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**И. В. Матиешин**

### **ПЕРФЕКЦИОНИЗМ И ТЕНДЕНЦИИ НЕВРОТИЗАЦИИ СПОРТСМЕНОВ**

В статье представлен теоретико-эмпирический обзор проблемы проявления перфекционизма в профессиональной деятельности спортсменов. Теоретико-методологический анализ касается обоснования признаков перфекционизма в спортивной деятельности и конкретизации негативных вариантов перфекционистских тенденций в поведении спортсменов. Эмпирическое исследование посвящено констатации невротических характеристик спортсменов-перфекционистов и обобщению их эмоционально-поведенческих особенностей и разработке методических рекомендаций по психопрофилактическому сопровождению невротических тенденций перфекционизма в поведении спортсменов.

**Ключевые слова:** перфекционизм, невротизация, невротическая личность, спортсмен, спортивная деятельность.

**I. V. Matieshyn**

### **PERFECTIONISM AND TENDENCIES OF ATHLETES' NEUROTIZATION**

A theoretical and empirical review of the problem of perfectionism manifestation in professional activity of athletes is presented in the article. The theoretical and methodological analysis concerns specifying the features of perfectionism in sports activity and concretization of negative variants of perfectionist tendencies in the behavior of athletes. It is indicated that sports activity poses high demands on the skills in stressful conditions of competition and necessitates demonstration of a high level of training volitional qualities, accompanied by considerable physical and mental resources of an athlete. The empirical research is devoted to ascertaining neurotic characteristics of athletes-perfectionists and to generalization of their emotional and behavioral peculiarities. The research also includes the development of guidance on the psychic correction of neurotic perfectionist tendencies in athletes' behavior. The established empirical diagnostic session presented convincing results on the detection of perfectionist limits of psycho-traumatic neurotic experiences of a person and specification of the definition of the neurotic disorders emotional indicators of students-athletes. Such methods of psycho-preventive work with athletes as the reconstruction and the formation of a meaningful component of self-identification; training the assertiveness and the formation of emotional self-acceptance values; the activation and the formation of self-projection skills and skills to analyze complex situations are concretized. It was concluded that perfectionist formations are closely connected to the goals of one's life and activity, value orientations and perform functions of self-regulation, cognition and a person's attitude towards himself/herself; the need for self-understanding is determined by the necessity to perform activity in one's environment more precisely and properly and to interact with other people. Therefore, studying the relationship between perfectionism and neurotic tendencies in athletes' behavior is extremely important.

**Keywords:** perfectionism, neuroticism, neurotic personality, an athlete, sports activity.

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**N. I. Melenchuk**

### **SOME PSYCHOLOGICAL CHARACTERISTICS OF ADVENTUROUS PERSONALITY**

*In the article the results of an empiric study focusing on the psychological peculiarities of the people having high and low intensity of disposition to adventurism are outlined in the article. The disposition to the adventurism is considered as the stable trait of a personality with certain emotional mood, way of thinking and behavior, that are characterized by actions free from any external requirements and conventionalities to attain easy and quick success in most cases without taking a particular situation into account. In the popular consciousness the adventurism is a negative phenomenon, and the adventurer is connected with unjustified risk in making decisions, poor analysis of a situation, hotheadedness, and rashness in making decisions, their unpreparedness and lack of required resources. But positive sides of the adventurism should be also disclosed. The universal procedure of "self-placement on the conventional scale of disposition to the adventurism" (modification of the method developed by T. Dembo and S. Rubinstein) and the Multifactor Personality Questionnaire FPI (form B) were used in the research. The data have been processed by means of the quantitative (correlation) analysis and qualitative ("ace" and "profile" method) analysis. Results of the correlation analysis proved comparability of the studied psychological characteristics. By means of the qualitative analysis the psychological characteristics ("psychological portraits") of the adventurous and non-adventurous people were de-*

scribed. Thus, it is established that adventurous people are characterized by braveness, spirit of enterprise, striving for self-affirmation, inclination to risk, quick and decisive actions without their sufficient reflection and justification. As opposed to the "adventurous" people the "non-adventurous" ones are quite indecisive and unconfident. They avoid risky situations, unexpected events are met with anxiety by them and only difficulties are expected as a result of any changes.

