The background of the cover is a photograph of a lighthouse at dusk or dawn. The lighthouse is a dark, cylindrical tower with a lantern room at the top. A single light is visible in the lantern room. The sky is a gradient of warm colors, from deep orange near the horizon to a lighter yellow where the sun is. The sun is a large, bright, slightly hazy circle in the upper right quadrant. The overall mood is serene and contemplative.

Adjustment & Growth in a Changing World

THIRD
EDITION

Vince Napoli
James M. Kilbride
Donald E. Tebbs

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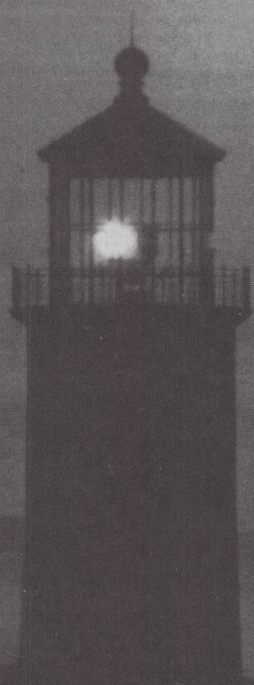


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Adjustment and Growth in a Changing World



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Vince Napoli
James M. Kilbride
Donald E. Tebbs

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Preface

Focus

To lead an effective and fulfilling life, a person must do two things—adjust and grow. This book deals with adjustment and growth on two levels, the level of people in general and the level of *you* in particular. The material that deals with people in general tends to be theoretical, although specific devices have been used to ground this theoretical material in a base of reality. The material that deals with you in particular is practical; it should help you in your own adjustment and growth.

Adjustment and Growth in a Changing World, Third Edition, is a text on the psychology of adjustment. It is concerned with the practical application of psychological principles to everyday life.

The book is organized on one level in a topical progression from a consideration of the individual to a consideration of interpersonal relationships. On another level is a second organizational pattern interwoven with the first: a progression from personal awareness to evaluation to change. This developmental pattern—from awareness to evaluation to change—is consistent with the general pattern of problem solving. That is, first we become aware of a problem; then we decide what to do about it; and finally, we design and carry out specific action plans geared to solve the problem. Hence, the book helps you first to become aware of and to evaluate your own patterns of adjustment and growth, and then to make changes as you deem necessary or desirable.

Organization

The book contains an introduction and five major parts. The introduction is particularly useful because it deals with a topic that can be applied to any textbook you might use: study techniques. In addition, the introduction shows how a distinctive approach to learning, the SQ3R study method, has been employed in this book. We suggest that you read the introduction carefully before moving to Part I.

Part I presents an overview of the psychology of adjustment. It includes considerations of the processes of adjustment and growth, personality theories, and the concept of self-esteem. Part II surveys physical, cognitive, emotional, social, and physical environmental influences on adjustment and growth. Part III considers adjustment and growth in interpersonal relationships. This part should help you to understand the impact of intimacy on your personal growth, as well as

to understand your communication style and the impact of career decisions and choices on your life. Stress and life management are the subjects of Part IV. Here you will have the opportunity to ponder the effects of stress on your own well-being and learn techniques that provide you with the greater control of your life. Part V focuses on a variety of factors involved when things go wrong for the individual. It includes a survey of maladjustive responses and of approaches that may be used to facilitate a return to healthy functioning.

Major Changes in this Edition

The third edition of *Adjustment and Growth in a Changing World* differs from the second in three major ways: the material has been reorganized, topic coverage has been altered, and the presentation of material has been streamlined.

To begin with, the book is now divided into five parts rather than six, and there is a stronger and more consistent focus on the themes of adjustment and growth. We have eliminated the chapters on socialization and group dynamics and leadership, although some of the information contained in them now appears in the new chapter on social and physical environmental influences. We have combined information from the chapters on intimacy and barriers to intimacy to form a new chapter on intimacy. We have included a completely new chapter on the world of work, and we have expanded the material in the conclusion to the second edition to form a new chapter on life management. In addition, we have substantially reorganized the chapter on stress. Of course, we have updated research and statistics throughout the book.

Ancillary Materials

There are two companion pieces to *Adjustment and Growth in a Changing World*—one for the student and one for the instructor. Both have been written by us, the authors of the text. The *Study Guide to Accompany Adjustment and Growth in a Changing World* includes a listing of the major terms and concepts from each chapter and several exercises, including short quizzes, designed to help students master the concepts. We have found that students who complete these exercises tend to make relatively good class grades (C or better); therefore, we recommend use of the study guide.

In addition, the study guide contains a section of eleven personal action plans that may be used by students for their own personal growth or by instructors as a basis for class-related activity.

