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A Comparative Study on The Personality Differences Between Tibetan and Chinese College Students——Look at Temperament Types in Paintings

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ABSTRACT

Objective: To explore new ideas by comparing the individual differences reflected in the paintings of Tibetan and Han college students, in order to better carry out the mental health education of Tibetan college students to accumulate information. **Methods:** Firstly, according to the four temperament types, the painting characteristics were classified. Secondly, by comparing and analyzing the painting characteristics of 1221 college students' HTP test (including 704 Han people, 517 Tibetan people, 403 male students and 818 female students), it is found that there are significant differences in the characteristics of line, disorder degree and facial features emphasis in the paintings of Han and Tibetan college students. **Results:** There are significant differences between Han and Tibetan college students in Sanguine temperament dimension ($t = -5.066, P < 0.05$). **Conclusion:** People with different temperament types often have different thinking and behavior styles, Tibetan college students have been influenced by their own culture and traditional habits since they were young, with obvious personality characteristics, therefore, it is better to carry out ideological and political education or psychological assistance on the basis of understanding their psychological and behavioral characteristics and combining their personality characteristics.

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1. Introduction

Personality includes temperament and character. Temperament is a dynamic psychological characteristic of psychological activities in terms of intensity, speed, stability and flexibility. It's what we often call temper, disposition or disposition. In many studies, Hippocrates' theory of temperament type is the longest spreading one. He divides human temperament into four types: Choleric temperament, Sanguine temperament, Phlegmatic temperament and Melancholic temperament. There is a corresponding relationship between Pavlov's theory of higher neural activity types and the four temperament types, which can be regarded as the physiological basis of temperament types. In addition, Eysenck's theory of personality dimension is very famous. He attributes personality traits to three basic dimensions: introversion, extraversion, neuroticism and psychoticism, and then constructs a three-dimensional model of personality. Eysenck also uses the two dimensions of introversion and extraversion and neuroticism as the coordinate axis to form a rectangular coordinate system, and the combination of different degrees of performance in each dimension constitutes four different types of personality, these four types coincide with the four temperament types of Hippocrates. It can be said that many achievements have been made in the study of temperament and character at home and abroad, but there are not many reports on the research of temperament characteristics and types of Tibetan^[1].

Ethnic minority college students are the pillar of regional development. To carry out ideological and political education and psychological guidance is an important link in talent training. To explore the personality characteristics of Tibetan college students, on the basis of mastering their temperament types, ideological and political education and mental health education combined with national characteristics will be more conducive to their absorption of new ideas, and then improve the educational effect. Because when communicating with people, if we can grasp the character characteristics of each other quickly and accurately, it will be conducive to the development and promotion of the topic. Tibetan college students are enthusiastic and simple, but due to the constraints of objective conditions, the level of education development in Western China is not as developed as that in eastern China. In addition, the native language of Tibetan college students is Tibetan, so the Chinese expression ability of Tibetan college students is weaker than that of Han Students. However, most of the traditional personality tests are written tests, which are basically Chinese versions. If we can grasp the personality characteristics of Tibetan college students

quickly and effectively, it will undoubtedly bring in the psychological distance between teachers and students^[2-3].

Painting psychology provides a good way for this. Personality characteristics will affect behavior, and painting is a kind of behavior product. Therefore, the analysis and research of painting can reverse the temperament type of subjects to a certain extent. The psychological meaning and personality characteristics represented by painting characteristics have always been the important content of the study of Fang Shuren's painting test. At present, the basic cognition of the research content of painting test on personality characteristics includes: The role of personality projection of figure painting published by Karen Machover (1949) discusses the problems of figure painting and personality traits. Tree painting is a self-portrait. Compared with figure painting, tree painting has lower defense and is a good projection method (Buck, 1948). The root represents the relationship with reality, and the trunk represents self-strength (Ramirez, 1983). The characters in the painting can reflect the unconscious self-image of the subjects (Zhang Tongyan, 2007)^[4-6].

On the basis of other studies, this study discusses the temperament types and characteristics of Tibetan and Han college students. The purpose of this study is: 1) To explore a relatively simple and easy to operate quantitative method for the evaluation of temperament types. 2) This paper analyzes the characteristics of temperament types of Tibetan college students. 3) To explore whether there are differences in temperament types between Tibetan and Han college students, so as to provide reference materials and accumulate relevant data for improving the education of Tibetan college students.

2. Research Objects and Methods

2.1 Research Object

1260 college students were randomly selected as subjects, and 1221 valid questionnaires were collected (704 of them are Han nationality, 517 of Tibetan nationality, 403 of boys and 818 of girls). The age of subjects is between 17-25 years old.

2.2 Research Methods

2.2.1 Test Method

Preparation: 1) Each subject should be provided with a piece of A4 paper and pen of the same model; 2) In order to avoid mutual influence during the test, the subjects should sit separately to avoid seeing others' questionnaires; 3) Keep the classroom quiet and not be disturbed at will.

