

عنوان مقاله:

Effectiveness of smart training on self-efficacy and self-regulation in science course of Fifth Grade students of primary schools

محل انتشار:

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خلاصه مقاله:

Aim: The purpose of this study was to evaluate the effect of smart training on self-efficacy and self-regulation in science course of male students in the Fifth Grade of primary schools of Sabzevar. **Methods:** This research was semi-experimental study using pretest-posttest with control group. Population included all male students in the Sixth Grade of primary schools in 2014. The sampling method in this study was a random cluster, and the sample size is equal to 56 (28 persons are present in the experimental group and 28 persons in the control group). The required data were collected using general self-efficacy and Boufard's self-regulation scale. The experimental group received science course by smart teaching and control group received by traditional methods. The research was carried out for one semester. SPSS software (IBM Company in USA), descriptive statistics, and covariance analysis were used to analyze data. **Results:** The results showed that there are significant differences between the scores of the two groups, and smart training increased the self-efficacy and self-regulation more than traditional methods. **Conclusion:** Based on results of this research, smart schools cause the development of self-efficacy and self-regulation more than traditional schools, and smart schools prepare students to face mental and environmental challenges and damages by self-efficacy and self-regulation skills.

کلمات کلیدی:

Self-efficacy, self-regulation, smart training

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