**Keywords:** *adventurism, psychological features.*

Transformations that are taking place in the society at the present moment require daring, and sometimes prompt making of decisions by a personality under conditions of uncertainty. Therefore it is essential to be able to make the decisions in due time, to be able to reckless actions to reach a set goal. That is the reason why studying of such personal property as adventurism is of current concern at this stage of development of our society.

In the history of psychology due to studying of such phenomenon as "adventurism" the scientific works by Georg Hegel, Gustave Le Bon, Gabriel Tarde, Sigmund Freud, Georg Simmel, Stefan Zweig, Erich Fromm, and others are well-known. Adventurous behavior is indirectly considered in the risk context (uncertainty form), in the process of decision making, in the context of human activity, including professional one. However comprehensive studies of the adventurism as a trait of a personality have not been conducted yet.

In the popular consciousness the adventurism is a negative phenomenon, and an adventurer is connected with unjustified risk in making decisions, poor analysis of a situation, hotheadedness, and rashness in making decisions, their unpreparedness and lack of required resources. But positive sides of the adventurism should be also disclosed. First of all, an adventurer is a seeker who admitted his/her thirst for passionate discovery of the unknown. Sometimes healthy (that is moderate and based on a sensible analysis of a situation) adventurism can be of obvious benefit. It is known that a lot of geographical discoveries were made by adventurers for whom the adventurism is a life style. Adventurism provides an opportunity to replace everyday routine by something new, helps to get rid of monotony of a quiet life, and raises expectations [4].

For more fundamental understanding of the adventurism phenomenon, we shall consider its semantic meaning in the context of such categories as: "adventurism", "adventure", "adventurist".

The term "adventurism" is of French origin – "aventurier" means "adventure". "Adventure" is an incident, unexpected occurrence in life [1]; a certain form of actions, feelings, different from everyday routine [3]. In literature the "adventurism" is understood as inclination to risky, wildcat ventures, adventures, motivated exclusively or mainly by a need in sense variety, striking impressions, big thrills, and often in fame, popularity. This behavior, activity characterized by risky, unscrupulous actions to attain easy success, benefit. The "adventurism" is defined as a wildcat venture; business that is started without taking into account actual forces and conditions with a view to casual success; it is a careless action or a series of actions performed for pleasure, entertainment; adventure [1,2]. In its turn, the "adventurist" is defined as a gentleman of fortune, a man disposed to the adventurism; "adventurer" [1].

In this work we hold a view that considers the adventurism or adventurism disposition as a stable trait of a personality. The adventurism is characterized by: 1) a particular mode of *thought* (levity, superficial logic, poor consideration of

occurring events, weak analysis of a particular situation, orientation towards good luck); 2) certain actions, behavior free from any restrictions, requirements, conventionalities to attain each and quick success; 3) accompanied by positive mood, pleasant expectation of the each success, anticipation of a positive result. It is offered to distinguish among concepts of "adventurism", "disposition to *fraud*" and "*risk appetite*". As a rule, as opposed to *fraud*, people disposed to the adventurism do not plan deliberate infliction of hard to another person by their actions; as opposed to *risk appetite* accompanied by a *sense of danger* display of the adventurism is accompanied by *slight euphoria* [7].

Thus, basing on the foregoing, the adventurism is considered by us as the personal trait, as the stable disposition to the certain emotional mood, the way of thinking, behavior, that are characterized by actions free from any external requirements and conventionalities to attain easy and quick success in most cases without taking into account a particular situation.

At this stage of our research we study the stable disposition to the adventurism and search for a specific character of the psychological characteristics of the personality that accompany display of the adventurism.

Thus, analysis of the psychological literature showed that disposition to the adventurism is accompanied by such traits of a personality as unbalanced character, courage, extroversion, commutability, openness, unpredictability, impulsivity, resoluteness, egocentricity, etc. [8, 9].

