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Nota di contenuto	Front Cover; Handbook of Self-Regulation; Copyright Page; Contents; Foreword; About the Editors; Contributors; Chapter 1. Self-Regulation: An Introductory Overview; Part I: General Theories and Models of Self-Regulation; Chapter 2. Attaining Self-Regulation: A Social Cognitive Perspective; I. Introduction; II. The Structure of Self-Regulatory Systems; III. Social and Environmental Influences on Self-Regulation; IV. Dysfunctions in Self-Regulation; V. Development of Self-Regulatory Skill; VI. Future Research Directions; VII. A Concluding Comment; References Chapter 3. On the Structure of Behavioral Self-RegulationI. Behavior Is Goal Directed and Feedback Controlled; II. Hierarchicality among Goals; III. Feedback Control and Creation of Affect; IV. Confidence and Doubt, Persistence and Giving Up; V. Dynamic Systems and Human Behavior; VI. Catastrophe Theory; VII. Concluding Comment; References; Chapter 4. Aspects of Goal Networks: Implications for Self-Regulation; I. A Structural Analysis of Goal Networks; II. Self-Regulatory Consequences of Goal Network Structure; III. Individual Differences in the Structure of Goals and Means

IV. Comparison to Other Perspectives on Goal NetworksV. Future Directions: Interpersonal Goals; VI. Conclusion; References; Chapter 5. A Functional-Design Approach to Motivation and Self-Regulation: The Dynamics of Personality Systems and Interactions; I. Introduction; II. Dynamic Concepts in Classical Theories of Motivation; III. Aristotle's Dynamic Concepts; IV. Personality Systems Interaction Theory; V. Back To The Future: From Contents to Mechanisms; VI. Conclusion; References; Chapter 6. Personality, Self-Regulation, and Adaptation: A Cognitive-Social Framework  
I. Frameworks for Personality and Self-Regulation ResearchII. Self-Regulation, Traits, and Cognitive Stress Processes; III. Personality and Self-Regulation of Reactions to Life Stress; IV. Personality and Self-Regulation in Performance Environments; V. Aggressive Behavior; VI. Conclusions; References; Chapter 7. Organization and Development of Self-Understanding and Self-Regulation: Toward a General Theory; I. Introduction; II. The Architecture of Self-Aware and Self-Regulated Systems; III. Development of Self-Understanding and Self-Regulation IV. Explaining the Development of Self-Understanding and Self-RegulationV. Conclusions; References; Chapter 8. The Role of Intention in Self-Regulation: Toward Intentional Systemic Mindfulness; I. Systems Theory, Self-Regulation, and Mindfulness; II. Self-Regulation; III. Self-Regulation Techniques and Potential Limitations; IV. Psychophysiological Research on Self-Regulation-Physiology and Energy; V. Elaboration of an Expanded Self-Regulation Model: Intention; VI. Intention; VII. Intentional Systemic Mindfulness: Mindfulness Qualities and Systemic Perspectives  
VIII. Applications of Intentional Systemic Mindfulness to Self-Regulation Techniques

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Sommario/riassunto

The Handbook of Self-Regulation represents state-of-the-art coverage of the latest theory, research, and developments in applications of self-regulation research. Chapters are of interest to psychologists interested in the development and operation of self-regulation as well as applications to health, organizational, clinical, and educational psychology. This book pulls together theory, research, and applications in the self-regulation domain and provides broad coverage of conceptual, methodological, and treatment issues. In view of the burgeoning interest and massive research on var

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