Control Definition In Psychology

control definition in psychology: Willpower Roy F. Baumeister, John Tierney, 2011-09-01 One of the world's most esteemed and influential psychologists, Roy F. Baumeister, teams with New York Times science writer John Tierney to reveal the secrets of self-control and how to master it. Deep and provocative analysis of people's battle with temptation and masterful insights into understanding willpower: why we have it, why we don't, and how to build it. A terrific read. —Ravi Dhar, Yale School of Management, Director of Center for Customer Insights Pioneering research psychologist Roy F. Baumeister collaborates with New York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue: self-control. Drawing on cutting-edge research and the wisdom of real-life experts, Willpower shares lessons on how to focus our strength, resist temptation, and redirect our lives. It shows readers how to be realistic when setting goals, monitor their progress, and how to keep faith when they falter. By blending practical wisdom with the best of recent research science, Willpower makes it clear that whatever we seek—from happiness to good health to financial security—we won't reach our goals without first learning to harness self-control.

control definition in psychology: Control John A. Mills, 2000-08-01 Behaviorism has been the dominant force in the creation of modern American psychology. However, the unquestioned and unquestioning nature of this dominance has obfuscated the complexity of behaviorism. Control serves as an antidote to this historical myopia, providing the most comprehensive history of behaviorism yet written. Mills successfully balances the investigation of individual theorists and their contributions with analysis of the structures of assumption which underlie all behaviorist psychology, and with behaviorism's role as both creator and creature of larger American intellectual patterns, practices, and values. Furthermore, Mills provides a cogent critique of behaviorists' narrow attitudes toward human motivation, exploring how their positivism cripples their ability to account for the unobservable, inner factors that control behavior. Control's blend of history and criticism advances our understanding not only of behaviorism, but also the development of social science and positivism in twentieth-century America.

control definition in psychology: The Psychology of Parental Control Wendy S. Grolnick, 2002-12-18 What is parental control? Is it positive or negative for children? What makes parents controlling with their children, even when they value supporting children's autonomy? Are there alternatives to control and how might we apply them in important domains of children's lives, such as school and sports? This book addresses these and other questions about the meaning and predictors of parental control, as well as its consequences for children's adjustment and well-being. While the topic of parental control is not new, there has been controversy about the concept, with some researchers and clinicians weighing in on the side of control and others against it. This book argues that part of the controversy stems from different uses of the term, with some investigators focusing more on parents being in control and others on controlling children. Using a definition of control as pressure for children to think, feel, or behave in specific ways, the author explores research on parental control, arguing that there is more consensus than previously thought. Using this research base, the author provides evidence that parental control can be subtle and can lurk within many positive parenting approaches; parental control undermines the very behaviors we wish to inculcate in our children; providing autonomy support-the opposite of control-is a challenge, even when parents are committed to doing so. With controversy in the literature about parental control and attention in the media on the ways in which parents step over the control line (e.g., screaming on the soccer sidelines, pressuring children in academics), this book is especially timely. It provides an empathic view of how easily parents can become trapped in controlling styles by emphasizing performance and hooking their own self-esteem on children's performance. Examples of how this can happen in academic, sporting, and peer situations with their emphasis on competition and hierarchy are provided, as well as strategies for parenting in highly involved but autonomy supportive ways. A highly readable yet research-based treatment of the topic of parental control, this book: *explores the controversial topic of parental control; addresses controversy about the positive and negative effects of parental control; and disentangles various parenting concepts, such as involvement, structure, and control; *illustrates how control can be overt, such as in the use of corporal punishment or covert, as in the use of controlling praise; *provides evidence that control may produce compliance in children preventing them from initiating and taking responsibility for their own behavior; *explores why parents are controlling with their children, including environmental and economic stresses and strains, characteristics of children that pull for control, and factors in parents' own psychologies that lead them to be hooked on children's performance; and *provides examples of control in the areas of academics and sports--the hierarchical and competitive nature of these domains is seen as contributing to parents' tendencies to become controlling in these areas.