Test method and painting theme: group test ,House-Tree-Person .

Instruction: “please lay A4 paper horizontally and draw houses, trees and people on it. To include these three things, other things can be added at will. The time is 12 minutes. Please raise your hand for help. “^[7]

2.2.2 Classification and Coding

Classification: By searching the data, the characteristics of four typical temperament types of individual painting are listed, and the classification items and coding standards are determined according to the existing feature interpretation system. For example, 1) People with choleric temperament have low sensibility, high tolerance, rapid, strong and lasting emotion, and rapid, strong and powerful action. This type of person is more straightforward, enthusiastic, energetic, irascible, moody, emotive and extroverted. So their paintings are relatively large and rough. 2) People with sanguine temperament have low sensibility and high tolerance. They are vigorous, lively, enthusiastic, sociable, compassionate and flexible in thinking. They are also prone to be changeable and impetuous. Therefore, the painting with sanguine temperament is large and full. There are usually many people in the picture, and people are basically in motion. 3) People with phlegmatic temperament have low sensibility and high tolerance. The person with this temperament is calm, tolerant and restrained, has regular life, does not distract himself from unrelated matters, works hard, has durability, has a serious attitude, is not humble or overbearing, does not love empty talk, and is serious. However, he is not flexible enough, his attention is not easy to shift, is conservative, and often lacks enthusiasm. Their picture size is moderate, the figure body is square, and the description is more detailed. 4) People with melancholic temperament have high receptivity and low tolerance, and their emotional production is very slow, but their emotional experience is profound, lasting, powerful, and highly emotional susceptibility. People with melancholic temperament are cautious, pursue perfection and are prone to indecision in the face of difficulties. Their paintings are usually small, the lines are very thin and light, very detailed, and painted or blackened.

The following are four types of temperament dimensions and corresponding classification items: 1) Choleric temperament: 34 items, such as large picture, simple and rough content, and heavy pen strength; 2) Sanguine temperament: 20 items, such as large picture, rich content, smooth lines, and character movement; 3) Phlegmatic temperament: moderate picture size, there are more long lines in the picture and the figure of human body in the painting is square there were 24 items in total; 4) Melan-

cholic temperament: small picture, there are many black spots in the painting, relatively small characters, rigid standing, etc. there were 38 items in total.

Coding: 0,1 score is used, binary variable index is used for coding. If there are painting features that are consistent with the coding items in the painting, 1 score will be given, otherwise 0 score will be given. The coding personnel are all college students with relevant training.

Score: the score is based on the numerical hierarchy. The sum of the scores of each temperament type is the score of that temperament type. The final rating standard is divided into five levels, from not obvious to very obvious. There are four levels: not obvious, less obvious, more prominent and very prominent.

3. Results

3.1 Comparison of Painting Characteristic Codes between Han and Tibetan College Students

According to the four temperament types, after selecting the painting indicators, score according to whether there is 0,1, and carry out χ^2 test on the scores. It is found that there are differences between groups in about half of the coding items of Han and Tibetan college students, and the specific values are shown in Table 1.

Table 1. Comparison of coding characteristics of four temperament types

	significant difference	No significant difference	Total number of projects
Choleric temperament	15	19	34
Sanguine temperament	12	8	20
Phlegmatic temperament	13	11	24
Melancholic temperament	17	21	38
Total	57	59	116

In Table 1, in the dimension of Choleric temperament, there are 15 painting features with significant differences, taking the feature short lines as an example, according to the statistical results, there are 295 students of Han nationality, accounting for 42.0% of the students of Han nationality 257 Tibetan college students, accounting for 49.7% of Tibetan students, have this characteristic, and the chi square value is 7.217 (P = 0.007).The other 14 chi square values are: The strength of the pen is 15.595 (P = 0.000), the picture is messy 26.973 (P = 0.000), the sharp part is 11.706 (P = 0.001), the whole is monotonous 5.723 (P = 0.017),there is smear on the painting 9.164 (P = 0.002), there are 2-3 black spots on the painting 25.158 (P = 0.000) , there are more than 4 black spots on the painting, 18.294 (P = 0.003), the house is larger 20.268 (P = 0.000),there

are many figures in the painting 16.387 (P = 0.001), the figure in the painting is larger 13.392 (P = 0.037), the figure in the picture is in the state of movement 10.545 (P = 0.014), the figure emphasizes mouth 17.010 (P = 0.009), in the painting, the arm of the figure is blackened 4.592 (P = 0.032), the lower limbs of the figure are blackened 15.088 (P = 0.000). The differences between Han and Tibet in the above characteristics are significant, while the differences in other characteristics are not significant, P>0.05.

