

Losing Control How And Why People Fail At Self Regulation

Self-Regulation in Activity Theory
Self-Regulation and Self-Control
Handbook of Self-Regulation, Third Edition
Applying Systemic-Structural Activity Theory to Design
of Human-Computer Interaction Systems
Handbook of Emotion Regulation
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Self-Regulation Skills
The Interface of Social and Clinical
Psychology
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Self-regulation for Kids K-12
Self-Regulation in the Early Years
Self-Regulation of the Brain and Behavior
Handbook of Biobehavioral Approaches to Self-Regulation
Proceedings of the Physical Society
Southern Funeral
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Handbook of New Media
Furniture World
Journal of Electricity and Western Industry
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every complex human machine system includes a computer as a critically important means of work however an operator s interaction with a computerized system cannot be reduced to only performing computer based tasks today human computer interaction hci is not limited to trained software users people of all ages use all different kinds of gadget

in the world library of psychologists series international experts present career long collections of what they judge to be their finest pieces extracts from books key articles salient research findings and their major practical theoretical contributions in this volume roy f baumeister reflects on his distinguished career as an eminent scholar in the field of self control and self regulation as well as belonging rejection free will and consciousness offering a unique perspective on both the program of research in ego depletion as one of social psychology s most widely successful theories and its position in the changing landscape of the scientific field the book charts baumeister s development as one of the pioneers of study into self control featuring a newly written introductory piece in which the author offers a unique insight into the initial findings that led to an eventual theory of ego depletion this collection will give readers a vital understanding of how the hugely influential theory of ego depletion first came to be developed and is essential reading for students and researchers in self control and self regulation

revised edition of handbook of self regulation 2011

human computer interaction hci is no longer limited to trained software users today people interact with various devices such as mobile phones tablets and laptops how can such interaction be made more user friendly even when user proficiency levels vary this book explores methods for assessing the psychological complexity of compute

reviewing the state of the science in a dynamic thriving field this influential handbook integrates knowledge from multiple psychological subdisciplines foremost experts address the neurobiological and cognitive bases of emotion regulation and examine how individuals develop and use regulatory strategies across the lifespan the social context of emotion regulation is explored as are personality processes and individual differences critical implications are discussed for psychopathology psychosocial interventions and health including helpful cross referencing among chapters the volume describes cutting edge methods and identifies promising directions for future investigation as a special bonus purchasers of the second edition can download a supplemental e book featuring several notable highly cited chapters from the first edition new to this edition incorporates significant scientific advances and many new topics greatly expanded coverage of clinical issues and applications chapters on neural systems delay of gratification decision making and health chapters on adolescence social baseline theory and desire regulation plus more supplemental e book featuring selected chapters from the prior edition

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 various aspects of self regulation the time seems ripe for this handbook aimed at reflecting the current state of the field the goal is to provide researchers students and clinicians in the field with substantial state of the art overviews reviews and reflections on the conceptual and methodological issues and complexities particular to self regulation research coverage of state of the art in self regulation research from different perspectives application of self regulation research to health clinical organizational and educational psychology brings together in one volume research on self regulation in different subdisciplines most comprehensive and penetrating compendium of information on self regulation from multi disciplinary perspectives

self regulation can be defined in various ways in the most basic sense it involves controlling one s behavior emotions and thoughts in the pursuit of long term goals more specifically emotional self regulation refers to the ability to manage disruptive emotions and impulses in other words to think before acting it also reflects the ability to cheer yourself up after disappointments and to act in a way consistent with your deepest held values it s easy to see how a lack of self regulation will cause problems in life a child who yells or hits other children out of frustration will not be popular among peers and may face reprimands at school an adult with poor self regulation skills may lack self confidence and self esteem and have trouble handling stress and frustration often this might be expressed in terms of anger or anxiety and in more severe cases may be diagnosed as a mental disorder self regulation is also important in that it allows you to act following your deeply held values or social conscience and to express yourself appropriately if you value academic achievement it will allow you to study instead of slack off before a test many students do not seem to possess the self regulatory skills they need to become high academic performers some students have found ways to regulate their learning and develop a system of control which shields them from motivational interference and motivational conflict limiting distractions and using music to tune out distractions are the most common self regulatory strategies used by students to manage motivational interference and conflict other students use athletics

publisher description

self regulation refers to the self s ability to control its own thoughts emotions and actions through self regulation we consciously control how much we eat whether we give in to impulse task performance obsessive thoughts and even the extent to which we allow ourselves recognition of our emotions this work provides a synthesis and overview of recent and long standing research findings of what is known of the successes and failures of self regulation people the world over suffer from the

