



Relationship between hot and cold mizaj and Big-Five factor structure in Young girls

M. A. Safari, A. S. Zar*, M. Koushkie Jahromi, F. Khormai

Abstract:

Background and Purpose: From the perspective of traditional medicine, each individual has a unique temperament. And it is never possible for two people to be considered the same in spite of their apparent similarity. So it may be possible to consider individual temperament as individual differences. Therefore, the present study examines the relationship between the five major factors of personality and mizaj, is going to answer that question, what warmth and coldness of mizaj what warmth and temperament is associated with which of the five major factors in non-athlete female students is meaningful?

Methods and Materials: In this descriptive-correlational study, 119 female students with an average age of 22.3 ± 2 were selected as the statistical sample by simple random sampling method. The sample size was determined based on Morgan table. to determine the mizaj used of mizaj questionnaire and also to determine the Big Five Personality Questionnaire Goldberg was used. To data analysis, we used of spss/19 and significant level $p \leq 0/050$ was considered.

Results: Based on information, There is a significant relationship between exogeneity coefficient ($p = 0.122$ and $t = 2.56$, $\beta = 251$) with warmth and coldness of non-athlete female students. But agreeableness, Orbit duty, Neuroticism and flexibility with cold and warmth, there was no statistically significant relationship ($p > 0.05$).

Conclusion: Orbit duty it's more in warmth mizaj non-athlete female students. However, more research is needed in order to make a definitive statement in this regard.

Keywords: mizaj, Big-Five factor structure, Young girls

Corresponding Author: salehzar@gmail.com