

PSYCHOLOGICAL RELATIONSHIP BETWEEN PERSONALITY ACCENTUATION AND SOMATIC DISEASES

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Annotation: *This article analyzes the psychological relationship between personality accentuation and somatic diseases. It explores the connections between accentuation and psychosomatic processes, as well as the mechanisms of somatic symptom development under the influence of psychogenic factors.*

Keywords: *accentuation, personality type, somatic diseases, psychosomatics, stress, psychotherapy, health, pathology.*

Every individual has different levels of temperament, character, emotional state, and mental stability. Since humans are inherently social beings, their development and formation as a personality are primarily determined by the unique opportunities provided by both the objective and subjective world.

Studying and understanding this system of influences remains one of the most important tasks in modern psychology. The concept of “personality accentuation,” introduced by the German psychologist Karl Leonhard, refers to the excessive expression of certain character traits. Such a condition affects the process of adaptation and, especially in stressful situations, may lead to the intensification of somatic symptoms.

From this point of view, studying the connection between accentuation and somatic diseases holds great importance in both medical and applied psychology. Karl Leonhard (1968) defined personality accentuation as an overly developed expression of certain personality traits—a state not considered pathological but lying on the borderline between health and illness. The well-known Russian psychiatrist and psychologist A.E. Lichko (1981) further elaborated this concept, particularly in relation to adolescents and young adults. The following main types of accentuation may lead to somatic diseases as a result of psychogenic influences:

- Hyperthymic type – active, cheerful, prone to arguments, and initiative-taking individuals;
- Conformal type – those who seek to conform to others and adapt to social norms;
- Stuck (rigid) type – resentful, vindictive, suspicious, and prone to moralizing;
- Astheno-neurotic type – easily fatigued, irritable individuals;



- Dysthymic type – sluggish, prone to low mood, and internally reflective personalities;
- Epileptoid type – characterized by growing anger, hostility, and emotional explosiveness;
- Affective-labile type – rapidly changing moods;
- Anxious type – fearful, insecure, and low self-esteem individuals;
- Demonstrative type – attention-seeking, emotionally expressive, and prone to exaggeration or deceit;
- Excitable type – impulsive, instinct-driven, and lacking self-control.

Although these types differ from one another, they all influence the formation of somatic reactions during psychological stress. Many studies have shown that accentuated personalities tend to experience psychological maladaptation under internal or external stress, which may lead to psychosomatic disorders. Somatic diseases—physical dysfunctions of the body—often emerge as a result of psychological stress, emotional tension, and internal conflicts. Common psychosomatic diseases include hypertension, bronchial asthma, gastric ulcer, and cardiac arrhythmia. Psychogenic factors (i.e., those originating from psychological causes) directly affect physiological processes. For instance, prolonged stress increases cortisol secretion, which weakens cardiovascular and immune system functions.

Research shows a clear relationship between accentuation types and somatic disturbances. Each personality type displays a predisposition toward specific psychosomatic reactions. For example:

- Astheno-neurotic type – fatigue, tachycardia, headaches, insomnia;
- Dysthymic type – digestive disorders, depressive symptoms, loss of appetite;
- Anxious type – cardiac arrhythmia, stomach spasms, vegetative dysfunction.

These personality types serve as a “premorbid background” in the development of psychosomatic syndromes, meaning pre-existing traits that influence the onset and course of disease. Numerous medical-psychological studies (Paleev, 1998; Abdullayeva, 2019; Jalilova, 2020) indicate that individuals with low emotional stability exhibit stronger somatic symptoms. For example, among patients with cardiovascular diseases, anxiety-prone and hyperthymic personalities tend to experience more severe symptoms. However, psychotherapy has been shown to significantly reduce these symptoms.

Psychotherapeutic approaches such as cognitive-behavioral therapy, relaxation techniques, and autogenic training help lower stress levels and promote somatic recovery. Although personality accentuation is not a pathology, it plays a crucial role in determining an individual's response to stress. Distinct personality types are central to psychosomatic processes. Therefore, identifying accentuation early, conducting preventive psychodiagnostics, and teaching stress management techniques are essential.



Recommendations:

1. It is advisable to promote deeper research on personality types among students and graduate learners.
2. Psychotherapy, relaxation, autogenic training, meditation, and other psychological exercises should be integrated into health-improvement programs.
3. Medical psychologists should regularly conduct psychocorrectional work with somatic patients, taking into account both personal characteristics and psychogenic factors.
4. Personality accentuation represents strongly expressed character traits; it is not pathological but can increase maladaptive reactions under stress.
5. In psychosomatic illnesses, psychogenic factors, personality traits, and personal perceptions of illness play key roles.
6. There are evident connections between certain accentuation types and somatic diseases—some accentuation types increase susceptibility to illness.
7. Scientific research and clinical evidence support these correlations, though the topic requires broader and deeper investigation.
8. Psychodiagnostic tools (questionnaires, tests), psychotherapy, stress management, and psychological support during illness are crucial means of intervention.

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