The *Instructor's Manual to Accompany Adjustment and Growth in a Changing World* is provided to all instructors who adopt the book.

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This book is the product of the efforts of literally hundreds of people. Many students and teachers have helped us by offering constructive criticisms. We also have been helped by many in the editorial and production departments of West Publishing. We thank all of you for your help.

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Donald E. Tebbs

Introduction

Studying to Understand and Remember

How much will you have to adjust your schedule to meet the demands of this course on adjustment? Your answer will depend on the level of your **study skills**. Below are four definitions of studying. Check the one that best describes your present approach. Studying is:

1. Reading the pages over and over until the information sinks in. _____
2. Reading the text until I understand what I am reading. _____
3. Reading the chapter and underlining the important parts. _____
4. Using my mind to acquire knowledge. _____

The goal of using special study techniques is to learn as much as possible in the shortest time and to retain what is learned. Let's look at how psychologists evaluate the definitions listed above in light of that goal.

1. **Reading and rereading.** Passive reading—simply looking at the words while “waiting for good things to happen” (Locke, 1975)—is of little help in learning. Repeating the process simply adds frustration and wastes time.
2. **Reading for understanding.** The task of learning is to understand and remember what you read so that you are able to explain it to others or to apply it when necessary. Many college students confuse understanding what they are reading with being able to recall what they have read—a fatal error. We must go beyond what we read as we are reading it. We must literally make the new information a part of ourselves.
3. **Reading and underlining.** Underlining is perhaps the most used, and abused, study method. It is a useful tool for noting what is important to make learning and review easier. However, it is not learning. It is an I.O.U., a promise of future learning. “Underlining says, ‘Look, I’m picking out the real meat so I can concentrate on it—some other time’ ” (Elliott, 1966, p. 48).
4. **Using the mind to acquire knowledge.** This definition offers little specific help in teaching us how to study, but it does give us a starting point. We can use our minds to improve our ability to learn. We can learn good study methods, incorporate them into our system of study, and monitor our study behavior in terms of these methods until they become a part of us.

Elements of a Study Plan

The following suggestions can form the basis of a personal action plan for studying that can improve performance while allowing more time for activities other than studying. Samuel Smith (1970) reports that “students can save from one-quarter to one-third of their time if they systematize their efforts in accordance with the chief principles of learning.” Each element in this plan has merit, and each should be given consideration, *but the plan should not be used in a mechanical fashion*. Select from these elements and build a personal plan to meet your unique needs. Any plan is better than no plan at all.

► Before Studying

- I. **A time for study.** Robinson (1970) reports that “students may actually be strangers to their own relative abilities” (p. 5). Most students underestimate the time they need to learn, work, play, and in general enjoy whatever it is they are doing while they are attending college. Planning pays. (A Personal Action Plan on managing time is included in your Study Guide.)
- II. **A place for study.** Study in a well-equipped workplace. Create a situation that will prompt you to go to work quickly, concentrate fully, and perform effectively. A suitable study place should provide:
 - A. Freedom from external distractions.
 1. Low levels of noise and no unexpected noises. Even background music increases inattention and decreases performance. For this reason students who study in the library generally outperform those who study in the dorm.
 2. Good lighting, free from glare or flicker. Invest in a study lamp—it will last for decades.
 3. Infrequent interruptions. Choose a place away from the flow of traffic and out of eye contact with others.
 - B. Freedom from internal distractions.
 1. Internal distractions such as boredom, fear, or confusion may invade even the best workplace. (See IV: A climate for study.)
 2. Do not complain about the lack of a “perfect place to study.” Just change what you can, and then try to study only at that place. Also, *only* study at that place: eat, daydream, and so on elsewhere.
- III. **Equipment for study.** In addition to the text, keep the following on hand: calendar, clock, college dictionary, loose-leaf notebook and scratch paper, pen and pencil, reading stand (to hold your place and free your hands for note taking), bookshelf, and, if possible, typewriter and/or printer and personal computer. Do not allow the lack of needed supplies to become a source of distraction. Restock regularly.
- IV. **A climate for study.** There is no substitute for high interest and motivation when it comes to learning something. A positive, confi-

dent, and determined attitude toward the task at hand produces a climate in which knowledge and personal satisfaction abound.

The Personal Action Plans in the Study Guide, as well as class discussions and activities, will give you opportunities to gain self-awareness, clarify values, set goals, and in general reduce the number and intensity of internal distractions that can be so destructive to study. Your skill in studying should grow as the course unfolds.

V. **A unit of study.** How many pages of text should you attempt to cover during one study effort? Some factors to consider when selecting the size of your study unit include the following:

- A. The amount attempted should be the most you can permanently learn in one continuous sitting. "The measure of study is the amount permanently learned" (Elliott, 1966).
- B. Studying is not like reading; it is *work*. Therefore, fatigue, boredom, and memory span limit the amount of learning to be attempted.
- C. Small units are more easily learned than large units.

