

Psychological Adjustment: Support, Resilience, Resources

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Introduction

The field of psychological adjustment is broad, encompassing how individuals adapt to life stressors, health conditions, and social environments, with numerous factors influencing this process. Current research underscores the importance of various personal and environmental resources in promoting well-being.

This research explores how perceived social support acts as a crucial link between self-efficacy and the psychological adjustment and quality of life for women diagnosed with breast cancer. Essentially, feeling supported helps these patients adapt better and experience an improved sense of well-being during their treatment journey [1].

This study examines the interplay between parental involvement, resilience, and psychological adjustment among adolescents. It highlights that resilience mediates the connection between parental involvement and better psychological adjustment, suggesting that supportive parenting fosters resilience, which in turn helps adolescents navigate challenges effectively [2].

This research delves into how resilience and specific coping strategies influence the psychological adjustment of individuals living with chronic kidney disease. It shows that both resilience and adaptive coping mechanisms are crucial for these patients to manage their condition and maintain better mental well-being [3].

This study investigates the link between fear of COVID-19, perceived social support, and psychological adjustment among university students. It finds that resilience plays a mediating role, meaning that feeling supported helps students build resilience, which in turn improves their psychological adjustment in the face of pandemic-related fears [4].

This research explores how acculturative stress, combined with social support, impacts the psychological adjustment of Chinese international students in the United States. It highlights that strong social support can buffer the negative effects of acculturative stress, helping students adjust more effectively to a new cultural environment [5].

This systematic review examines the significant role of spirituality and religious coping in the psychological adjustment of cancer patients. It consolidates evidence showing that engaging with spiritual beliefs and practices can provide a vital resource for coping with the challenges of cancer and fostering mental well-being [6].

This study explores how self-efficacy mediates the relationship between parental stress and the psychological adjustment of mothers caring for children with autism

spectrum disorder. It highlights that mothers with higher self-efficacy are better equipped to manage parental stress, leading to improved psychological well-being [7].

This research investigates the complex relationship between social media use and psychological adjustment in adolescents, considering the mediating role of 'fear of missing out' (FoMO) and the moderating role of perceived social support. It suggests that while social media can fuel FoMO, strong social support can buffer its negative effects on psychological adjustment [8].

This cross-sectional study examines the psychological adjustment and professional quality of life among healthcare workers during the COVID-19 pandemic. It sheds light on the significant mental health challenges faced by these frontline professionals and identifies factors impacting their ability to cope and maintain well-being amidst crisis [9].

This study uses latent profile analysis to investigate how different personality traits relate to psychological adjustment in adolescents. It reveals distinct profiles of personality that are associated with varying levels of successful psychological adaptation, offering insights into individual differences in coping and well-being [10].

The collective findings from these studies underscore the diverse factors and mechanisms that contribute to psychological adjustment across different demographics and challenging life circumstances. They provide a comprehensive overview of how internal strengths like self-efficacy and resilience, alongside external supports such as social networks and spiritual practices, are instrumental in fostering adaptation and improving quality of life. Understanding these intricate relationships is crucial for developing targeted interventions that can enhance mental well-being and adaptive capacities in vulnerable populations.

Description

Psychological adjustment is a critical area of study, exploring how individuals manage and adapt to life's demands and stressors. Research consistently points to a range of factors that either facilitate or hinder this process, affecting overall well-being and quality of life across various populations. The studies here offer a comprehensive look into these dynamics, from chronic illnesses to developmental stages and global crises.

A prominent theme across several studies is the pivotal role of social support in promoting psychological adjustment. For women undergoing breast cancer treatment, perceived social support is a crucial mediator, bridging self-efficacy and their psychological adaptation, leading to a better quality of life [1]. Similarly, among

Chinese international students in the United States, robust social support acts as a buffer against acculturative stress, enabling a more effective transition into a new cultural environment [5]. The impact of social support extends to adolescents dealing with social media use, where strong perceived social support can moderate the negative influence of 'fear of missing out' (FoMO) on their psychological well-being [8]. Even amidst the COVID-19 pandemic, social support was found to enhance university students' resilience, subsequently improving their psychological adjustment in the face of fear [4]. This underscores that a supportive social network is a powerful resource for coping with various life challenges.

