

Theoretical Model of Personality's Readiness for Self-development Formation

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Abstract. In this work the author discusses results of theoretical and empirical research on readiness for self-development, and on viability in connection with coping-strategies characteristics and protective behavior strategies. The author's model of personality's readiness for self-development is presented. The research was made on the student community sample collected from the students of Pedagogical Institute of Kazan Federal University (n=188). Complex of methods was applied: "Readiness for self-development" test by V.L. Pavlov, "Coping with difficult life situations" questionnaire by D.A. Leontiev and E.I. Rasskazova, "Ego-protection" questionnaire by Plutchik, Kellerman, Conte, "WCQ questionnaire", "Dominant strategy of psychological protection" test by A. Mehrabian, methods of comparative and correlative analysis allowed pointing out structural organization of readiness to self-development: productive strategies of coping behavior, personal characteristics and resources. Applied aspect of the problem under study can be actualized in counseling practice of psychological services, and also in development of programs for overcoming self-development barriers in the students with low intensity of readiness for this process.

Key words: personality, self-development, readiness for self-development, viability, coping, coping behavior.