Title: A survey of relationship between metacognitive beliefs and self-efficacy with mental health of M.A students

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Abstract:

Introduction: Mental health and survey of it's influencing factors has been the focus of many researchers. Examples of these factors are metacognitive beliefs and self-efficacy. On one hand metacognition has been surveyed as base of many psychological dysfunction and on the other hand, people should believe their ability to make these changes for changing the undesirable behaviours and choosing suitable hygienic behaviours, which lack of this belief disturbs the motivation of people to change the behaviours related to mental health. So this research has been done to survey relationship between metacognitive beliefs and self-efficacy with mental health of M.A students in Ferdowsi University of Mashhad.

Method: The method of this research is descriptive and is of correlation kind. For this purpose, 150 M.A students who are studying in 89-90 academic year in Ferdowsi University of Mashhad, were selected according to Sample Size Formula and using Stratified Random Method. They were assessed using metacognitive questionnaires of Velz(2000) including 30 options, General self-efficacy of Shrer(1982) including 17 options, and General Health of Goldberg(1979), 28-question Form. With regard to sightly hypotheses in this research, we used Descriptive Statistics methods (mean, standard deviation, correlation coefficient of Pearson) and Inference Statistics methods(independent t test, multiple regression with enter and stepwise method).Data analysis were done by Spss.16.

Findings: The results of Pearson correlation coefficient show that there is significant correlation between metacognitive beliefs with mental health of students(r=0/29, p<0/001). The other result of this research show that self-efficacy has significant relationship with mental health,too(r=-0/73, p<0/001). The results of enter regression analyze show that generally, %59 of mental health variance of all the studentas can be explained by metacognitive beliefs and self-efficacy. The results of regression analyze with stepwise method show that metacognition and self-efficacy for girls and only self-efficacy for boys have the capability of prediction of mental health (p<0/001). There has been no significant difference between the mean of girls' and boys' scores in three mentioned variables.

Results: Since mental health is one of the treatable topics nowadays and metacognitive beliefs and self-efficacy have the capability of prediction of this important issue, so the education systems should reinforce these two issues.

Keywords: Metacognitive beliefs, Self-efficacy, mental health, Ms students

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