

عنوان مقاله:

Meta-Analysis and Comparison of the Effectiveness of Therapeutic Interventions based on the Second and Third Psychological Waves on Academic Burnout

محل انتشار:

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خلاصه مقاله:

Background: In recent years in Iran, several studies have examined the effectiveness of therapeutic interventions based on the second and third psychological waves on academic burnout. Objectives: The aim of this study was to integrate the results of these studies and compare the impact of these interventions on academic burnout. Methods: The research method is meta-analysis. The study population includes all scientific research articles published in Iran that have been performed in the field of effectiveness of second and third wave psychological interventions for academic burnout. The sample size includes scientific research articles that have been published between ۲۰۱۶ and ۲۰۲۱ and have the necessary conditions in terms of methodology. The research tool is a content analysis checklist by examining the magnitude of the effect of each of the second and third wave psychotherapies. The effect size scale was the mean difference and the statistical analysis was performed with Comprehensive Meta-Analysis software (CMA-۲). Results: The results showed that the average size of Cohen's effect in the second wave studies was $d = ۲.۴۶۰$ and in the third wave studies was $d = ۲.۰۸۰$ ($p < ۰.۰۱$). According to Cohen's interpretation table means the size of the effect is large or high. Also, the results did not show a significant difference between the effect size of second wave studies and third wave studies ($p > ۰.۰۵$). Conclusion: Therefore, it can be stated that based on the results of this meta-analysis, therapeutic interventions based on the second and third psychological waves is effective in improving the learners' academic burnout.

کلمات کلیدی:

Meta-analysis, Systematic review, burnout, psychological intervention

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