Therefore, to study the mentioned traits of a personality in correlation with disposition to the adventurism, Freiburg Personality Inventory by J. Fahrenberg, H. Selg, and R. Hampel was selected (Das Freiburger Persönlichkeitsinventar – FPI). This inventory was created mainly for applied researches basing on experience of formation and application of such widely-known questionnaires as 16PF, MMPI, EPI, etc. The inventory is aimed at diagnosing state and traits of a personality that are of essential importance for a process of social adaptation and behavior regulation. We have used a version of FPI (form B), which was adjusted and modified by Psychology Department of Saint Petersburg University in cooperation with Hamburg University [5].

To research disposition to the adventurism a universal procedure of "Self-placement on a conventional scale of disposition to the adventurism" was applied (modification of the method developed by T. Dembo and S. Rubinstein). For work with this procedure an "assessment subject" was developed which was offered to each tested person to create a single presentation about minimal and maximal displays of the adventurism [6].

The empiric study was arranged on the basis of South Ukrainian National Pedagogical University named after K.D. Ushinsky (Odesa). A selection included students of a Postgraduate Education Department and work with foreign citizens of a Personnel Development Department majoring in Psychology (107 people aged 18 to 40).

Classification of obtained data about persons that are

disposed and not disposed to the adventurism was made by two approaches. The first one presupposes analysis of some signs, traits and connections among them. The second one is aimed at singling-out groups of tested persons, their comprehensive characteristics, and directed on search of similarities and differences among the singled-out groups. A basis of the first approach is grouping of some signs (indicators), and the other one is based on grouping of the test persons by a set sign. The first approach presupposes a qualitative analysis, and the second one – qualitative analysis [6].

Results of the preliminary correlation analysis have confirmed the fact that there is interconnection of the studied psychological characteristics that allowed us to state the qualitative analysis of the data (see the Table).

Analysis of the Table 1 shows availability of significant

positive connections among the general indicator of disposition to the adventurism and such FPI scales as FV (commutability) and FX (extroversion-introversion) – at the level of 1%, and FII (spontaneous aggression) and FXII (masculinity-femininity) – at the level of 5%. It proves that disposition to the adventurism is accompanied by a great number and brightness of emotional expressions, naturalness and ease of behavior, high activity, social dexterity, and ability to exploit other people to reach their own objectives. In addition, disposition to the adventurism is connected with impulsivity, poor self-control, strong expression of attraction to acute affective experience, inability or unwillingness to restrain or postpone satisfaction of their wishes.

Table 1

**Significant correlation ratios between the adventurism scale and scales according to FPI method**

Adventurism scale	FPI scales			
	FII	FV	FX	FXII
Adventurism	236*	249**	307**	247*

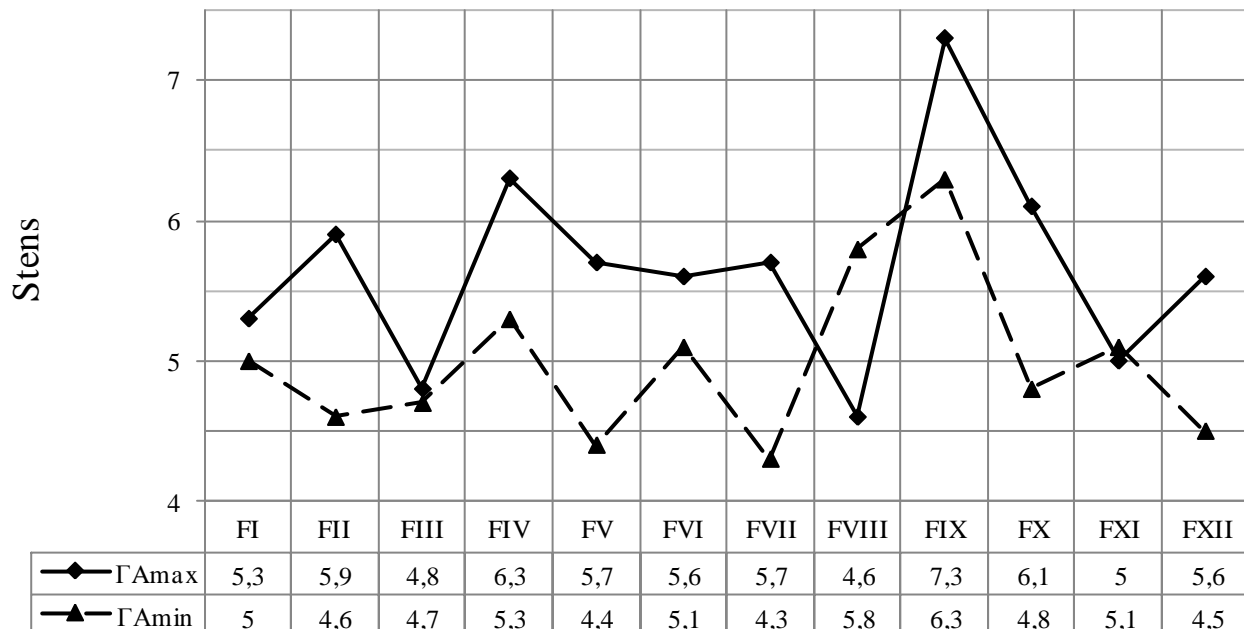
**Note:** 1) zeros and commas are omitted; 2) N=107; 3) mark \* – significance of relations at a level of  $p \leq 0,05$ ; \*\* – significance of relations at a level of  $p \leq 0,01$ ; 3) symbols of FPI scales: FII – spontaneous aggression; FV – commutability; FX – extroversion-introversion; FXII – masculinity-femininity.

