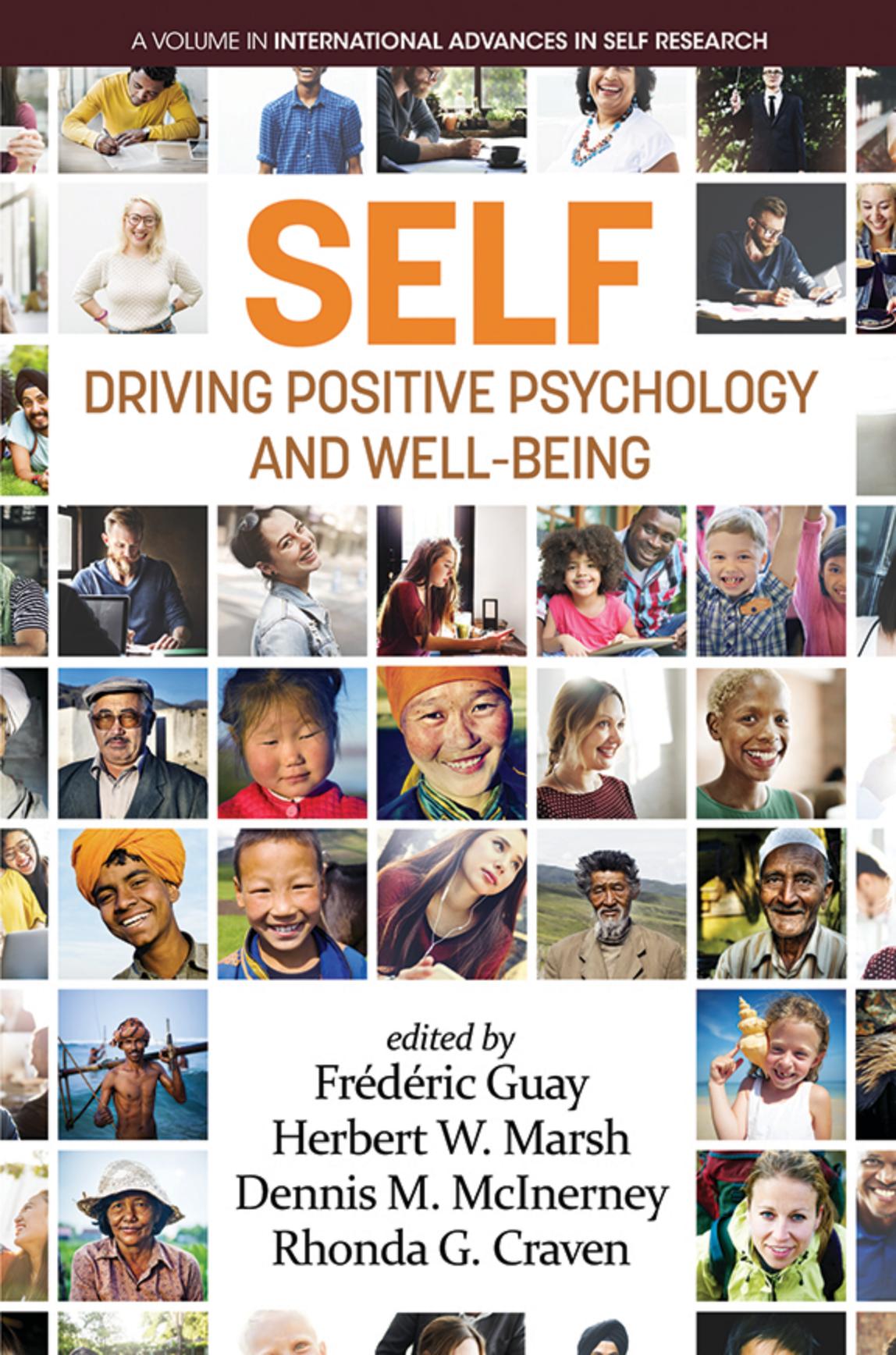


A VOLUME IN INTERNATIONAL ADVANCES IN SELF RESEARCH



SELF

DRIVING POSITIVE PSYCHOLOGY
AND WELL-BEING

edited by
Frédéric Guay
Herbert W. Marsh
Dennis M. McInerney
Rhonda G. Craven

SELF—Driving Positive Psychology and Well-Being

A volume in
International Advances in Self Research, Volume 6
Rhonda G. Craven, Herbert Marsh, Dennis M. McInerney, *Series Editors*

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PREFACE

Research on the Self relates to various phenomena including self-esteem, self-concept, self-verification, self-awareness, identity, self-efficacy, passion, autonomy, goals, etc., that are predictive of optimal functioning and well-being. Such a research endeavor is consistent with the positive psychology movement focusing on the scientific study of what makes people psychologically healthy, happy, and satisfied in their lives, as well as on their strengths and virtues. The positive psychology movement cultivates a sensible approach to optimal human functioning and well-being in various life contexts. Chapters in this volume will illustrate some of the best of the research on the interplay between the self and positive psychology, to show the potential of this research for transforming our societies. *Self—Driving Positive Psychology and Well-Being* thus provides a unique insight into self and its fundamental role for well-being. This is an important topic because different societies around the world are facing challenges that could be less optimal for their citizens' well-being such as poverty, health issues, school dropout, burnout, and marginalization. Trying to understand how the Self is shaped by the interpersonal and the societal milieus and how the self produce higher well-being is fundamental to increase our knowledge on well-being and to design intervention programs to help people who are the most vulnerable in our societies.

Articles in this issue address several important questions regarding the role of Self and well-being: Does perceived competence play a relevant role in at-risk children's academic, personal, and social well-being? Why students with the same potential react differently to challenges and obstacles they face? What are the implications of these reactions for their wellness? How

interests in various activities develop and how they are related to positive feelings? How self-concept is shaped in various scientific disciplines such as biology, chemistry, and physics and what are the gender differences on self-concepts? How interests and perceived ability explain choices to pursue a career in science, technology, engineering, and mathematics? How culture affects people's capacity to maintain their interests and to pursue their effort to attain their important life goals? How perceptions of health risks and benefits, self-efficacy, and motivation affect healthy behaviors? How parents foster students' needs satisfaction and their well-being as well as how cultures, political environments, and economic systems affect these important psychological processes? What is the optimal path to achieve well-being? Should we focus on positive illusions, embrace relationships or look at our hidden characteristics? How children's values and abilities develop and what are the best interventions to foster these positive beliefs associated with well-being?

Self—Driving Positive Psychology and Well-Being presents a collection of ground-breaking chapters that advance our knowledge on how the self is shaped by the context and how the self is important for well-being and various positive psychological states. Chapters in this volume will stimulate new research that will advance our understanding of the role of self in well-being.

—Frederic Guay
Herbert W. Marsh
Dennis M. McInerney
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