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control definition in psychology: Intimacy and Desire Dr David Schnarch, 2010 In this groundbreaking book, Dr. David Schnarch, one of the foremost experts on sexuality and relationships, explains why normal healthy couples in long-term relationships have sexual desire problems, regardless of how much they love each other or how well they communicate. In-depth examples of couples he has counselled reveal his unique understanding of common-but-difficult sexual desire problems that affect couples of all ages. Combining compassion and clinical wisdom, Dr. Schnarch explains how to use his revolutionary Four Points of Balance approach to resolve low desire, mismatched desire, sexual boredom, and the emotional gridlock that accompanies these problems. Intimacy and Desire provides a roadmap for how couples can transform common sexual desire problems into self-exploration and personal development that leads to psychological and spiritual growth, stronger relationships, and more powerful and meaningful desire for each other. It provides time-proven comprehensive solutions that help couples reconnect with each other sexually, and take their intimacy and passion to new, previously unexplored heights.

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both normal and psychopathological forms of emotion regulation, particularly depression and aggression, from infancy through adolescence. This book will appeal to specialists in developmental, clinical, and social psychology, psychiatry, education, and others interested in understanding the developmental processes involved in the regulation of emotion over the course of childhood.

control definition in psychology: The Handbook of Behavior Change Martin S. Hagger, Linda D. Cameron, Kyra Hamilton, Nelli Hankonen, Taru Lintunen, 2020-07-15 Social problems in many domains, including health, education, social relationships, and the workplace, have their origins in human behavior. The documented links between behavior and social problems have compelled governments and organizations to prioritize and mobilize efforts to develop effective, evidence-based means to promote adaptive behavior change. In recognition of this impetus, The Handbook of Behavior Change provides comprehensive coverage of contemporary theory, research, and practice on behavior change. It summarizes current evidence-based approaches to behavior change in chapters authored by leading theorists, researchers, and practitioners from multiple disciplines, including psychology, sociology, behavioral science, economics, philosophy, and implementation science. It is the go-to resource for researchers, students, practitioners, and policy makers looking for current knowledge on behavior change and guidance on how to develop effective interventions to change behavior.

control definition in psychology: Choice Theory William Glasser, M.D., 2010-11-16 Dr. William Glasser offers a new psychology that, if practiced, could reverse our widespread inability to get along with one another, an inability that is the source of almost all unhappiness. For progress in human relationships, he explains that we must give up the punishing, relationship-destroying external control psychology. For example, if you are in an unhappy relationship right now, he proposes that one or both of you could be using external control psychology on the other. He goes further. And suggests that misery is always related to a current unsatisfying relationship. Contrary to what you may believe, your troubles are always now, never in the past. No one can change what happened yesterday.

control definition in psychology: Action Control Julius Kuhl, Jürgen Beckmann, 2012-12-06 It is not thought as such that can move anything, but thought which is for the sake of something and is practical. This discerning insight, which dates back more than 2000years to Aristotle, seems to have been ignored by most psycholo gists. For more than 40 years theories of human action have assumed that cognition and action are merely two sides of the same coin. Approaches as different as S-O-R behaviorism, social learning theory, consistency theories, and expectancy value theories of motivation and decision making have one thing in common: they all assume that thought (or any other type of cognition) can move any thing, that there is a direct path from cognition to behavior. In recent years, we have become more and more aware of the complexities in volved in the relationship between cognition and behavior. People do not always do what they intend to do. Aside from several nonpsychological factors capable of reducing cognition-behavior consistency, there seems to be a set of complex psychological mechanisms which intervene between action-related cognitions, such as beliefs, expectancies, values, and intentions, and the enactment of the be havior suggested by those cognitions. In our recent research we have focused on volitional mechanismus which presumably enhance cognition-behavior consistency by supporting the main tenance of activated intentions and prevent them from being pushed aside by competing action tendencies.

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responding to situations in a particular way. Julian B. Rotter has been cited as one of the 100 most eminent psychologists of the 20th century and is still much cited.