1. You can make each small unit a piece of a larger, meaningful unit, not an arbitrary chunk.
2. You can overlearn small, manageable units. *Overlearning* means continuing to rehearse and review material that you understand and remember. *Overlearning* is good, because practicing material already learned reduces forgetting.

Time yourself as you study to learn exactly how long it takes you to permanently learn a given number of pages of text. Ehrlich (1976) reports that ten pages an hour is not an uncommon rate.

► During Study

Active study, involving your body as well as your mind, will help you to understand and remember what you read. The suggestions that follow are drawn from the work of many study theorists. In turn, all writers on effective study have been influenced by the pioneering work of F. P. Robinson. In 1941 Robinson introduced the famous *SQ3R* (survey, question, read, recite, review) study method.¹ Each of Robinson's elements follow, along with suggestions that confirm and extend his system. **We encourage you to select from these elements and increase your range of study skills.** When you find yourself in your place of study at the appointed time, in a positive mood, surrounded by the proper equipment and supplies, and committed for a limited time to learn and remember a definite unit of work, you have already begun well. Here are some suggestions to help you complete your study task.

1. Now known as the *PQ4R* method. Survey has become Preview, and a fourth R, *relate*, has been added.

SQ3R Techniques

► Steps in Studying

STEP 1: SURVEY

- I. Read the chapter overview (at the beginning of each part—see page 1, for example), and the focus to learn the five or six major ideas of the chapter and to become involved with its contents. These few minutes provide you with knowledge of the major theme of the chapter, its important ideas, and how they flow together. This knowledge will give you a permanent framework of “tags” or “pegs” around which you can cluster the myriad details that are to come.

STEP 2: QUESTION

- II. This text has been carefully constructed to present meaningful “chunks” of information under three levels of headings. *Convert the heading into a question!* For example, the heading “Diseases of Adaptation” can be quickly turned into the question, What are diseases of adaptation, and how do they come about? Such questions will direct your reading.

STEP 3: READ

- III. Now, carefully read the information under the heading *with the intention of answering the question that you have just posed*. This step gives purpose and direction to your reading and makes it possible for you to be selective in what you commit to memory.

As you read:

- A. **Actively challenge the material.** Each paragraph, at times each sentence, contains an idea you can support or question from your own background. According to Locke (1975), it is essential that you “make a habit of understanding each concept the first time you encounter it” (p. 23). Then, make an effort to learn the idea immediately. Classify the information, for example, in some way that is meaningful to you and related to the topic under study. Integrate it into what you already know. This creates a rich network of associations that makes the information easier to recall.
- B. **Allow time to respond emotionally and intellectually to what you are reading.** How do you feel about it? What is its significance? What are its implications? Try to take a stand for or against the ideas under discussion. This will get your ego involved and make recall easier.
- C. **Involve your whole body in active participation by marking your textbook.** Why mark up a textbook? Because if done correctly, marking identifies important ideas and makes reviewing easier. It is essential that you understand what is important before you mark up your text. *Do not underline as you read.*
 1. Finish reading the entire passage before making any marks.
 2. Wait a brief period to allow for your analysis and reaction.
 3. Mark only the essential idea and its supporting detail.
 4. When taking notes, use your own words plus key phrases from the text. Symbols and abbreviations are useful, as are

color codes. Use marginal notes to emphasize material that your professor has elaborated on in class.

STEP 4: RECITE

IV. Stop reading at intervals and play back to yourself what you have just read. "Say aloud the full idea in your own words," advises Walter Pauk (1974). Then restate the same idea using the technical terminology of the text.

A. **Why recitation?** Because active responding is a form of self-test.

1. It keeps you focused on your task.
2. It gives you knowledge of your progress.
3. It reduces anxiety.
4. It allows you to reconstruct the new material, to make it a part of you.
5. It gives you helpful practice.

B. **How much recitation?** Spend at least half your total study time in active recitation (Pauk, 1974).

C. **What should be recited?** Everything you think important enough to be understood and remembered should be recited. Try to reproduce your recorded notes without looking at them.

D. **What type of recitation?** Every possible type of recitation, using as many of your faculties as possible, should be employed. Speak, write, and act. In your imagination, challenge yourself to recite accurately and completely by playing the role of a debater, teacher, or consultant. After reciting, *revise* your notes and underlinings to make later review more effective.

► After Studying

STEP 5: REVIEW

V. Do you quickly forget? Most of us forget as much as 50 percent of what we read immediately after reading. After completing your study unit, review the information you wish to remember. Review is most effective at three times: just after study, just before rest, and just before examinations.

