



Adolescent Coping: Advances in Theory, Research and Practice (Adolescence and Society)

Erica Frydenberg

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Young people need to cope in a variety of settings, including school, home, peer groups and the workplace, and with a range of life problems such as examinations and parental divorce. This thoroughly revised and updated new edition of *Adolescent Coping* presents the latest research and applications in the field of coping. It highlights the ways in which coping can be measured and, in particular, details a widely used adolescent coping instrument.

Topics include the different ways in which girls and boys cope, coping in the family, how culture and context determine how young people cope, decisional coping, problem solving and social coping, with a particular emphasis on practice. Each topic is considered in light of past and recent research findings and each chapter includes quotations from young people. While topics such as depression, eating disorders, self-harm and grief and loss are addressed, there is a substantial focus on the positive aspects of coping, including an emphasis on resilience and the achievement of happiness. In addition to the wide-ranging research findings that are reported, many of the chapters consider implications and applications of the relevant findings with suggestions for the development of coping skills and coping skills training.

Adolescent Coping will be of interest to students of psychology, social work, sociology, education and youth and community work as well as to an audience of parents, educators and adolescents.

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