

عنوان مقاله:

The Effectiveness of Cognitive Emotion Regulation Strategies on Self-efficacy Dimensions in Married Workers of Shahid Beheshti Hospital in Shiraz

محل انتشار:

مجله گزارش بهداشت و درمان، دوره 5، شماره 2 (سال: 1398)

تعداد صفحات اصل مقاله: 9

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خلاصه مقاله:

Introduction: Self-efficacy refers to the judgment of individuals about their ability to perform a task or to adapt to a particular situation. In this vein, the purpose of this study was to investigate the effectiveness of training Grass's cognitive emotion regulation strategies on self-efficacy dimensions in married workers of Shahid Beheshti Hospital in Shiraz. Methods: In this semi-experimental study, ۴۰ married workers of Shahid Beheshti Hospital in Shiraz with mean age of ۴۰ who received a low self-efficacy score were selected and randomly divided into two groups of ۲۰ subjects including (۱) control and (۲) experimental groups. Then, in the experimental group, Grass's cognitive emotion regulation strategies were trained in eight ۹۰-minute sessions. Sherer's self-efficacy scale was used as self-efficacy questionnaire for pre-test and post-test. Data analysis was done using multivariate analysis of covariance (MANCOVA) in SPSS software at a significance level of $p \leq 0.05$. Results: It was found that there is a positive and significant relationship between the training of Grass's cognitive emotion regulation strategies and increased self-efficacy in married workers of Shahid Beheshti Hospital ($p = 0.0001$). Conclusion: It seems that by training cognitive emotion .regulation strategies, an individual may find the desire to use his/her capabilities

کلمات کلیدی:

Cognitive Regulation, self-efficacy, Hospital Workers

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<https://civilica.com/doc/1907752>