Thus, our assumption related to connection between the adventurism and the described traits of the personality has been proved.

The qualitative analysis of data allows to move from studying of the traits and their grouping to grouping of the test persons by a set sign, i.e. studying of types. The “types” join groups by any sign of the test persons and create another set of explanatory notions. The approach based on the types (grouping of the tested people) will allow us to identify a specific character of the studied psychological trait of persons with different disposition to the adventurism [6].

Thus, according to logic of our research at first by means of “ace” method we singled out representatives of groups with maximal ( $\Gamma_{Amax}$ ) and minimal degree ( $\Gamma_{Amin}$ ) of expression of adventurism disposition. The next stage of the empiric study was research of the specific nature of FPI scales in each of the singled-out groups using “profile method”.

On the Figure 1 profiles of FPI scales in groups of people with maximal and minimal degree of expression of adventurism disposition are represented.



**Figure 1. Profiles of FPI scales in groups of the persons with maximal and minimal degree expression of adventurism disposition**

**Note:** 1)  $\Gamma_{Amax}$  (n=27) – the group of persons that are disposed to the adventurism;  $\Gamma_{Amin}$  (n=23) – the group of persons that are not disposed to the adventurism; 2) symbols of FPI scales: FI – neuroticism; FII – spontaneous aggression; FIII – depressiveness; FIV – irritability; FV – commutability; FVI – even temper; FVII – reactive aggression; FVIII – shyness; FIX – openness; FX – extroversion-introversion; FXI – emotional lability; FXII – masculinity-femininity.

In the diagram on X axis FPI scales are marked, on Y axis – their value in terms of stens. A midline of a row passes a point of 4.5 stens, as their maximal value makes 9. Values located in space above the midline characterize a tendency to a positive pole of the analyzed indicator. Distribution of values situated lower than the midline of a row shows poor display of the indicator. Value of each point in the diagrams represents an arithmetical mean of standard values (stens) of a particular indicator of all representatives of each group individually.

In general, the comparative analysis of configuration of each profile and its location in relation to the midline showed that each studied group of the test persons is characterized by its special nature of the studied indicators that is expressed in their special qualitative and qualitative combination. However it should be noted that outstanding representatives in the groups of persons that are disposed and not disposed to the

adventurism were not detected. It can be explained by a peculiarity of the selection, i.e. the study was conducted at the Postgraduate Education Department with major in Psychology.

Analysis of the profiles will be carried out as follows: first of all, we will examine the profiles of FPI scales individually to reveal dominant tendencies in each group of the test persons, thereby to identify the specific feature of the studied factors, and then we will conduct their comparative analysis.

