

عنوان مقاله:

The effect of time-management training on test-anxiety and self-efficacy of Iranian intermediate EFL learners

محل انتشار:

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خلاصه مقاله:

The present study aimed to examine the effect of time-management training on Iranian EFL learners' test-anxiety and self-efficacy. A quasi-experimental design was used. The study was carried out in Tabriz Azad University and University of Applied Sciences and Technology. Thirty-eight BA students majoring in TEFL who enrolled in the above mentioned context in the academic year 1390-1391 participated in the study. The instruments used in the study were Time-Management Behavior Scale constructed by Macan, Shahani, Dipboye, et al. (1990), General Self-Efficacy Scale constructed by Jerusalem and Schwarzer (1992) and Westside Test-Anxiety Scale constructed by Driscoll (2007). The results indicated that there was a significant difference between the mean scores of experimental group's test-anxiety before and after time-management training and also there was a significant difference between the mean scores of experimental group and control group's test-anxiety after intervention. These findings also apply to the mean scores of self-efficacy. Therefore, it can be concluded that time-management training affects EFL learners' test-anxiety and self-efficacy. The findings of this study have some implications for researchers, teachers, universities and institutions.

کلمات کلیدی:

time-management; training; test-anxiety; self-efficacy; Iranian EFL learners

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