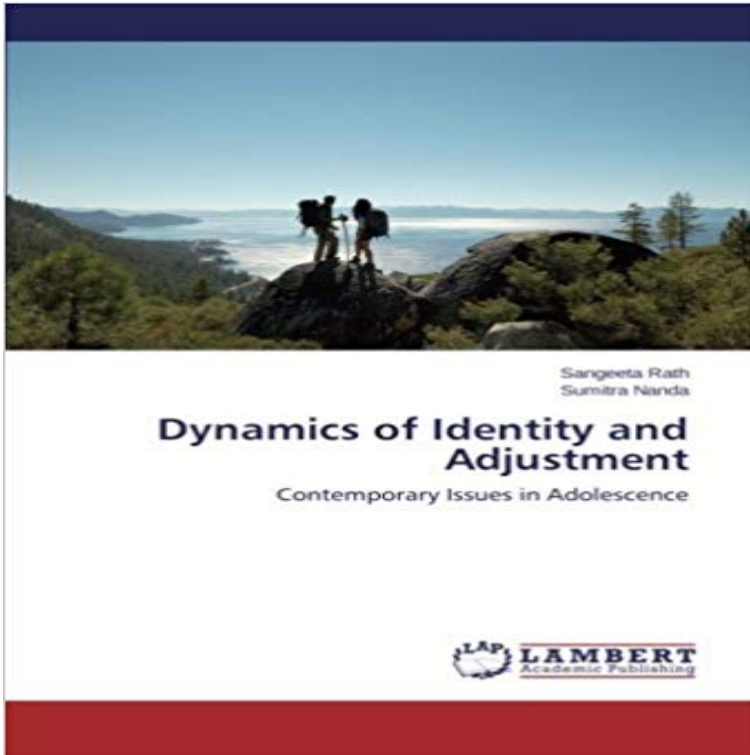


# Dynamics of Identity and Adjustment: Contemporary Issues in Adolescence



Adolescence is a developmental period of transition between childhood and adulthood. Self-understanding, identity exploration, adjustment and adaptation to increasingly complex demands of life are among the hallmarks of adolescent development. Success in adjustment has been linked to several characteristics including a sense of personal control, competence, positive emotions and personal resources. The book *Dynamics of Identity and Adjustment : Contemporary Issues in Adolescence* explores how the growing sense of personal control and self-esteem in adolescents as a result of academic achievement serve as a major personal force in their ultimate level of accomplishment. Based on the contemporary conceptual models and empirical data the book provides not only the theoretical inputs about the dynamics of personal identity and adjustment in adolescence but also the applied mechanisms of managing stress and using effective strategies of coping. It is intended that the book would serve the interest of a broad spectrum of users from diverse fields of Psychology, Education, Sociology, Home Science, Women studies and Developmental studies.

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