In the next table the most vivid indicators of these profiles are shown, i.e. those that show the most significant deviation from the midline (by reducing of an absolute number). Basing of content of the FPI scales prevailing in each group, we will form the specific feature of their psychological portrait in the space of the mentioned scales.

Table 2

***Ranking of the FPI scales in the groups of persons with maximal and minimal degree of expression of adventurism disposition***

Rank	Group 1 (ΓAmax)	Group 2 (ΓAmin)
1	FIX <sup>+</sup>	FIX <sup>+</sup>
2	FIV <sup>+</sup>	FVIII <sup>+</sup>
3	FX <sup>+</sup>	FIV <sup>+</sup>
4	FII <sup>+</sup>	FVI <sup>+</sup> , FXI <sup>+</sup>

Thus, representatives of the group of “adventurous” people (ΓAmax) are characterized by openness (FIX<sup>+</sup>) that proves aspiration for confidential and frank interaction with other people subject to availability of a high level of self-criticism. High grades on the “extroversion-introversion” scale (FX<sup>+</sup>) are peculiar for extrovert, active, ambitious people striving for public recognition, leadership, who do not feel shy that they are paid attention to, do not have difficulties in communication, making contacts, eagerly taking dominant roles in relationships with other people. These people have great social dexterity, rich language, high activity, they are able to assess relation in a team and use people to reach their own goals. They place a great emphasis on social success, seek public recognition of their personal merits by any methods, thereby they can dissatisfy other people with whom they have to deal [5].

“Adventurous” people are brave, pushing enough, striving for self-affirmation, they are inclined to risk, quick and decisive actions without their reflection and justification, which is proved by high indicators of the “masculinity-femininity” scale (FII<sup>+</sup>). Interests of such people are limited and practical, judgments are sensible and realistic, they lack originality and peculiarity in their behavior. They try to avoid complicated, tangled situations, neglect shades and semitones. They are bad in looking into true motives of their behavior and behavior of other people, they indulgently treat their own weaknesses, and are not inclined to reflection and self-analysis; they adore material pleasures, believe in power, but not art [5].

However it should be noted that these people are emotionally unstable. They are disposed to affective reactions, frailty. They avoid performance of their obligations, ignore accepted rules, and do not make efforts to comply with public requirements and cultural norms; they treat moral values with indignity, and these people are able to lie and cheat for their own benefit (FIV<sup>+</sup>) [5].

Representatives of the second group, i.e. “non-adventurous” people (ΓAmin) are characterized by striving for confidential and frank interaction with other people subject to availability of a high level of self-criticism (FIX<sup>+</sup>). As opposed to “adventurous” people the “non-adventurous” are quite indecisive and unconfident (FVIII<sup>+</sup>). They avoid risky situations, unexpected events are met with anxiety by them, and only hardships are expected as a result of any changes. When it is necessary to make a decision they either excessively hesitate, or delay and do not start its making. In communication they are shy, overinhibited, embarrassing, that is why they avoid big companies and prefer a small group of old, reliable friends [5].

However, high grades in the “emotional balance” factor (FVI<sup>+</sup>) proves absence of inner tension, freedom from conflicts, satisfaction by themselves and their successes, readiness to follow norms and requirements. At the same time they are characterized by sensibility, vulnerability, artistry, artistic perception of the surrounding world. They are soft, feminine, immersed into fantasy, poems and music (FXI<sup>+</sup>). As the “adventurous” people, the “non-adventurous” people are not emotionally stable and disposed to affective reactions (FIV<sup>+</sup>) [5].

#### **Inferences:**

1. Theoretically it is established that disposition to the adventurism is the stable trait of a personality, certain emotional mood, way of thinking, behavior, characterized by free from any requirements, conventionalities actions to attain easy and quick success in most cases without taking into consideration a particular situation.

2. To diagnose a level of adventurism the universal procedure of “Self-placement on the conventional scale of disposition to the adventurism” (modification of the method developed by T. Dembo and S. Rubinstein) was used. By means of the Multifactor Personality Questionnaire FPI (form B) the study of psychological peculiarities

of the adventurous and non-adventurous people was conducted.

