

**Institute of Psychology
of Russian Academy of Sciences
(Russia, Moscow)**

**International Higher School of Practical Psychology
(Latvia, Riga)**



**Possibilities of Actualization
of Human Mental Resources**

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THE RELATIONSHIP BETWEEN 'RESOURCE', 'CAPITAL', 'POTENTIAL' AND 'RESERVE' CONCEPTS

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In the most common meaning, a resource is some kind of source, stock, tool or the ability to do something that can be used or spared. The idea of resource is widely used in description of different life spheres and psychological situations. Resources have certain direction and can be divided to 'internal' resources ('intellectual', 'spiritual', 'personal enhancement' etc.) and 'external' ones ('information', 'labor', 'administrative', 'organization', 'natural', 'financial' etc.).

A resource is an object of action. It can be 'used', 'get', 'selected', 'renewed', 'invested', 'spared', 'formed', 'lost', 'increased', 'spent' etc., it can be 'managed'. All these actions help to get some result. Meaningful and important objects are also valued as resources. It is much spoken about 'high-value', 'limited', 'irreplaceable', 'strategic', 'mighty', 'high-quality', 'rare', 'key' and 'necessary' resources. Resources are 'fought' for, some of them need special 'access'. A resource is needed in different activities and has its certain functional purpose, such as 'adaptation resource', 'development resource', 'survival resource'.

There are several terms with the close meaning to 'resource' and describing the tools and abilities in different situations of life. In this context, we can talk of 'potential', 'reserve' and 'capital'. All these terms are often used as synonyms, in some cases one of these terms can be defined by another. The 'potential' term describes the suggested, hypothetic personal abilities. If we speak of potential, we mean the existence of some disposition to the possible successful and effective use of total existing tools and stocks. When potential tools begin to be really used and actively managed, they can be called 'resources'. If not, then potential qualities can become reserved ones.

'Reserved' means staying in reserve and used only if necessary. It can also be noticed that a reserve is a kind of stock which is not suggested to be managed in common situation, reserves are kept, not used. If there is some need to take stocks from the reserve,

then the reserve stocks become active and become the *resource*. At the same time, a resource (or its part) can be kept as reserve. The 'capital' term is the most common in description of human stocks and abilities. A capital is the total *variety of real and potential tools and abilities*, including 'potential', 'reserves' and 'resources'.

Thus, as a result of observation of different tools and abilities, we can make the following conclusion. The potential states the existence of some abilities and the chance of them being developed. Reserves and resources develop, based on the potential. A reserve is some kind of stock which is kept until some situation occurs. If there is a need in reserve activation, it turns into resource and is used actively.

At the same time, an unused resource turns into reserve. A resource reflects the tools which are actively used if needed.

The total potentials, reserves and resources are capital. Rather than such terms as 'potential' and 'reserve', a resource is an object for action, and, compared to a 'capital', it has certain sense and direction, being its part.

The resource is a real and actual feature reflecting in activity and this makes it obvious and makes its research easier compared to the potential and the reserve which reflect the hidden abilities. Due to these features, the resource is the optimum and most available idea for scientific research.

