

Abstract

This study aimed to explore the relationship between some temperament traits of Strelau's Regulatory Theory of Temperament and two types of cognitive flexibility: spontaneous and adaptive and explain the link between temperament and cognitive flexibility through the mediated role of stimulation (affect). Spontaneous cognitive flexibility was measured by tasks which demand the generation of new ideas. Switching tasks referred to adaptive cognitive flexibility.

The statistical analysis revealed that emotional reactivity, activity and briskness explain the result of divergent thinking task which referred to spontaneous cognitive flexibility. The traits of temperament do not explain the level of the tasks included in adaptive cognitive flexibility. The relationship between stimulation (affect) and cognitive flexibility is not significant which was inconsistent with our expectations. For this reason, the role of stimulation for the level of cognitive flexibility has not been established.

The results suggest that relationship between some temperament traits defined by Regulatory Theory of Temperament and cognitive flexibility depends on the type of cognitive flexibility. At this stage of study we observe only the effect of temperament on results of divergent thinking task. To sum up, temperament differentiates the level of creativity tasks.