

# **Predict The Dimensions Of Academic Burnout Based On Self-Management And Spiritual Well-Being In High School Students In Rasht**

Shojae poor akbar sesari\*,

**The Main Purpose Of This Study Is To Predict The Dimensions Of Academic Burnout Based On Self-Management And Spiritual Well-Being In High School Students In Rasht. The Method Of This Study Is Descriptive And In Terms Of Research Method, Correlation Type. The Statistical Population Includes All Male Students First, They Were High School Students In The Academic Year Of 1397 Using Morgan's Table, 270 People Were ed For This Sample And Included Their Self-Containment Questionnaires By Tangy Bamster And Wang (2004), Pallotzin And Ellison (1982), Educational Burnout, And Colleagues (1997). For Data Analysis, Pearson Correlation Coefficient And Multivariable Regression In Software SPSS 19 Was Used. The Results Of The Regression Coefficient Show That Students Predict Religious Well-Being, Self-Control, And Existential Well-Being. The Results Of Correlation Coefficient Showed That There Is A Negative And Significant Relationship Between Self-Management Score With Total Score Of Academic Burnout And Extreme Fatigue, Pessimism And Incompetence (P**

**Keywords : Academic Burnout, Self-Management, Spiritual Well-Being.**

[Islamic Azad University, Rasht Branch - Thesis Database](#)  
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)