

عنوان مقاله:

Effectiveness of Time Management Training on Nursing Students' Academic Achievement and Resilience

محل انتشار:

فصلنامه آینده آموزش پزشکی، دوره 11، شماره 1 (سال: 1400)

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خلاصه مقاله:

Background: This study aimed to evaluate the impact of time management training on female nursing students' academic achievement and their resilience. Methods: This was a pretest-posttest quasi-experimental study with ۳۰ female nursing students, selected randomly. All ۳۰ participants completed the Connor-Davidson Resilience Scale (CD-RISC), and assigned randomly in experimental (n=۱۵) and control (n=۱۵) groups. The experimental group participated in ۱۰ sixty-minute sessions of time management training, while the control group received no training. At the end of the training period, all participants recompleted CD-RISC. The data were analyzed using SPSS (V۲۴.۰) and MANCOVA. Results: The results showed that, based on the effect size, time management training predicts ۵۷% and ۸۰% of academic achievement and resilience variances, respectively. Conclusions: Time management training contributes in students' academic achievement and increases their resilience.

کلمات کلیدی:

Time Management Training, Academic achievement, Resilience, Nursing students

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