3. Obtained results of the correlation analysis confirmed comparability of the studied psychological characteristics.

4. By means of the “ace” method two groups of the studied selection were singled out: the group of people disposed to adventurism (ГАmax), and the group of people who are not disposed to adventurism (ГАmin).

5. Psychological characteristics (“psychological por-

traits”) of these groups were revealed. Thus, results of the qualitative analysis have shown that adventurous people are characterized by braveness, spirit of enterprise, striving for self-affirmation, inclination to risk, quick and decisive actions without their sufficient reflection and justification. As opposed to “adventurous” people “non-adventurous” are quite indecisive and unconfident. They avoid risky situations, unexpected events are met with anxiety by them, and only difficulties are expected as a result of any changes.

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**Н. І. Меленчук**

## ДЕЯКІ ПСИХОЛОГІЧНІ ХАРАКТЕРИСТИКИ АВАНТЮРНОЇ ОСОБИСТОСТІ

У статті викладаються результати емпіричного дослідження, спрямованого на вивчення психологічних особливостей осіб з високим та низьким ступенем вираженості схильності до авантюристичності. Схильність до авантюристичності розглядається як стійка характеристика особистості, як певний емоційний настрій, спосіб мислення, поведінка, дії, що характеризуються вільними від будь-яких вимог, умовностей вчинками заради досягнення легкого і швидкого успіху, найчастіше без урахування конкретної ситуації. Було використано універсальну процедуру «Розміщення себе на умовній шкалі авантюристичності» (модифікація методики Т. Дембо і С. Рубінштейн) і багатофакторний особистісний опитувальник FPI (форма В). Дані оброблялися за допомогою кількісного (кореляційного) аналізу та якісного (метод «асів» і «профілів») аналізу. Результати кореляційного аналізу підтвердили порівнянність досліджуваних психологічних характеристик. За допомогою якісного аналізу були описані психологічні характеристики («психологічні портрети») авантюристичних і неавантюристичних осіб. Так, встановлено, що авантюристичним особам властиві сміливість, підприємливість, прагнення до самоствердження, схильність до ризику, до швидких, рішучих дій без достатнього їх обмірковування і обґрунтування. На відміну від авантюристичних осіб, неавантюристичні досить нерішучі і невпевнені в собі. Вони уникають ризикованих ситуацій, несподівані події зустрічають із занепокоєнням, а від будь-яких змін чекають тільки неприємностей.

**Ключові слова:** авантюристичність, психологічні особливості.

**Н. И. Меленчук**

**НЕКОТОРЫЕ ПСИХОЛОГИЧЕСКИЕ ХАРАКТЕРИСТИКИ АВАНТЮРНОЙ ЛИЧНОСТИ**

В статье излагаются результаты эмпирического исследования, направленного на изучение психологических особенностей лиц с высокой и низкой степенью выраженности склонности к авантюристике. Склонность к авантюристике рассматривается как устойчивая характеристика личности, как определенный эмоциональный настрой, способ мышления, поведение, действия, характеризующиеся свободными от каких-либо требований, условностей поступками ради достижения легкого и быстрого успеха чаще всего без учета конкретной ситуации. Была использована универсальная процедура «Размещение себя на условной шкале авантюристике» (модификация методики Т. Дембо и С. Рубинштейн) и многофакторный личностный опросник FPI (форма В). Данные обрабатывались с помощью количественного (корреляционного) анализа и качественного (метод «асов» и «профилей») анализа. Результаты корреляционного анализа подтвердили сопоставимость изучаемых психологических характеристик. С помощью качественного анализа описаны психологические характеристики («психологические портреты») авантюристов и неавантюристов. Так, установлено, что авантюристам свойственны смелость, предприимчивость, стремление к самоутверждению, склонность к риску, к быстрым, решительным действиям без достаточного их обдумывания и обоснования. В отличие от авантюристов, неавантюристы довольно нерешительны и неуверенны в себе. Они избегают рискованных ситуаций, неожиданные события встречают с беспокойством, а от любых перемен ждут только неприятностей.

**Ключевые слова:** авантюристике, психологические особенности.

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