



## The Hardiness of Adolescents in Various Social Groups

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Hardiness is considered as one of the adaptation resources of personality to stressful situations, responsible for the mental health preservation. Adolescents as an age group is one of most susceptible to stress factors, so conducting research on the development of hardiness in adolescents becomes necessary. Due to difference in social conditions under which development of hardiness of adolescents takes place, the purpose of our research was to study the hardiness of adolescents included in different social groups: first group – athletes, students of sports schools, second – students of specialized schools for intellectually gifted individuals, third – students of regular schools. In total, 239 adolescents of 14–16 years old participated. The study revealed significant differences in the development of hardiness among all three groups of adolescents. The general and specific patterns of the development of hardiness components of adolescents in different social groups were identified. The article describes the main types of manifestation of hardiness and its components under different social conditions of activity and development in modern adolescents.

**Keywords:** hardiness, adolescents, social environment, activities, development

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### INTRODUCTION

The problem of adaptation to the requirements of the social environment is particularly acute in adolescence, which is traditionally regarded as a crisis age (Kalashnikova and Petrova, 2017; Benzi et al., 2019; Morina and Hascher, 2019). The desire of adolescents to experience their own strength, to succeed and to assert themselves in the peer group is associated with various kinds of difficulties that can lead to inappropriate forms of behavior (Sobkin et al., 2005; Echaro and Nocetti, 2018). Because of this, more and more research is connected with the study of factors that ensure the development of hardiness, which is considered as the main adaptation resource of a person responsible for preserving the mental health and well-being of adolescents (Kiva et al., 2016; Oschepkov, 2017; Mishina, 2018).

According to the studied literature, various interrelated factors (genetic, social, age) of the controversial development of adolescents' hardiness are distinguished (Ivanova, 2013; Kormoshina, 2016; Gorkovaya and Miklyaeva, 2017; Bengodova et al., 2018). At the same time, most authors believe that the development of the hardiness of adolescents is determined to a greater degree by the social environment (Shvareva, 2010; Gorkovaya et al., 2015; Casagrande et al., 2018; Fokina et al., 2018; Guerra et al., 2019, etc.).

This is confirmed by a number of studies that prove the positive or negative impact of various social groups on the development of hardiness (Borzilova and Solonchenko, 2017; Kalashnikova and Nikitina, 2017; Nikitina, 2017; Melisbek and Bodnar, 2018). In particular, it proves the positive role of a happy family in the development of hardiness compared with the unfavorable one (Archakova, 2016; Gulyaeva and Myagkaya, 2017).