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0521591767 - Motivation and Self-Regulation Across the Life Span

Edited by Jutta Heckhausen and Carol S. Dweck

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Motivation and Self-Regulation Across the Life Span

In the last two decades, an approach to the study of motivation has emerged that focuses on specific cognitive and affective mediators of behavior, in contrast to more general traits or motives. The “social-cognitive” approach grants goal-oriented motivation its own role in shaping cognition, emotion, and behavior, rather than reducing goal-directed behavior to cold-blooded information processing or to an enactment of a personality type or trait.

This book adds to this process-oriented approach a developmental perspective. Critical elements of motivational systems can be specified and their interrelations understood by charting the origins and the developmental course of motivational processes. Moreover, a process-oriented approach helps to identify critical transitions and effective developmental interventions. The chapters in this book cover various age groups throughout the life span and stem from four traditions in motivational psychology: achievement motivation, action theory, the psychology of causal attribution and perceived control, and the psychology of personal causation and intrinsic motivation.

Jutta Heckhausen is senior research scientist at the Center for Lifespan Psychology at the Max Planck Institute for Human Development in Berlin. In 1995–6 she was a Fellow at the Center for Advanced Study in the Behavioral Sciences at Stanford University. She publishes on development and motivation throughout the life span and is the author of *Developmental Regulation in Adulthood: Age-Normative and Sociostructural Constraints as Adaptive Challenges*.

Carol S. Dweck is a professor of psychology at Columbia University. She has published widely in the fields of motivation, development, personality, and social psychology, and her previous books include *Personal Politics*, co-written with Ellen Langer, and *Self-Theories and Motivation: Effects on Achievement and Social Processes*.

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CAMBRIDGE UNIVERSITY PRESS

Cambridge, New York, Melbourne, Madrid, Cape Town, Singapore, São Paulo

Cambridge University Press

The Edinburgh Building, Cambridge CB2 2RU, UK

Published in the United States of America by Cambridge University Press, New York

www.cambridge.org

Information on this title: www.cambridge.org/9780521591768

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First published 1998

A catalogue record for this publication is available from the British Library

Library of Congress Cataloguing in Publication data

Motivation and self-regulation across the life span / edited by Jutta Heckhausen, Carol S. Dweck

p. cm.

“Based on a conference entitled Life-Span Perspectives on Motivation and Control . . . July 1995 at the Max Planck Institute for Human Development and Education in Berlin” – Pref.

ISBN 0-521-59176-7 (hardcover)

1. Motivation (Psychology). 2. Self-control. I. Heckhausen, Jutta (date). II. Dweck, Carol S. (date).

BF501.M887 1998

97-32110

153.8 – dc21

CIP

ISBN-13 978-0-521-59176-8 hardback

ISBN-10 0-521-59176-7 hardback

Transferred to digital printing 2006

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Preface and Acknowledgments

This book is based on a conference entitled “Life-Span Perspectives on Motivation and Control,” organized by Jutta Heckhausen and Carol Dweck and held in July 1995 at the Max Planck Institute for Human Development in Berlin.

We are grateful to a number of people and institutions for their contributions to the conference and to this volume. First, we thank Paul Baltes, director of the Center for Lifespan Psychology, and the Max Planck Institute for Human Development in Berlin for hosting and providing financial support for the conference. We also thank Ulrich Knappek for his excellent work on the administrative tasks involved in organizing the conference, and Kim Saccio-Kent for her most professional copyediting of the book manuscript. Moreover, we thank all the authors for submitting superb chapters, and for patiently and expertly responding to our editorial comments. Finally, the work on this edited volume profited much from a most conducive environment at the Center for Advanced Study in the Behavioral Sciences, Stanford, where Jutta Heckhausen spent the year 1995–6 as a fellow (MacArthur Foundation Grant #8900078).

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