

A Perspective on Soul Archetypes

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ABSTRACT

The concept of temperaments, rooted in ancient medical theories, still offers valuable insights into personality and individual differences. This perspective looks at historical and theoretical foundations of four temperaments and their impact on understanding personality. It provides a nuanced view of how temperaments influence behaviour, emotions, and relationships

INTRODUCTION

The concept of archetypes has long been used to describe universal patterns that shape human experiences, behavior, and understanding. In this exploration of Soul Archetypes, we dive into the idea that each soul carries a distinct blueprint, one that reflects timeless roles and energies that influence how we navigate life, our relationships, and our personal growth. Just as Carl Jung proposed that archetypes are embedded in the collective unconscious, so too can soul archetypes offer a lens through which we understand our deeper selves and our purpose in the world. This perspective invites us to consider how these archetypal energies guide our actions, shape our identities, and help us make sense of the spiritual journey we are all on. Through this journey, we begin to see that, just as no two souls are the same, neither are the archetypes that accompany them, each one reflecting a unique and ever-evolving facet of the human experience

LITERATURE REVIEW

Soul Archetypes

In this article, I discuss perspectives on temperaments, which includes melancholic, choleric, phlegmatic, and sanguine types. These temperaments, resulting from interactions between dryness, humidity, cold, and heat, can be categorized as changeable or unchangeable. Despite modern physicians rejecting these ancient descriptions, the significance of temperaments remains. Myers-Briggs personality analysis aligns with traditional temperaments, while Avicenna expanded the psychology of temperaments beyond Galen, describing traits' balance and expanding the four temperaments to include emotional aspects, mental faculties, moral attitudes, self-awareness, actions, and dreams (Flaskerud, 2012). Avicenna also described eight temperaments in relation to non-human beings and individuals. In non-human beings, temperaments are balanced when hot and cold or wet and dry. External factors like race, climate, and atmosphere contribute to racial temperaments, while individual temperaments are unique and incomparable. *Canon* further discusses sun's position relative to the ideal temperament and the role of climate and human skin, with skin being closest to the ideal (Zahabi, 2019).

Medicine is categorized as hot or cold based on its relationship to human temperament (Figure 1). Unequal temperaments lead to diseases categorized as simple (hot, cold, dry, moist) or compound (combinations like hotter and drier). There are four simple and four compound temperaments, divided into those independent of material substance and those involving material substance, totalling sixteen temperaments (Deer Richardson et al., 2018).

Galen's theory posits that an imbalance in pairs leads to four temperament categories: *Sanguine* (optimistic and social), *Choleric* (quick-tempered and irritable), *Melancholic* (analytical and calm), and *Phlegmatic* (relaxed and peaceful). Al-Ghazali emphasizes understanding a child's temperament. For instance, a choleric child who is hot and dry may become angry more easily, and his symptoms may be aggravated by hot and dry foods.



Figure 1. The Four Temperaments and Abstract Human Silhouettes Convey Emotion and Connection

METHODOLOGY

This temperament can be managed through diet and self-knowledge, understanding that some people get angry more easily than others. The melancholic personality is cold and dry, prone to depression, with anger directed inward rather than outward. Knowing oneself helps understand why certain things affect you and how to treat others with different temperaments. A sanguine temperament, hot and humid, is associated with cheerfulness and resilience. Terms like “phlegmatic/melancholic person”, or “he has a lot of bile” reflect these traditions in Western civilization. Al-Ghazali underscores the importance of knowing the prevailing temperament to understand personality (Usama et al., 2022). Teachers, in particular, should be aware of their students’ temperaments because how they treat them can have lasting impacts. For example, a melancholic might be more affected by certain comments than a sanguine.

RESULT AND DISCUSSION

Understanding temperaments can also provide insights into broader societal issues. Many problems in the world stem from temperament-related misunderstandings. “Road rage” is often associated with a choleric personality, and recognizing this can help develop strategies for managing anger. Islamic tradition offers methods for managing anger, such as sitting down to counteract rising heat or performing ablution to cool down (Ateşçi, 2019). Ibn Hajar al-Asqalani reports a hadith where the Prophet Muhammad (peace be upon him) said, “Strong man is not the good wrestler, but ... is the one who controls himself when he is angry” (SunnahCom: “Bulugh al-Maram”). This emphasizes the importance of self-control, especially in controlling one’s temper.

Ibn Khaldun (1332-1406) wrote in “Muqaddimah” about people living in different climates. He found that Black people in hot regions were often perceived as lively, irritable, and emotional. Ibn Khaldun attributed these characteristics to the climate, suggesting that heat caused the spread of what he called *Animal Spirit*, leading to joy and excitability. He explained that just as heat expands air, it also expands people’s minds, making them happier and more inclined to dance and sing. He compared this to a *drunk person* feeling cheerful because the warmth of alcohol expands his mind. Similarly, people who take a hot bath feel happy because the warmth stimulates their minds.

Ibn Khaldun extended this idea to coastal regions, where reflected heat from the sea influences temperament. He observed that Egyptians in hot climates are generally cheerful and carefree, buying food daily instead of storing it. In contrast, inhabitants of Fez, surrounded by cold hills, appeared sad, gloomy, and overly concerned about the future, storing food for years. He also noted Al-Masudi’s *unconvincing* theory that vivacity of Black people was due to brain weakness. Overall, Ibn Khaldun’s writings reflect the belief that climate significantly influences people’s temperament and behaviour, attributing happiness and excitability to environmental warmth (Ibn Khaldun, 2015).

Understanding the structure of personality and various individual differences enhances our comprehension of human behaviour's complexity and provides valuable practical insights. A key aspect of personality and individual differences is categorizing strong and weak emotions, also known as temperaments. Temperaments can be changeable, fluctuating over time, or unchangeable, remaining stable and consistent. Individual differences in knowledge, skills, abilities, personality, and professional interests have been studied for over a century.

CONCLUSION AND RECOMMENDATIONS

The field has evolved from developing consensual personality descriptions through taxonomies to exploring underlying causal mechanisms and processes shaping personality. This shift reflects a growing interest in understanding both the descriptive aspects of personality and the factors influencing its development and interaction with various life outcomes (Grist & McCord, 2010). Studies show that personality traits, once considered separate from socio-emotional abilities, are now seen as malleable. Traits such as neuroticism are linked to anxiety and depression, agreeableness to prosocial behaviour, openness to art and literature, and character strengths to moral value (Lechner, Anger & Rammstedt, 2019).

Understanding these traits helps tailor educational strategies, overcome challenges, and provide targeted support. Conscientiousness correlates with socio-emotional skills, promoting better self-management and resilience. Recognising personality differences ensures equal opportunities in education, effective leadership, and improved healthcare outcomes. Personality insights also enhance recruitment and job placement by matching tasks to individual strengths.

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