

Learned Helplessness: A Theory For The Age Of Personal Control

Learned Helplessness A Theory for the Age of Personal Control

Christopher Peterson,
Steven F. Maier, and Martin E.P. Seligman

"The applications of the theory [of learned helplessness] to current issues (including depression, academic achievement, and physical well-being) are exciting, thought-provoking, and highly relevant."

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When experience with uncontrollable events gives rise to the expectation that events in the future will also elude control, disruptions in motivation, emotion, and learning may ensue. "Learned helplessness" refers to the problems that arise in the wake of this state of mind. First described in the 1960s among laboratory animals, learned helplessness has since been applied to a variety of human problems in which inappropriate passivity and demoralization are observed. Best known as an explanation of depression, it has generated great interest in the scientific community since individuality and control are such salient cultural topics. This volume, written by some of the most widely recognized leaders in the field, summarizes and integrates the theory, research, and application of learned helplessness. Each chapter critically evaluates what we know and don't know about relevant topics, pointing to possible future directions for research.



Cover design by Ann Lowe

Learned helplessness refers to the problems that arise in the wake of uncontrollability. A Theory for the Age of Personal Control. Christopher. That our current age of personal control creates casualties precisely because of these emphases is also discussed. This timely and valuable work will interest a. When experience with uncontrollable events gives rise to the expectation that events in the future will also elude control, disruptions in motivation, emotion, and . When experience with uncontrollable events gives rise to the expectation that future events will also elude control, disruptions in motivation, emotion, and. "The applications of the theory [of learned helplessness] to current issues (including depression, academic achievement, and physical well-being) are exciting. Includes bibliographical references (pages) and indexes. Learned Helplessness has 31 ratings and 0 reviews. When experience with uncontrollable events gives rise to the expectation that events in the future wil., English, Book, Illustrated edition: Learned helplessness: a theory for the age of personal control / Christopher Peterson, Steven F. Maier, Martin E.P. Learned helplessness: a theory for the age of personal control / Christopher Peterson, Steven F. Maier, Martin E.P. Seligman Peterson, Christopher, Feb . Learned Helplessness: A Theory for the Age of Personal Control. Learned helplessness, depression and the perception of reinforcement. Journal of Abnormal. Get this from a library! Learned helplessness: a theory for the age of personal control. [Christopher Peterson; Steven F Maier; Martin E P Seligman] -- When.tmdcelebritynews.com: Learned Helplessness: A Theory for the Age of Personal Control () by Christopher Peterson; Steven F. Maier; tmdcelebritynews.com: Learned Helplessness: A Theory for the Age of Personal Control () by Christopher Peterson; Steven F. Maier; Martin E. P. The book Learned Helplessness: A Theory for the Age of Personal Control was written by psychologist Christopher Peterson and the original. Learned helplessness arises from experiencing uncontrollable and . Learned helplessness: A theory for the age of personal control. Experiences with uncontrollable events may lead to the expectation that future events will elude control, resulting in disruptions in motivation, emotion, and.

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