inability to control their finances their weight their emotions their craving for drugs their sexual impulses and more the united states in particular is regarded by some observers as a society addicted to addiction therapy and support groups have proliferated not only for alcoholics and drug abusers but for all kinds of impulse control from gambling to eating chocolate common to all of these disorders is a failure of self regulation otherwise known as self control the consequences of these self control problems go beyond individuals to affect family members and society at large in losing control the authors provide a single reference source with comprehensive information on general patterns of self regulation failure across contexts research findings on specific self control disorders and commentary on the clinical and social aspects of self regulation failure self control is discussed in relation to what the self is and the cognitive motivational and emotional factors that impinge on one s ability to control one s self discusses the importance of the concept of self regulation to general issues of autonomy and identity encompasses self control of thoughts feelings and actions contains a special section on the control of impulses and appetites first book to integrate recent research into a broad overview of the area

this authoritative handbook comprehensively examines the conscious and nonconscious processes by which people regulate their thoughts emotions attention behavior and impulses individual differences in self regulatory capacities are explored as are developmental pathways the volume reviews how self regulation shapes and is shaped by social relationships failures of self regulation are also addressed in chapters on addictions overeating compulsive spending and attention deficit hyperactivity disorder wherever possible contributors identify implications of the research for helping people enhance their self regulatory capacities and pursue desired goals

bringing together leading authorities this tightly edited volume reviews the breadth of current knowledge about goals and their key role in human behavior presented are cutting edge theories and findings that shed light on the ways people select and prioritize goals how they are pursued factors that lead to success or failure in achieving particular aims and consequences for individual functioning and well being thorough attention is given to both conscious and nonconscious processes the biological cognitive affective and social underpinnings of goals are explored as is their relationship to other motivational constructs

organized as both a text about self regulation and a step by step practical guide to developing a program for helping children and adolescents this text is a valuable resource for counselors teachers and behavior specialists chapters 1 3 provide research based information regarding the connections between emotional intelligence somatic experience emotional regulation and relationships and the ability to self regulate chapter 4 is a how to for using somatic interventions chapter 5 links the concepts of solution focused therapeutic approaches to the emotional somatic concepts chapter 6 integrates the theory and literature into a model for use in the schools and mental health settings to help children and adolescents regulate their emotions and behaviors vignettes and case examples are included

this book supports students of early childhood studies early years and related disciplines to understand self regulation in the early years it explores what self regulation is and includes evidence from cognitive developmental and behavioural psychology and neuroscience it asks why self regulation is so central for children and why it is so important for practitioners to support and develop it in young children the book explores how self regulation underpins much of children s development including social emotional and cognitive development key contexts for self regulation in particular aspects such as play and talk are covered this book supports students to know why self regulation matters understand why self regulation is increasingly evident in policy and curricular around the world focus on social emotional and behavioural aspects of self regulation explore the importance of relationships in self regulation between children and adults and between children themselves effectively observe and document self regularion

with contributions by numerous experts

how can people master their own thoughts feelings and actions this question is central to the scientific study of self regulation the behavioral side of self regulation has been extensively investigated over the last decades but the biological machinery that allows people to self regulate has mostly remained vague and unspecified handbook of biobehavioral approaches to self regulation corrects this imbalance moving beyond traditional mind body dualities the various contributions in the book examine how self regulation becomes established in cardiovascular hormonal and central nervous systems particular attention is given to the dynamic interplay between affect and cognition in self regulation the book also addresses the psychobiology of effort the impact of depression on self regulation the development of self regulation and the question what causes self regulation to succeed or fail these novel perspectives provide readers with a new biologically informed understanding of self awareness and self agency among the topics being covered are self regulation in an evolutionary perspective the muscle metaphor in self regulation in the light of current theorizing on muscle physiology from distraction to mindfulness psychological and neural mechanisms of attention strategies in self regulation self regulation in social decision making a neurobiological perspective mental effort brain and autonomic correlates in health and disease a basic and applied model of the body mind system handbook of biobehavioral approaches to self regulation provides a wealth of theoretical insights into self regulation with great potential for future applications for improving self regulation in everyday life settings including education work health and interpersonal relationships the book highlights a host of exciting new ideas and directions and is sure to provoke a great deal of thought and discussion among researchers practitioners and graduate level students in psychology education neuroscience medicine and behavioral economics

the handbook of new media sets out boundaries of new media research and scholarship and provides a definitive statement of the current state of the art

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