

**Название публикации:**

Antisuicidal Potential Of The Person:Theory And Empirics Research

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**Аннотация:**

Over the past decades, the problem of suicidal behavior has assumed a greater severity and has provoked a public outcry. The main reason for such close attention of society and the academic community is that suicide is the second frequent cause of death at young age, and if take into account suicides disguised as other types of violent death, then it is, perhaps, the first. The article considers the importance of research into the problem of suicidal behavior from the perspective of risk factors and protective factors that contribute to the abatement of suicidal behavior, it discusses hardiness and strategies for overcoming complex life situations in particular. Hardiness (resilience) serves as a strong personal resource to overcome the negative impact of stressful situations, as a component of the anti suicidal potential of a person, which resists the the threat of life. It has been proved that the components of hardiness are lifelong constructs that can be formed in the course of a lifetime. In addition, the article presents the results of the empirical research, which testify that the suicides, hardiness indices are indeed significantly lower than those of people who did not commit suicide attempts. Along with this, as conflict resolution strategies, suicides prefer disadaptive forms of behavior - the strategy of avoiding problems and substitution as a psychological defense (although they do it unconsciously). The results of the empirical study can be used as a basis for the development of preventive and rehabilitation programs.

**Ключевые слова:**

suicidal behavior; prevention of suicidal activity; factors of suicidal behavior; anti-suicidal personality potential; hardiness; coping behavior; depression