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control definition in psychology: Intrinsic Motivation Edward L. Deci, 2012-12-06 As I begin to write this Preface, I feel a rush of excitement. I have now finished the book; my gestalt is coming into completion. Throughout the months that I have been writing this, I have, indeed, been intrinsically motivated. Now that it is finished I feel guite competent and self-determining (see Chapter 2). Whether or not those who read the book will perceive me that way is also a concern of mine (an extrinsic one), but it is a wholly separate issue from the intrinsic rewards I have been experiencing. This book presents a theoretical perspective. It reviews an enormous amount of research which establishes unequivocally that intrinsic motivation exists. Also considered herein are various approaches to the conceptualizing of intrinsic motivation. The book concentrates on the approach which has developed out of the work of Robert White (1959), namely, that intrinsically motivated behaviors are ones which a person engages in so that he may feel competent and self-determining in relation to his environment. The book then considers the development of intrinsic motiva tion, how behaviors are motivated intrinsically, how they relate to and how intrinsic motivation is extrinsically motivated behaviors, affected by extrinsic rewards and controls. It also considers how changes in intrinsic motivation relate to changes in attitudes, how people attribute motivation to each other, how the attribution process is motivated, and how the process of perceiving motivation (and other internal states) in oneself relates to perceiving them in others.

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control definition in psychology: Control Theory for Humans Richard J. Jagacinski, John M. Flach, 2018-10-08 This textbook provides a tutorial introduction to behavioral applications of control theory. Control theory describes the information one should be sensitive to and the pattern of influence that one should exert on a dynamic system in order to achieve a goal. As such, it is applicable to various forms of dynamic behavior. The book primarily deals with manual control (e.g., moving the cursor on a computer screen, lifting an object, hitting a ball, driving a car), both as a substantive area of study and as a useful perspective for approaching control theory. It is the experience of the authors that by imagining themselves as part of a manual control system, students are better able to learn numerous concepts in this field. Topics include varieties of control theory, such as classical, optimal, fuzzy, adaptive, and learning control, as well as perception and decision making in dynamic contexts. The authors also discuss implications of control theory for how experiments can be conducted in the behavioral sciences. In each of these areas they have provided brief essays intended to convey key concepts that enable the reader to more easily pursue additional readings. Behavioral scientists teaching control courses will be very interested in this book.

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control definition in psychology: *Psychology AS* Mike Cardwell, Cara Flanagan, 2003-09 Based on the content of the Complete Companion, this resource provides students with all the essential facts in under 60 pages.

control definition in psychology: Encyclopedia of Social Psychology Roy F. Baumeister, Kathleen D. Vohs, 2007-08-29 The set offers clear descriptions of commonly used and sometimes misunderstood terms, e.g., cultural differences, authoritarian personality, and neuroticism. The field has expanded since publication of The Blackwell Encyclopedia of Social Psychology, ed. by A. Manstead and M. Hewstone et al. (CH, Jan '96, 33-2457), and this work is a valuable response to that. Summing Up: Recommended. All levels. —CHOICE Not long ago, social psychology was a small field consisting of creative, energetic researchers bent on trying to study a few vexing problems in normal adult human behavior with rigorous scientific methods. In a few short decades, the field has blossomed into a major intellectual force, with thousands of researchers worldwide exploring a stunningly diverse set of fascinating phenomena with an impressive arsenal of research methods and ever more carefully honed theories. The Encyclopedia of Social Psychology is designed as a road map to this rapidly growing and important field and provides individuals with a simple, clear, jargon-free introduction. These two volumes include more than 600 entries chosen by a diverse team of experts to comprise an exhaustive list of the most important concepts. Entries provide brief, clear, and readable explanations to the vast number of ideas and concepts that make up the intellectual and scientific content in the area of social psychology. Key Features Provides background to each concept, explains what researchers are now doing with it, and discusses where it stands in relation to other concepts in the field Translates jargon into plain, clear, everyday language rather than speaking in the secret language of the discipline Offers contributions from prominent, well-respected researchers extending over the many subfields of social psychology that collectively

have a truly amazing span of expertise Key Themes Action Control Antisocial Behaviors Attitude Culture Emotions Evolution Groups Health History Influence Interpersonal Relationships Judgment and Decision Making Methods Personality Prejudice Problem Behaviors Prosocial Behaviors Self Social Cognition Subdisciplines The Encyclopedia of Social Psychology is the first resource to present students, researchers, scholars, and practitioners with state-of-the-art research and ready-to-use facts from this fascinating field. It is a must have resource for all academic libraries.

