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Editorial

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ABSTRACT

The purpose of this issue of JCDP is to contribute to reflection on the importance of personal and contextual factors in promoting adaptation and psychological well-being along the life cycle. The studies, reported below, aim to investigate this issue starting from different perspectives and on populations of different ages, highlighting the need for greater and more effective preventive action.

Keywords: Psycho-Educational Training; Adaptation; Social-Emotional Competence; Parenting Styles; Depressive Disorders

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One of the main purposes of developmental psychology is certainly to foster adaptation and psychological well-being. Throughout the course of life there are many critical and stressful events that a person has to face. The ability to better manage their own internal resources, related for example to personality or temperament, together with external resources, such as parenting style or other socio-cultural factors, is essential to favor a more functional adaptation to the changes that occur.

Consistent literature (Ryan & Deci, 2017) has showed that a healthy and emotional development of children is encouraged by supportive social contexts, where the socialization agents (parents, teachers, co-workers, etc.) actively promote the satisfaction of children' basic psychological needs and support the development of their capacity for self-determination.

The influence that contextual and personal factors exert on the person is clearly present, in their own ways, in all the different age groups, in accordance with the developmental tasks typical of each period. This is equally true also in the context of disability (Forber-Pratt et al., 2019) or psychological disorders (Kupferberg et al., 2016). Certainly, it is necessary that from a more careful analysis of the mechanisms underlying a better adaptation and consequently higher levels of psychophysical well-being, new lines of intervention emerge, both in preventive and rehabilitative terms, in order to actively encourage psychologists, therapists and educators towards a more concrete and complex action to promote well-being (Ntoumanis et al., 2021).

In this perspective, we wish JCDP may contribute to the expansion of research on the importance of personal and contextual factors in promoting adaptation and psychological well-being along the life cycle.

This current issue of JCDP opens with the article "*Maternal Parenting Stress and Preschoolers' Social-Emotional Competence and Behavioural Difficulties: A Variable- and Person-Centred Approach*" by Cucinella, Canale, Iannello, Inguglia and Ingoglia. The article aims to deepen, through a variable - and person - centred approach, the relation between maternal parenting stress and pre-schoolers' psychosocial adjustment. The authors offer interesting points for reflection related to the differences in maternal parenting stress levels associated with the cluster memberships. The second article "*Mothers' Parenting styles and attitudes to food*", by Cuzzocrea, Vinci, Famulari and Andricciola, aims to investigate the role of some factors, as parenting style and socio-cultural factors, in contributing to the onset of eating disorders both in children and in pre-teens. The paper "*Developing the psicosexual knowledge of two adolescents with Special educational needs trough a psycho-educational training*", by Vinciguerra, Iacomini, Villani, Artoni and Cavallini, instead, aims to assess the efficacy of an intervention on sexual and relational

knowledge in adolescents with special educational needs and their families, offering new insights about the value of sexual and relational education for adolescents with intellectual disability. The fourth article “*Revision of the Student Adaptation to College Questionnaire (SACQ) for use with Italian Students*”, by Liga, Ingoglia, Lo Cricchio and Lo Coco, focuses on the psychometric properties in the Italian context of the SACQ, that can be considered as a promising and valuable instrument in measuring adjustment of college students. Finally, the article “*Perception of subjective time and affective temperament in patients with depressive disorders*”, by Silvestri, Zappone, Lombardo, Dritto, Agnoletti and Mento, aims to explore the possible correlation between the perception of time, the affective temperament, and the fear of covid-19 in patients with depressive disorders, offering interesting clinical insights.

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