The number of painting features with significant differences in other temperament types are as follows: Sanguine temperament: there are 12 items, such as the shape of branches, the size of human paintings, and other objects on the paintings; Phlegmatic temperament: there are 13 items in the picture, such as the size of trees, the eyes and ears of people; Melancholic temperament: 17 items, the picture is very small, the lines are thin, there are fences or ditches in the picture, the painting is blackened more,

Table 2. Percentage of temperament type distribution of Tibetan and Han University Students

Temperament type	Number	% of total	Han population	Percentage of Han nationality	Tibetan population	Percentage of Tibetans
Choleric temperament	101	8.27%	60	8.52%	41	7.93%
Sanguine temperament	157	12.86%	77	10.94%	80	15.47%
Phlegmatic temperament	89	7.29%	52	7.39%	37	7.16%
Melancholic temperament	22	1.80%	21	2.98%	1	0.19%
Choleric temperament+ Sanguine temperament	14	1.15%	7	0.99%	7	1.35%
Choleric temperament+ Phlegmatic temperament	91	7.45%	46	6.53%	45	8.70%
Choleric temperament+ Melancholic temperament	54	4.42%	39	5.54%	15	2.90%
Sanguine temperament+ Phlegmatic temperament	55	4.50%	34	4.83%	21	4.06%
Sanguine temperament+ Melancholic temperament	97	7.94%	49	6.96%	48	9.28%
Phlegmatic temperament+ Melancholic temperament	41	3.36%	17	2.41%	24	4.64%
Mixed temperament	500	40.95%	198	38.30%	302	42.90%

etc. Among them, there are 6 Tibetan students who have single line trunk in their paintings, accounting for 1.2% of the Tibetan group, while there is no single line trunk in the Han group. There are 161 Tibetan students with single branches, accounting for 31.2% of the Tibetan group. There were 130 Han students, accounting for 18.5% of the Han group.

3.2 Distribution of Temperament Types of Han and Tibetan College Students

After the scores of each subject are determined according to the same standard, the scores of each subject's four temperament dimensions are calculated respectively, and the temperament types of Tibetan and Han college students are divided to determine the temperament types of each subject. The specific distribution is shown in Table 2.

In Table 2, there are 13 types of temperament of college students. From table 2, it can be seen that: 1) The number of students with high scores of single temperament is relatively small, most of them belong to mixed type, accounting for about 70%. 2) The number of Tibetan college students with Sanguine temperament is less than that of Han college students, and the score of this dimension is also less than that of Han college students. 3) The number of Tibetan college students with Melancholic temperament is less than that of Han college students, but the score of this dimension is higher than that of Han college students (Table 3).

3.3 Comparison of Personality Differences between Tibetan and Han College Students

Table 3. Comparison of painting characteristic scores of four temperament types between Han and Tibetan College Students

	Han College Students(n=704)	Tibetan College Students(n=517)	t	P
Choleric temperament	6.41±2.363	6.25±2.489	-1.208	0.227
Sanguine temperament	4.43±2.525	3.73±2.195	-5.175	0.000
Phlegmatic temperament	7.05±3.355	7.13±5.325	0.338	0.736
Melancholic temperament	6.23±2.093	8.28±2.44	0.900	0.368

Through the t-test of the scores of four dimensions, there is a significant difference in Sanguine temperament dimension between Han and Tibetan college students. The average scores of Phlegmatic temperament and Melancholic temperament of Tibetan students were higher than that of Han students, research Choleric temperament scores us , Tibetan college students are lower than Han

college students, there is no significant difference in the scores of these three dimensions, $P > 0.05$. The results are shown in Table 2. The above results show that there are some differences in temperament types between Tibetan and Han college students, and the differences and reasons need to be proved by further research.

4. Discussion

1) There are some differences in temperament types between Tibetan and Han college students. Education should be individualized. According to the temperament characteristics of different students, we should have a good command of them. On the one hand, we should actively find their advantageous resources. On the other hand, we should be good at guiding the bad behaviors caused by their personalities. We should not label or criticize them at will. It is difficult to persuade people with strong psychological defense, so we should pay attention to conversation and education to avoid ineffective communication, so as to achieve good educational effect^[7].

2) Most of the data in this study are similar to the research results of Liu Ping, Tao yuancen, Dawa Puchi, Puciren, etc. It has been proved that through the analysis of HTP test, we can infer the personality characteristics of the subjects, and the method is simple, easy to use, quantifiable, and can be used for individual test as well as general survey. It can be used as an auxiliary tool for text test to further improve the accuracy of the test^[7-9].

3) This study also confirmed that most of the people are a mixture of temperament, and there are some differences in temperament types between Tibetan and Han college students. This shows that although temperament type is restricted by the innate nervous system, it may also be related to the influence of the environment of the individual's postnatal life, such as culture, folk custom, education, religion and other factors. The reasons for the differences of temperament between Tibetan and Han college students

need to be proved by further research^[10].

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