The Relationship Early Maladaptive Schemas of Students with Their Social anxiety and Academic Burnout (A Canonical Correlation)

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Introduction

Students are the future capital of the country and it is important to pay attention to their academic problems. Some students have problems such as social anxiety and academic burnout .Social anxiety is the fear of social situations that involve interaction with other people. Academic burnout can be defined as a negative emotional, physical and mental reaction to prolonged study that results in exhaustion, frustration, lack of motivation and reduced ability in school. A variable in related to social anxiety and academic burnout is early maladaptive schemas. An early maladaptive schema is a pervasive self-defeating or dysfunctional theme or pattern of memories, emotions, and physical sensations, developed during childhood or adolescence and elaborated throughout one's lifetime, that often has the form of a belief about the self or the world. According to what was said, the purpose of this study was to investigate the relationship early maladaptive schemas of Students with their social anxiety and academic burnout.

Method

The research was descriptive correlational study. The statistical population included all secondary high school girl students of Ramsar City who were educated in the academic years 1397-1398. There are 1238 students in the statistical population. 288 students of the population were selected by multistage cluster sampling according to Morgan table. At first 6 secondary high schools were randomly selected among all secondary high schools of Ramsar city. Then from each secondary high school, 2 classes

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were randomly selected. Data gathering tools included three quastionnaires: early maladaptive schema questionnaires by Yang and Brown (1999), educational burnout questionnaire by Breso et al (2007) and Jerabek social anxiety questionnaire (1996). This study describes the data collected from a variety of statistical indices including descriptive statistics including mean, standard deviation, and formulation of tables. In the inferential statistics section, the canonical correlation model was used to test the research hypotheses

Results

The results showed that the variables of early maladaptive schemes and educational burnout and social anxiety sets were significantly correlated with canonical correlations.

Discussion

According to the results, we can understand that early maladaptive schemas play an important role in the occurrence of other variables. Therefore, the directors of the Education Organization and people who are related to this field can use these results and improve the psychological status of students through continuous consultation with students in order to reduce their pressures and improve students' academic and social performance to help the community.

Keywords: Early maladaptive schemes, academic burnout, Social anxiety, canonical correlation, Students