

Comparison of styles of coping with stress, meta-cognitive beliefs and test anxiety in theoretical and practical students

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Abstract The aim of this study was to compare the styles of coping with stress, meta-cognitive beliefs and test anxiety in the students of the theoretical field and his colleagues in Rasht city. The post-event research project is comparative. The statistical population of the study consisted of all female theoretical school students and their college students in district 1 of Rasht, who study in the academic year of 1996-95. The sample size is 200 people. The sample includes 100 theoretical students and 100 students. Data were gathered using the Endless and Parker Crisis Stress Questionnaire (MCTS-30), Cartwheathe Town Questionnaire (WHA), and Test Anxiety Inventory (TAI) .In order to analyze the data, Descriptive (mean, standard deviation) and inferential statistics, independent t-test and multivariate analysis of variance were used.All statistical analysis in this study was performed using SPSS software.Analysis of the data showed that The difference between styles of coping with stress, meta-cognitive beliefs and test anxiety in students of theoretical, work and knowledge fields with Lambda and wilk, $F = 15.58 = (5.181) = 0/699$ was statistically significant (P

Keywords : Keywords: Stress coping style, metacognitive beliefs, exam anxiety.

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