The Psychology Of Adjustment And Well-being

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A theoretical model of psychological well-being that encompasses 6 distinct dimensions of wellness (Autonomy, Environmental Mastery, Personal Growth, Positive Relations With Others, Purpose in Life, Self-Acceptance) was tested with data from a nationally representative sample of adults (N = 1,108), aged 25 and older, who participated in telephone interviews. Confirmatory factor analyses provided support for the proposed 6-factor model, with a single second-order super factor. The model was superior in fit over single-factor and other artifactual models. Age and sex differences on the various w...
Poor adjustment and psychological well-being can also have negative effects on the first year students' academic performance. Although previous authors have documented high prevalence rate of health risk behaviors among South African students, there is a dearth of knowledge on the role of home/school transition. A study by Al-Daghri et al. (2014) indicated the rate of distress among first year university students to be alarming and attributed it to poor coping skills among the students. It is therefore evident that level/style of adjustment and psychological well-being in the first year of university life are important for mental health in the following years. SUBSCRIBE TODAY! Subscribe to Questia and enjoy