

# The development of temperament

Psychology



Kagan's Theory of Temperament Temperament is a manifestation of early childhood development and is highly affected by customized and un-customized environment. Yet, it also modifies environmental factors and is significantly adaptive to behavioral patterns. Psychological development is incorporated through neuroscience and biologically inherited attributes. Therefore, temperament is dependent upon many key factor phenomena discussed above.

Jerome Kagan's theory of temperament has chiefly focused anxiety and fear in children and his research has disclosed two main kinds of temperament trends in Children

Inhibited temperament

Uninhibited temperament

Inhibited temperament or extremely reactive behaviour encloses attributes like shyness, diffidence and reclusiveness due to over-protected or restricted environment. Simultaneously, uninhibited temperament or minimal reactive children possess confidence, assertiveness and take pleasure in social gatherings (Kagan & Snidman, 2004).

Therefore, the above mentioned attributes influence child's behavioural patterns along with environmental influence in later life. Furthermore, Kagan has declared that inhibited and uninhibited temperament is directly linked to biological behavioural outline, which leads towards pattern of choice/perception against withdrawal of inclinations. He has stated that biological attributes along with inhibition temperament acts as a base of sound and stable personality rather than being in a restricted environment for positive disposition of a child.

Only few inhibited temperament children tend to grow up as introvert and

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nervous adults. Conclusively, most of the children despite of their inhibited traits tend to learn strategies to cope-up with their deficient temperament. However, an infant's reactive temperament is reliant upon his motor development and his behaviour is predictive due to inhibition. Thus, these early inhibited and uninhibited trends have strong influence on a child's personality and it can significantly impact along with environmental influence in later life of the child. Furthermore, temperament cannot be preserved as continuous environmental changes effect the profile of behavioural patterns and genetic changes also modify temperament in their own accord.

#### References:

Kagan, J., & Snidman, N. C. (2004). *The long shadow of temperament*. Cambridge, Mass: Belknap Press of Harvard University Press.