Investigating the role of temperaments in aerobic power of non-athlete students of Ferdowsi university of Mashhad

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Abstract

**Background and Purpose:** Traditional medicine in Iran is based on Temperamentology. Temperament is a significant factor in the individual characteristics of humans. The purpose of this study was to compare warm and cold temperaments with aerobic power.

**Methods and Materials:** A descriptive study was conducted on 90 healthy volunteer men aged 18 to 22 years old using a temperament standardized questionnaire. They were divided into 6 groups: sanguine, phlegmatic, melancholic, choleric, warm and cold. The aerobic power level of these subjects was judged by the Queen Stair test.

**Results:** The maximum oxygen consumed in the test was significantly different when contrasting sanguine group with melancholic group, and phlegmatic with choleric group ($p=0.01$). This significant difference was also observed in warm and cold tempered people ($p=0.01$). The aerobic power of the groups was statistically significantly different with each other ($p<0.01$).

**Conclusion:** It seems that the aerobic power of melancholic people is more than those of sanguine people and phlegmatic people more than choleric people and ultimately cold-tempered people more than warm-tempered people.

**Keywords:** Warm Temperament, Cold Temperament, Aerobic Power, Maximum Oxygen Consumption.

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