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Volition or will is the cognitive process by which an individual decides on and commits to a particular course of action. It is defined as purposive striving and is one of the primary human psychological functions. Others include affect, motivation, and cognition. Volitional processes can be applied consciously or they can be automatized as habits over time. Most modern conceptions of volition address it as a

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process of conscious action control which becomes automatized.

Volition (psychology) - Wikipedia

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Volition and personality : action versus state orientation ...

An emerging body of research has begun to examine volitional personality change—people’s desires and attempts to change their own personality traits. Studies have found that the vast majority of people want to change aspects of their personalities—usually in order to attain an external goal (e.g., wanting to increase in extraversion in order to achieve more satisfying social relationships).

Volitional personality change - ScienceDirect

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How can we motivate students, patients, employees, and athletes? What helps us achieve our goals, improve our well-being, and grow as human beings? These issues, which relate to motivation and volition, are familiar to everyone who faces the challenges of everyday life. This comprehensive book by leading international scholars provides integrative perspectives on motivation and volition that build on the work of German psychologist Julius Kuhl. The first part of the book examines the historical trail of the European and American research traditions of motivation and volition and their integration in Kuhl's theory of personality systems interactions (PSI). The second part of the book considers what moves people to action — how needs, goals, and motives lead people to choose a course of action (motivation). The third part of the book explores how people, once they have committed themselves to a course of action, convert their goals and intentions into action (volition). The fourth part shows what an important role personality plays in our motivation and actions. Finally, the fifth part of the book discusses how integrative theories of motivation and volition may be applied in coaching, training, psychotherapy, and education. This book is essential reading for everyone who is interested in the science of motivating people.

In Honor of Professor Dr.Dr. h.c. Heinz Heinzhausen's 60th Birthday

Personality Development across the Lifespan examines the development of personality characteristics from childhood, adolescence, emerging adulthood, adulthood, and old age. It provides a comprehensive overview of theoretical perspectives, methods, and empirical findings of personality and developmental psychology, also detailing insights on how individuals differ from each other, how they change during life, and how these changes relate to biological and environmental factors, including major life events, social relationships, and health.

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The book begins with chapters on personality development in different life phases before moving on to theoretical perspectives, the development of specific personality characteristics, and personality development in relation to different contexts, like close others, health, and culture. Final sections cover methods in research on the topic and the future directions of research in personality development. Introduces and reviews the most important personality characteristics Examines personality in relation to different contexts and how it is related to important life outcomes Discusses patterns and sources of personality development

A group of internationally renowned scholars discuss their research on motivation.

The Handbook of Personality and Self-Regulation integrates scholarly research on self-regulation in the personality, developmental, and social psychology traditions for a broad audience of social and behavioral scientists interested in the processes by which people control, or fail to control, their own behavior. Examines self-regulation as it influences and is influenced by basic personality processes in normal adults Offers 21 original contributions from an internationally respected group of scholars in the fields of personality and self-regulation Explores the causes and consequences of inadequate self-regulation and the means by which self-regulation might be improved Integrates empirical findings on basic personality traits with findings inspired by emerging models of self-regulation Provides a comprehensive, up-to-date, and stimulating view of the field for students and researchers in a wide range of disciplines

In this book, an international group of leading scientists present perspectives on the control of human behavior, awareness, consciousness, and the meaning and function of perceived control or self-efficacy in people's lives. The book breaks down the barriers between subdisciplines, and thus constitutes an occasion to reflect on various facets of control in human life. Each expert reviews his or her field through the lens of perceived control and shows how these insights can be applied in practice.

Personality Theories: Critical Perspectives is the groundbreaking, final text written by Albert Ellis, long considered the founder of cognitive behavioral therapies. The book provides students with supporting and contradictory evidence for the development of personality theories through time. Without condemning the founding theorists who came before him, Ellis builds on more than a century of psychological research to re-examine the theories of Freud, Jung, and Adler while taking an equally critical look at modern, research-based theories, including his own.

Emotion regulation has traditionally been conceived as a deliberative process, but there is growing evidence that many emotion-regulation processes operate at implicit levels. Implicit emotion regulation is initiated automatically, without conscious intention, and aims at modifying the quality of emotional responding. This special issue showcases recent advances in theorizing and empirical research on implicit emotion regulation. Implicit emotion regulation is pervasive in everyday life and contributes considerably to the effectiveness of emotion regulation. The contributions to this special issue highlight the significance of implicit emotion regulation in psychological adaptation, goal-directed behavior, interpersonal behavior, personality functioning, and mental health.

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In this volume, the first synthesis of work on cognitive interference, leading researchers, theorists, and clinicians from around the world confront a number of important questions about intrusive thoughts and suggest a challenging agenda for the future.

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