

**INTEGRATING ANCIENT WISDOM: USING IBN SINA'S HUMORAL THEORY
TO ADDRESS MODERN ADOLESCENT AGGRESSION**

Safarov Abdirashid Jo'rayevich

Assistant of the Department of Rehabilitation, Traditional Medicine, and Physical Education

Tashkent Medical Academy

Abstract. The rise in aggressiveness among adolescents is a complex psychological phenomenon with significant implications for mental and physical health. Recent years have seen a troubling increase in aggressive behaviors, impacting not only the individuals involved but also families, schools, and communities.

This study aims to investigate the multifactorial causes of adolescent aggression, exploring biological, environmental, and psychological influences. Utilizing a humoral approach based on Ibn Sina's "The Canon of Medicine," the research seeks to develop innovative strategies for preventing health-related consequences associated with aggressive behavior. Ibn Sina's theory provides a framework for understanding how dietary influences and temperament traits interact to shape behavior.

The investigation will focus on the relationships between adolescent temperament and dietary habits, identifying nutritional patterns that may exacerbate or mitigate aggression. By analyzing these interactions, the study aims to formulate a comprehensive model for effective interventions applicable in various settings, including homes and schools.

Ultimately, this study seeks to contribute to the discourse on adolescent mental health and behavior management, emphasizing the importance of a holistic understanding of aggression to promote well-being and healthier behavioral patterns.

Keywords: Aggressiveness, Adolescents, Temperament, Humoral Approach, Ibn Sina, Canon of Medicine, Psychological Health, Preventive Measures, Dietary Influences, Emotional Stability, Health Behavior, Aggressive Behavior, Gastroesophageal Diseases, Psychological Phenomenon, Internal Balance, Social Development, Intervention Strategies, Well-being, Character Formation, Health Education, Behavioral Assessment.

Introduction. Aggression in adolescents is a growing concern that has been increasingly observed worldwide, escalating alarmingly amid various sociocultural changes. Numerous studies indicate a disturbing trend where aggressive behaviors are appearing at progressively younger ages, posing greater risks not only to the individuals exhibiting such behaviors but also to their peers, families, and society at large. This alarming rise in aggression among youth can lead to detrimental outcomes, including mental health disorders, social isolation, academic failure, and a greater likelihood of engaging in criminal activities.

Understanding this phenomenon is crucial, as aggression is a complex interplay of various factors, including biological, psychological, environmental, and social influences. Adolescents navigate a tumultuous period characterized by significant physiological changes, identity formation, and social pressures, all of which can exacerbate aggressive tendencies.

Health professionals, educators, and parents face significant challenges and are in dire need of effective strategies and interventions to mitigate aggressive behavior among youth. Furthermore, the lack of comprehensive understanding of the multifaceted nature of aggression calls for an examination of its underlying causes and consequences. Only through a holistic approach can effective prevention strategies be developed, tackling the issue from multiple angles. This includes not only psychological and behavioral interventions but also the consideration of physiological aspects that may contribute to aggression, such as dietary factors and individual temperament.

This study will explore the potential correlations between inherent temperament patterns, dietary influences, and the humoral approach established by Ibn Sina in "The Canon of Medicine." Ibn Sina's insights into the relationship between temperament and physical health offer a unique perspective on how dietary choices may influence aggressive behavior. By integrating these historical concepts with contemporary psychological research, the study aims to lay a foundation for innovative, multifaceted intervention strategies that promote healthier behaviors and outcomes for adolescents.

Relevance of Work. The relevance of this work lies in its objective to deeply investigate the causes of aggressiveness in adolescents and prevent diseases arising from such behavior. It involves preserving temperament and character while fostering a healthy lifestyle.

Materials and Methods of Research. Using modern medical techniques such as somatoscopy, anthropometry, dynamometry, measuring vital capacity of the lungs, and bioimpedance analysis, as well as blood tests (ALT, AST, Ketakiza, Broco-Brugsha index, Kettle index, Strength index, Life index), we evaluated the correlation between aggressiveness and temperament/character among adolescents. The study was conducted among 212 adolescents aged 14-15 years, comprising 96 girls and 116 boys. Utilizing the specified criteria, we classified aggressiveness into eight categories, noting that its origin is dependent on individual temperament.

