

Contents

Chapter 1

The Biopsychosocial Costs of Today's Lifestyle

The Burden of Individuality	2
The Concept of Socialization	4
The Concept of Health	5

Chapter 2

Symptoms: Social, Psychological, and Physiological Disorders

The Spectrum of Behavior Disorders	7
Epidemiological Data	15

Chapter 3

Risk Factors: Stressors in the Life Course

Stressors in Childhood	28
Stressors in Adolescence	35
Stressors in Adulthood	47

Chapter 4

Resources: Personal and Social Coping Capacities

Personal Resources	57
Social Resources	67

Chapter 5

Interdependencies: The Stress-Health Relationship

Medical Approaches	77
Psychological Approaches	85
Sociological Approaches	90
A Socialization-Theoretical Synthesis	96

Chapter 6

Interventions: Strengthening Personal and Social Resources

Potential and Constraints of Intervention Strategies	105
Advancement of Competence and Network Promotion	114

References	129
-----------------------------	-----

Subject Index	137
--------------------------------	-----