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Self-Regulation

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Synonyms

Behavioral control; Behavioral regulation; Effortful control; Self-control; Self-management

Definition

The term self-regulation “convey[s] the sense that self-corrective adjustments are taking place as needed to stay on track, whatever one’s current purpose is (whether overriding another impulse or simply reacting to perturbations from other sources), and that these corrective adjustments originate from within” (Vohs and Baumeister 2016, p. 3). Self-regulation is often used interchangeably with terms such as behavioral control, behavioral regulation, self-control, self-management, effortful control, and self-regulated learning (Boekaerts et al. 2000; Bronson 2000; Eisenberg et al. 2001; Post et al. 2006) and is a global term with multiple constructs. Self-regulation, like self-management, builds on the

use of other skills, such as self-instruction, or telling oneself what action to perform, self-reinforcement or self-punishment, administering a consequence that reinforces (increases) or punishes (decreases) the action, and then self-evaluation, determining the efficacy of the whole process (Alberto and Troutman 2009). Related research on self-regulation could include areas, such as inhibition, motivation, compliance, modulating emotion, impulsivity, hyperactivity, and attention.

Cross-References

- Attention
- Attention Deficit, Hyperactivity Disorder
- Behavior Rating Inventory for Executive Functions
- Disinhibition
- Executive Functioning
- Impulsivity
- NEPSY-II
- Posttraumatic Stress Disorder

References and Readings

- Alberto, P. A., & Troutman, A. C. (2009). *Applied behavior analysis for teachers* (8th ed.). Upper Saddle River: Pearson Education.
- Vohs, K. D., & Baumeister, R. F. (Eds.). (2016). *Handbook of self-regulation: Research, theory, and applications* (3rd ed.). New York: Guilford.