

## Protective Factors of University Students

### Abstract

Among the professional public the following question has been discussed quite often: “Why are some individuals able to cope with a stressful situation even if they are subjected to highly stressful conditions during a certain concrete time and why do they come from it even strengthened in contrast to some individuals who are not able to cope with it? What helped these people? Does it deal with certain concrete factors?”

*Human* behaviour is not random. It is a result of internal and external factors actions together with experiences that the individual faced. By all means, the individual's personality plays an important role in it. Also selection of one of the parents, siblings or of another person from closer or larger surroundings as a behaviour pattern might play an important role.

Many personalities got over the stigmata of their primary families and live tranquil adult lives. It is not a rule that all consequences of adverse living conditions disappear and we can say about a given person that he/she reached maturity as an adapted personality despite many adverse problems of life. What is the source of strength of healthy adult individuals who did not get conditions for their healthy development in their families, but were able to get over these problems in spite of these obstacles?

**Keywords:** *protective factors, personality, primary family, culture*

In connection with personality psychological resistibility, factors that decrease the effect of individual fragility and unfriendly influence of surroundings must be mentioned. They do not necessarily lead to resilience. It might happen that they are not strong enough in the case where the individual's vulnerability is large or