

Der Basisprozess Der Selbstregulation - Rajko Pfl¼gel

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Viele Forschungsbereiche beschftigen sich mit der Struktur des menschlichen Verhaltens. Der Umgang mit sozialen ngsten und der Selbstregulation stehen auch im gesundheitswissenschaftlichen Kontext. Die Verhaltensforschung, als eigene Wissenschaftsdisziplin versucht allgemein die Struktur des Verhaltens zu erklren. In den letzten zwei Jahrzehnten hat sich die Vorstellung, dass das Verhalten durch Selbstregulation beeinflusst werden kann, verfestigt. Diese Idee bildet die Grundlage dieser Arbeit. Es sollen die grundlegenden Prozesse der Selbstregulation aufgezeigt werden. Die Methode der Selbstregulierung soll hier als ein dynamisches Systemen vorgestellt werden, welches das menschliche Verhalten und Denken beeinflussen kann. Author: Pfl¼gel, Rajko Publisher: GRIN Verlag Illustration: N Language: GER Title: Der Basisprozess der Selbstregulation Pages: 00021 (Encrypted PDF) On Sale: 2011-01-01 SKU-13/ISBN: 9783640804023 Category: Medical : Reference

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