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## Learned Resourcefulness Coping Skills Self Control

**learned resourcefulness and coping with stress in mothers ...** - type ii (huang et al., 2008), learned resourcefulness may play a crucial role in adjusting to having and raising children with physical and intellectual disabilities. this study thus seeks to investigate the relationships between learned resourcefulness and coping strategies of mothers of children with disabilities. **learned resourcefulness: a conceptual analysis** - learned resourcefulness, is acquired through conditioning, modeling, experience, and instruction (rosenbaum, 1983). the repertoire of learned resourcefulness is a compendium of cognitive skills by which an individual controls the potentially disturbing effects that certain internal events, including cognitions, emotions, and **the effects of situation and learned resourcefulness on ...** - 442 learned resourcefulness and coping decreased their use of problem-focused coping, and were less likely to seek social support, or to emphasize the positive, and self-isolation, but increased ... **the relationship between learned resourcefulness, anxiety ...** - learned resourcefulness, anxiety, and depression levels (p