Why is review so necessary? It is essential because:

- It takes awhile after learning for information to be stored in our memories. Immediate recall prevents its being lost prior to storage.
- Mental review can effectively replace worrying and so reduce anxiety.
- Review is a form of practice, which promotes retention.
- Review helps you concentrate on your central task of understanding and remembering.
- Review gives you knowledge of what you still need to know, suggestions for revision of notes, and directions for rereading.

At the end of each unit of study:

A. **Set high standards for your immediate recall.** Do not try for perfect recall, but demand recall of the main idea and its supporting details. After all, you will never be able to

remember what you did not commit to memory in the first place. *Do not confuse understanding what you read as you read it with knowing the material.*

B. Distribute your practice sessions. Space your reviews at intervals prior to exams. Eliminate cramming as your only review activity.

Consider these ideas when reviewing:

1. Use mnemonic devices. These are memory tricks. Making the first letters of the names of the Great Lakes into the word HOMES, for example, is a mnemonic device for remembering the names of the lakes. You just think of the letter H in the word *home*, and Lake Huron comes to mind, and so on.
2. Use active recall. Do not engage in another session of passive reading or looking at your notes.
3. Practice first without notes, then with notes. Revise your notes and underlinings as needed.
4. Avoid mental mumbling. Recall specifics using complete sentences.
5. State the relationship among the details you have learned under each major topic, along with the main ideas you learned from the chapter overview.

At the end of a study session:

This is the time for you to reflect, to consolidate your progress and your approach by asking yourself two final questions:

- A. **What is the meaning of what I have just learned?**
- B. **Have I followed the process for studying that is best for me?**

After an examination:

After each examination, review your study methods in light of their results so that your knowledge, understanding, and study skills will continue to grow. Learning is a lifelong joy that goes far beyond this textbook or this course.

Elements of Your SQ3R Text

This text has been written with your study needs in mind. If you are aware of its unique style and structure, you can build its features into your study plan. Your SQ3R text includes:

1. **A table of contents** to provide you with an outline of the entire work and access to its parts.
2. **A preface and an introduction** to make you aware of the approach, general assumptions, and central values of the authors of the text.
3. **Sectional introductions** to help you focus on the major themes to be explored in the chapters that immediately follow.
4. **Fourteen individual chapters** to present major ideas, principles, and practices in the psychology of human adjustment.

5. **Selected readings** at the end of each chapter to provide you with resources for greater understanding of the concepts presented.

6. **A conclusion at the end of the text** to relate the information presented in the chapters to the text's central theme—adjustment and growth in a changing world.

7. **An index and a glossary** to provide you with ready access to authors, subjects, and terms presented in the text. New terms appear in boldface type when introduced in the text, and a glossary of all these terms is included at the end of each chapter.

8. **References** to give the sources of information cited in the text.

9. **Typefaces** of different colors and sizes to draw attention to important ideas or facts.

10. **Pictures, charts, and graphs** to depict visually information presented in the chapter.

A Study Guide is also available. This workbook provides eleven *Personal Action Plans* in addition to behavioral objectives, questions for reflection/ discussion, student response exercises, vocabulary lists, and practice tests. Students who elect to use the Study Guide have been found to outperform those who do not by significant margins. We strongly recommend its use. Personal action plans allow you to put theory into practice in areas of your own personal growth. These self-regulation exercises are *the single most important feature of your Study Guide*. They make it possible for you to actively direct your behavior toward a more satisfying and effective lifestyle. See “Managing Growth” in Chapter One for an overview of the theory supporting the construction of these exercises.

Chapter Format

Each chapter contains these elements of the SQ3R plan:

- | | |
|----------|--|
| SURVEY | 1. A focus and a summary to interest and involve you in the topics to be presented. |
| QUESTION | 2. Headings designed to be converted into questions to give purpose and direction to your study. The summary is also drawn from the chapter headings, so that you can use it to turn each of the major portions of the chapter into questions for a final self-quiz. |
| READ | 3. Anecdotes and Point of Interest boxes to provide further insight into the psychology of adjustment. Each <i>anecdote</i> describes a fictional incident suggested by the text material, while each <i>Point of Interest</i> is either: (a) a research-based example, (b) a real-life case study, (c) a student response questionnaire or (d) an insight-provoking exercise. Selected readings are included to encourage you to read further in areas of interest developed in the body of the text. |

RECITE

4. **Review questions** are built into each major section to encourage you to think reflectively and to test your memory and understanding as you study your text.

REVIEW

5. A **summary** to draw together the ideas and supporting facts presented in the chapter. **Illustrations** highlight important information or provide human interest.

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