

# How Resilient are the pro- and anti-Social Risk-takers and Extreme Sportsmen?

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## **Abstract**

We are not the same. Some of us can tolerate risk, while others love it, even more, they are looking straight into danger. Some people enjoy living in the fast lane, they like when the stakes are high. Others are just looking for peace and quietness. Risk-seeking individuals love adventures and challenges from all aspects of life.

All the investigated three groups of risk-takers in our study [pro-social (n=170), anti-social (n=194) and extreme sportsmen (n=71)] belong to the group of sensation-seekers, but they are unlike each other in the level of resilience. These people have different careers and they find the essential thrill in different fields of life.

Based on our findings we can conclude that an individual's successful adaptation in spite of risky life circumstances is most representative for the pro-social risk-takers. They are followed by extreme sportsmen, and anti-social risk-takers arrive third. Compared to the control group, all three risk-seeking groups proved more resilient, which shows that risk-taking behaviour is a supporting factor in withstanding within risky life circumstances.

## **Keywords**

resilience, risk-taking behaviour, dangers life circumstances, successful adaptation