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control definition in psychology: The Marshmallow Test Walter Mischel, 2014-09-23 Renowned psychologist Walter Mischel, designer of the famous Marshmallow Test, explains what self-control is and how to master it. A child is presented with a marshmallow and given a choice: Eat this one now, or wait and enjoy two later. What will she do? And what are the implications for her behavior later in life? The world's leading expert on self-control, Walter Mischel has proven that the ability to delay gratification is critical for a successful life, predicting higher SAT scores, better social and cognitive functioning, a healthier lifestyle and a greater sense of self-worth. But is willpower prewired, or can it be taught? In The Marshmallow Test, Mischel explains how self-control can be mastered and applied to challenges in everyday life -- from weight control to quitting smoking, overcoming heartbreak, making major decisions, and planning for retirement. With profound implications for the choices we make in parenting, education, public policy and self-care, The Marshmallow Test will change the way you think about who we are and what we can be.

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control definition in psychology: Behavior William T Powers, 2024-07-02 In 1973, William T. Powers published the original version of Behavior: The Control of Perception. In the second edition,

Powers made some minor edits and clarifications and added a chapter on Emotion. This third edition, published by the Powers Family, contains all of the changes and additions included in the second edition, with a few minor typos corrected. This is the book that forms the basis for the research conducted by the International Association for Perceptual Control Theory (https: //www.iapct.org/). From the author: This book represents, I hope, a step on the path back to a concept of man as autonomous, and away from the concept of man as automaton. Yet in allowing my humanistic bias to hold sway, I do not think I have denied science. Indeed, to most readers the first part of this book will seem a direct denial of my hope, for it gives a deliberately and specifically mechanistic picture of how the central nervous system behaves. Only after the mechanistic model is thoroughly understood will the reader see that it leads beyond ordinary mechanism and that it is capable of describing the interface between what we can represent as mechanism and what we cannot yet represent at all, but only experience. The conclusion we are led to by the thinking in this book is that there is mechanism in behavior-but it is not the mechanism the behaviorists have in mind, for it is capable of having inner purposes in the full humanistic sense. On the other hand we are led also to seek not just a model of behavioral mechanisms, but a deep awareness that we are constructing a model; and we are encouraged to apply the model to ourselves.

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control definition in psychology: A Transdiagnostic Approach to CBT using Method of Levels Therapy Warren Mansell, Timothy A. Carey, Sara J. Tai, 2012-11-27 Cognitive Behavioural Therapy (CBT) is the treatment of choice for most mental health problems. Each different problem is usually treated by a different model of CBT. Yet evidence tells us that the same processes are responsible for long term distress in us all. This handy manual draws on evidence and theory to provide the key principles to aid change and recovery. The transdiagnostic approach is supported by a wealth of evidence that processes such as worry, emotion suppression, self-criticism and avoidance maintain distress across psychological disorders. Perceptual Control Theory (PCT) explains all of these processes as forms of 'inflexible control', and Method of Levels Therapy (MOL) helps people to let go of these habits. The principles and techniques of MOL are clearly and practically described for clinicians to offer a transdiagnostic CBT that is tailor-made to the goals of each client. This novel volume will be essential reading for novice and experienced CBT therapists, as well as counsellors and psychotherapists. Its accessible explanation of Perceptual Control Theory and its application to real world problems also makes a useful resource for undergraduates, graduates and researchers in psychology.

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consider the developmental aspects of reactance. This book discusses as well the reactance theory in a wider theoretical context by examining impression management formulations of the theory and by comparing reactance to other theoretical models whereby the notion of control plays a major role. The final chapter deals with the role of cognitive processes in association with reactance in attitude change phenomena. This book is a valuable resource for social psychologists.

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Control Definition In Psychology Introduction

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