

Contents

Preface ix

one

Basic Considerations

1 **The Nature of Man and His Adjustment** **3**

ADJUSTMENT TERMINOLOGY • MAN AS A CONSEQUENCE OF FORCES • MAN AS A CAUSE IN HIS OWN CREATION • THE POINT OF VIEW OF THIS VOLUME • SUMMARY

2 **Culture and the Individual** **31**

CULTURAL DIFFERENCES • TECHNOLOGY AND ADJUSTMENT • EMPIRICAL DATA: BECOMING HUMAN • SOCIOECONOMIC CLASS • SUMMARY

3 **Philosophy and Values as Facets of Adjustment** **73**

RELATIONSHIPS BETWEEN PSYCHOLOGY AND PHILOSOPHY • CLASSIFYING PERSONAL VALUES • REPRESENTATIVE PHILOSOPHICAL MODELS • DEVELOPING A PERSONAL PHILOSOPHY • SUMMARY

4 **Motivation and Learning in Adjustment** **95**

THEORIES OF MOTIVATION • MOTIVATION IN ACTION • MOTIVATION AND ADJUSTMENT PATTERNS • LEARNING AND ADJUSTMENT PATTERNS • LEARNING STYLES • SUMMARY

two

Personal Aspects of Being and Adjustment

5 **The Self-Concept and Adjustment** **137**

BASIC CONSIDERATIONS • DEVELOPMENT AND FUNCTION OF THE SELF • THE SELF AND THE SOCIAL ORDER • DEVELOPING A SELF • SUMMARY

6 **Patterns of Behavior and Personal Control Systems** **167**

AMPLIFYING AND ACTUALIZING SELF • THE ROLE OF COMPETITION • VIOLENCE AS BEHAVIOR AND A MEANS OF CONTROL • MANIPULATION AND PERSONAL CONTROL • SUMMARY

- 7 **Managing Stress and Pressure** **197**
 DEFINITIONS, EXPLANATIONS, AND THEORIES • EMOTIONS IN
 THE ADJUSTIVE PROCESS • STRESS AND ADJUSTMENT •
 SUMMARY
- 8 **Use and Misuse of Defense**
Mechanisms **229**
 MEANING AND NATURE OF DEFENSE MECHANISMS •
 VARIETIES OF DEFENSE MECHANISMS • CAPITULATIVE
 MODES OF ADJUSTMENT • SYNOPSIS OF DEFENSE
 MECHANISMS • SUMMARY
- 9 **Adjustive Failures** **259**
 MALADJUSTIVE PREDISPOSITIONS • NEUROSES • PSYCHOSES •
 AUTISM AND SENILITY • HELPING THE FAILURE • SUMMARY
- four** ***Actualizing Potential***
- 10 **Vocational Adjustment** **287**
 MYTHS AND REALITIES OF CAREER SELECTION • APTITUDE
 TESTING • PERSONAL ADJUSTMENT IN VOCATIONS • WORK
 AND LEISURE TIME • SUMMARY
- 11 **Interpersonal Relationships and**
Communication **313**
 SELF, OTHERS, AND THINGS • PROPOSITIONS FOR
 UNDERSTANDING COMMUNICATION • LEVELS OF DISCOURSE
 • FACILITATING EFFECTIVE DISCOURSE • SUMMARY
- 12 **Heterosexual Relationships and**
Adjustment **347**
 BASIC CONSIDERATIONS • CHANGING ATTITUDES AND THEIR
 EFFECTS • EFFECTIVE HETEROSEXUAL RELATIONSHIPS •
 SEXUAL ATTITUDE UNCERTAINTIES • ASPECTS OF MARRIAGE
 RELATIONSHIPS • TYPES OF MARRIAGE RELATIONSHIPS •
 SUMMARY
- 13 **Using Psychological Help** **383**
 SELF-HELP VS. OUTSIDE HELP • INDIVIDUAL COUNSELING •
 OTHER APPROACHES TO PERSONALITY CHANGE • SUMMARY
- 14 **Creative Adjustments:**
Self-Actualization **417**
 BASIC ASPECTS OF CREATIVE ADJUSTMENT •
 CHARACTERISTICS OF SELF-ACTUALIZERS • SOCIAL ASPECTS
 OF ADJUSTIVE PROCESSES • PSYCHO-PHILOSOPHICAL ASPECTS
 OF ADJUSTMENT • SUMMARY

Glossary 447

Bibliography 459

Name Index 477

Subject Index 483