



Psychologie der erlernten Hilflosigkeit (German Edition)

Ina Brandenburg

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Das Empfinden von Hilflosigkeit ist für alle Menschen eine normale und alltägliche Erfahrung. Dieses Gefühl kann sich jedoch nach belastenden Situationen soweit steigern, dass sich die betroffene Person selbst einfachsten Anforderungen des Alltags nicht mehr gewachsen fühlt. Dadurch erscheinen simple Aufgaben für den Betroffenen als unüberwindliche Barrieren, er verfällt in Grübeln und zieht sich zurück. Diese sogenannte erlernte Hilflosigkeit resultiert aus der wiederholten Erfahrung von Unkontrollierbarkeit und Versagen. Die betroffene Person hat gelernt, dass all ihre Bemühungen, die unkontrollierbare Situation zu überwinden, nicht zum gewünschten Ergebnis führen. Aus dieser Erwartung heraus reagiert sie mit Hilflosigkeit und erleidet bisweilen depressive Verstimmungen. Diese Studie analysiert das psychische Phänomen der erlernten Hilflosigkeit und gewährt dem Leser einen Einblick in die Mechanismen und Folgen des Störungsbildes. Die Autorin widmet hierbei besonders dem Vorkommen bei Kindern und bietet Erklärungen und Lösungsansätze

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