

## Self Regulation Theory How Optimal Adjustment Maximizes Gain

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### Self Regulation Theory How Optimal

Although Self-Regulation Theory is consistent with current behavioral, cognitive, and cognitive-behavioral models of adjustment, it goes beyond them by describing the problem-solving and solution-doing mechanisms that lead to optimal adjustments and maximal gains. This permits the theory to predict precise relationships between self-regulated gain towards goal attainment and the consequences of goal attainment.

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Mithaug's Self-Regulation Theory explains how people optimize their adjustments in order to

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maximize their gains toward getting what they want from their environments. Although the theory is consistent with current behavioral, cognitive, and cognitive-behavioral models of adjustment, it goes beyond them by describing the problem-solving and solution-doing mechanisms that lead to optimal adjustments and maximal gains.

## **Self-regulation theory: How optimal adjustment maximizes gain.**

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@inproceedings{Mithaug1993SelfRegulationTH, title={Self-Regulation Theory: How Optimal Adjustment Maximizes Gain}, author={D. E. Mithaug}, year={1993} } D. E. Mithaug Published 1993 Computer Science Contents Tables and Figures Introduction The Problem of Adaptation The Nature of Problem Solving The ...

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The author's self-regulation theory explains how people optimise their adjustments in order to maximise their gains toward getting what they want from their environments. It describes the reciprocal effects of human adjustment and environmental change.

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## **Self-regulation theory : how optimal adjustment maximizes ...**

Self-regulation theory (SRT) simply outlines the process and components involved when we decide what to think, feel, say, and do. It is particularly salient in the context of making a healthy choice when we have a strong desire to do the opposite (e.g., refraining from eating an entire pizza just because it tastes good).

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## **Optimal Regulation | The MIT Press**

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## **Self-Regulation | Psychology Today**

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## **Self-regulation theory : how optimal adjustment maximizes ...**

The four components of self-regulation theory described by Roy Baumeister are standards of desirable behavior, motivation to meet standards, monitoring of situations and thoughts that precede breaking standards, and willpower, or the internal strength to control urges.

## **Self-regulation theory - Wikipedia**

Details The Gaia hypothesis posits that the Earth is a self-regulating complex system involving the biosphere, the atmosphere, the hydrospheres and the pedosphere, tightly coupled as an evolving system. The hypothesis contends that this system as a whole, called Gaia, seeks a physical and chemical environment optimal for contemporary life.

## **Gaia hypothesis - Wikipedia**

Self-regulation includes both top-down (e.g., executive functions) and bottom-up regulation of thoughts, feelings, and behavior (Blair & Raver, Development and Self-Regulation; Zelazo & Cunningham, Development and Self-Regulation). For example, executive function includes attentional flexibility, working memory, and inhibitory control and is used to plan, organize, and problem-solve as well as to manage the regulation of emotions and behavior.

## **Development and Self-Regulation - McClelland - - Major ...**

In this article, you'll learn the ins-and-outs of this theory, including how to locate your optimal arousal and maximize your motivation. How the Arousal Theory of Motivation Works. Each and every person has a specific level of mental alertness—known as arousal—that results in optimal levels of motivation. When your arousal level drops below your optimal threshold, you become demotivated until your arousal spikes.

## **Arousal Theory of Motivation: Definition, Principles & How ...**

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In intrinsic regulation, the individual is self-motivated and self-determined, and driven by interest, enjoyment, and the satisfaction inherent in the behavior or activity he or she is engaging in. Although self-determination is generally the goal for individuals, we can't help but be motivated by external sources—and that's not necessarily a bad thing.

### **Self-Determination Theory of Motivation: Why Intrinsic ...**

Self-Regulation Theory by Dennis E. Mithaug, 9780275944223, available at Book Depository with free delivery worldwide.

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