive or intellectual way [5, p. 70–87].

In some aspect human weight can be described as constitution type (thin person – asthenic, obese – picnic or hypersthenic). We found a work about impotence and obesity prediction from psychological characteristics in Iranian students (thus, ethno-constitution-gender-age categorization is described) the main result of which was that depression, social dysfunction, and body complain were higher in thin than obese and normal individuals. However, the anxiety was higher in obese than thin and normal people [4, p. 177–182].

So, students psychology is in attention focus in Iran. We did not meet any work about physiology study concerning human typologies in the students. That is why we performed works in our academy Physiology chair the main results of which were as follows as.

Iranian students had more frequent pulse on their left radial artery (probably due to left-handers, both real and hidden, presence in them in big amount); tendency to vagotony in girls and sympathicotony in guys (on the basement of the vegetative reflex performed); guys from Iran possessed more expressed superficial and complicated sensitivity than girls from the students examined group; some cerebellar tests (Romberg's simple probe, probe to diadochokinesis, finger-nose probe) were easy to be performed both by the students from the second/third and the elder courses, while some other tests (Ozhehovsky, Stiuart-Holms, Babinsky, heel-knee probes) were more difficult to be performed by the students from the elder courses (probably because their cerebellum is undergone to professional loadings).

Our data received on different-coursed Iranian students both of medical and dental profile showed that human typologies (gender, age, interhemispherical asymmetry individual profile in part) contribute in physiological processes and tests performance in Iranian students. It can be taken into account while

work with the students (Iranian students particularly) because it can help to create the education bigger individualization to discover the students' scientific and artistic potential in the biggest possible extent while providing higher natural and social adaptation. That is why we think that our work has not only theoretical but applied significance as well.

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