

## **Personal Potential and Socio-Psychological Adaptation as a Resource of Psychological Readiness to Take Risks**

**Irina V. Arendachuk**

Saratov State University

83, Astrakhanskaya str., Saratov, 410012, Russia

E-mail: arend-irina@yandex.ru

The article meaningfully analyses the concepts of the personal potential and the socio-psychological adaptation in correlation with the psychological readiness of the person to take the risk in adolescence. It demonstrates the results of empirical research, carried out using a sample group of students from the universities of city of Saratov – Saratov State University named after N. G. Chernyshevsky and Saratov State Medical University named after V.I. Razumovsky (n = 77; age 19-22 years). Methods that were used: "Personal factors of decision-making" (LFR-25 T.V. Kornilov), "Diagnosis of socio-psychological adaptation" (K. Rogers, R. Diamond), "The test of dispositional optimism" (M. Scheuer, C. Carver, in adaptation of T.S. Gordeeva, O.A. Sychev and E.N. Osin), "The test of resilience" (S. Muddy and in adaptation of D.A. Leontiev and E.I. Rasskazova), "The scale of total tolerance to uncertainty" (D. MacLean, in adaptation of E.N. Osin), "Self-activity questionnaire"(E.J. Mandrikova). Differences in indexes of personal potential socio-psychological adaptation of young men are analyzed according to the level of their readiness to take the risk. The article shows, that the structural components of personal potential and the socio-psychological adaptation of young men perform as psychological resources of students readiness to risk. Applied aspects of the problem could be implemented in the educational process of higher education, in the psycho-pedagogical support of personal and professional development of students.

**Keywords:** personal potential; socio-psychological adaptation; psychological readiness to take the risk; psychological resources of a person.