



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

Erica Frydenberg

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Adolescence is a time when coping is very important, since many new experiences and responsibilities are thrust upon individuals. 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 divorce and examinations. Erica Frydenberg provides an account of current research and thinking on coping, which is complemented by the voices of young people throughout the book. This book focuses on how young people cope with a range of life problems, and on the coping styles of particular groups, such as the gifted. She also considers the measurements of coping, and areas such as social support and depression. It should be of interest to students of psychology, social work, sociology, education and youth and community work as well as to an audience of parents and adolescents.

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