Results and Discussion. The results obtained according to temperament confirmed that aggressiveness had led to gastroesophageal diseases. The following findings were presented based on gender and temperament:

- The emergence of aggressiveness in adolescents and the connection of its types and characteristics will be elaborated based on the humoral classification system.
- A dietary program will be designed according to the balance required for each of the twelve temperaments, based on Ibn Sina's "Canon of Medicine."
- Based on experimental findings, a program titled "Internal Balance" will be developed, focusing on aligning temperament and character to ensure the equilibrium of biological processes and psychological states.
- To aid healthcare professionals and educators, a special program will be created for the identification of temperament and character using modern methods, allowing for the implementation of medical examinations and folk medicinal practices in preventing aggressiveness in adolescents.

The following results were obtained according to temperament:

Temperament	Boys	Girls
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Sanguine	27	22
Choleric	28	23
Phlegmatic	32	26
Melancholic	29	25

From the identified temperaments, it was confirmed that aggressiveness had led to gastroesophageal diseases.

The following findings were presented based on gender and temperament:

Temperament	Boys	Girls
Sanguine	3	1
Choleric	4	2
Phlegmatic	3	3
Melancholic	4	3

The emergence of aggressiveness in adolescents and the connection of its types and characteristics will be elaborated based on the humoral classification system.

Foreign psychologists have conducted a significant amount of research on the origin, development factors, and causes of aggressive behavior. In particular, this topic was reflected in studies such as “The relationship between violence and aggressive deviant behavior” by A. Bandura & P. Walters [1], “Measuring aggression” by A. Bass and A. Darkie [2], and “The relationship between aggression and social status in the case of familiar and unfamiliar children” by I. Kon [3]. R. Beron and D. Richardson also studied aggression as an act of hostility and destruction [4]. Theoretical and practical methodological foundations of the topic were analyzed in the works of Z. Freud [4], G. Allport [5], E. Kretschmer [6], J. Piaget [7], A. A. Rean [8], D. Cattell, and L. S. Vygotsky [9] among others.

Arnold Bass is recognized as a major scientist studying aggressive behavior, who describes dissatisfaction with a situation (frustration) as a feeling that blocks the process of aspiring behavior. He introduces the concept of "attack" as an action provoking a tendency to resistance in the body. In this case, aggression causes intense aggressive reactions, while dissatisfaction causes a weaker response.

In Ibn Sina's “The Canon of Medicine” the classification of foods as causes of temperament is discussed. Integrating Ibn Sina's classification of temperament-inducing foods with Arnold Bass's categories of aggressive behavior yields a group of foods that induce aggression. The importance of selecting foods compatible with one's personality serves as a determinant to mitigate aggressiveness and promotes health. In “The Canon of Medicine” aggressiveness is studied as a symptom of a disease, implying a close relationship between health and diet: "Material causes are the basis on which health and disease are built. The closest basis is the organ or spirit. The basis that is further from it is the elements" [10, p. 66].

In Ibn Sina's perspective, the "spirit" is linked to physical substances that comprise the body, formed from elements and influenced by dietary habits. Elements are divided into two categories: light (fire and air) and heavy (water and earth) [10, p. 69]. The interplay of these elements affects human temperament, which is described as emerging from the balance of opposing moods at a subatomic level.

The initial forces in the mentioned elements are four: heat, cold, dampness, and dryness [10, p. 71]. The text explains that food consumption significantly influences temperament due to its elemental composition. The four types of dampness associated with temperament include blood type (sanguine), phlegm type (phlegmatic), bile type (choleric), and samt type (melancholic) [10]. Each temperament exhibits its own natural aggressiveness, which can serve as a protective response.

The phlegmatic temperament's coolness might lead to passive aggression, while choleric and melancholic temperaments exhibit emotional instability due to dryness, resulting in direct aggression. Sanguine and choleric individuals display extroversion, indicating sociability and adaptability, while phlegmatic and melancholic individuals show introversion, characterized by social detachment.

Verbal aggression can be particularly damaging; it includes negative comments, insults, and threats. According to Bass, aggression is distinct from hostility, with hostility reflecting feelings such as anger and dissatisfaction.

Conclusion. The findings emphasize that aggressiveness in adolescents is intricately linked to individual temperament and dietary influences, rooted in historical understandings such as those from Ibn Sina's "The Canon of Medicine" These insights underline the importance of maintaining a balanced lifestyle to promote psychological and physical health. Further investigations are warranted to refine preventive strategies, optimize educational interventions, and promote healthier developmental paths for adolescents.

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