Resilience also stands out as a key determinant of successful psychological adjustment. In adolescents, resilience mediates the connection between parental involvement and improved adjustment, indicating that active and supportive parenting cultivates this crucial trait, which in turn helps them navigate difficulties [2]. Beyond developmental stages, resilience, coupled with adaptive coping strategies, is vital for individuals managing chronic conditions like kidney disease, enabling them to maintain mental well-being despite their health challenges [3]. The interplay between social support and resilience is further highlighted in the context of pandemic fears, where perceived support aids in building resilience among university students, facilitating their psychological adaptation [4].

The research also addresses specific populations and unique stressors. Mothers caring for children with Autism Spectrum Disorder (ASD) experience significant parental stress, but higher self-efficacy mediates this relationship, empowering them to better manage stress and improve their psychological well-being [7]. Cancer patients, whether newly diagnosed or in treatment, often find solace and strength in spirituality and religious coping, which serve as vital resources for their psychological adjustment and mental well-being [6]. Furthermore, frontline healthcare workers faced immense mental health challenges during the COVID-19 pandemic, and studies have examined factors influencing their psychological adjustment and professional quality of life during such crises [9]. These studies illuminate the diverse contexts in which psychological adjustment is crucial and the varied mechanisms individuals employ to cope.

Beyond external factors and coping mechanisms, intrinsic characteristics like personality traits also influence adjustment. A latent profile analysis of adolescents revealed distinct personality profiles that are associated with varying levels of successful psychological adaptation, providing insights into individual differences in coping and overall well-being [10]. This suggests that personalized approaches may be beneficial in promoting adjustment.

In essence, these studies collectively illustrate that psychological adjustment is not a singular phenomenon but a dynamic process influenced by a complex web of social support, personal resilience, effective coping strategies, self-efficacy, and inherent personality traits, all interacting within specific contextual demands. Recognizing these interdependencies is fundamental for developing holistic interventions aimed at enhancing mental health and adaptive capacities across the lifespan and various health statuses.

Conclusion

This collection of research explores the multifaceted nature of psychological adjustment across diverse populations and circumstances. A recurring theme emphasizes the vital role of social support in fostering well-being. For instance, perceived social support significantly mediates the link between self-efficacy and improved psychological adjustment in women with breast cancer, aiding their adaptation and quality of life. Similarly, social support buffers the negative impacts of acculturative stress on Chinese international students, helping them navigate new cultural environments. Among university students, perceived social support

builds resilience, which then enhances their psychological adjustment when facing fears like COVID-19. Even with adolescents, strong social support can mitigate the adverse effects of social media use and "fear of missing out" on their psychological well-being. Resilience emerges as another critical factor. It mediates the relationship between parental involvement and better psychological adjustment in adolescents, suggesting that supportive parenting cultivates resilience, enabling them to manage challenges effectively. Resilience is also crucial for patients with chronic kidney disease, along with adaptive coping strategies, for managing their condition and maintaining mental health. Beyond social support and resilience, other factors contribute to adjustment. Self-efficacy plays a key mediating role, helping mothers of children with autism spectrum disorder manage parental stress and achieve better psychological well-being. Spirituality and religious coping offer significant resources for cancer patients to adjust to their diagnosis and treatment. Moreover, specific personality traits are linked to varying levels of psychological adjustment in adolescents. The unique challenges faced by healthcare workers during crises like the COVID-19 pandemic also underscore the importance of understanding factors affecting their psychological adjustment and professional quality of life. These studies collectively highlight the complex interplay of internal and external resources in promoting psychological well-being across various life stages and health conditions.

Acknowledgement

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Conflict of Interest

None.

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