

## عنوان مقاله:

Effect of ACT on Work Procrastination and Work Performance

## محل انتشار:

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## خلاصه مقاله:

The purpose of this study was to investigate the effect of Acceptance and Commitment Therapy (ACT) on university employees' work procrastination and work performance. This was an experimental study with pretest-posttest control group design. In this study selected 56 employees by Krejcie & Morgan (1970) technique. They were completed Work procrastination (Metin, Taris, & Peeters, 2016) and work performance (McColl, Paterson, Davies, Doubt, & Law, 2000) questionnaires. Then 24 participants who got a high score in work procrastination and low score in work performance were chosen. They were then randomly assigned into experimental and control groups. After that, the experimental group participated in 7 sessions of acceptance and commitment therapy and the control group received no intervention. Both groups were given pre-test and post-test before and after the intervention, respectively. Data were analyzed using descriptive statistics (mean and standard deviation) and inferential statistics (multivariate analysis of variance). Results indicated that the treatment had a significant effect on reducing work procrastination ( $F = 6.57$ ;  $P < .05$ ), but had no effect on work performance.

## کلمات کلیدی:

Acceptance and Commitment Therapy (ACT), Work procrastination, Work performance

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