

Investigating the relationship between goal orientation and emotional regulation strategies with academic burnout among students of Islamic Azad University Rasht Branch

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The motivational and emotional process can be a psychological factor in students' academic burnout. The purpose of this study was to investigate the relationship between goals orientation and emotion regulation strategies with academic burnout among students of Islamic Azad University of Rasht. The research method was descriptive correlational. The statistical population of this study included all students of Islamic Azad University of Rasht, in the first semester of the academic year of 2018, with 12,000 students. this 370 samples were ed based on Morgan table and randomly ed by cluster sampling method. the questionnaire of academic burnout Salmla-Aru and Nathanen (2009), The direction of Eliot and McGregor's goal (2001) and the emotional adjustment strategies of Gross and John (2003) were completed. The data were analyzed using Pearson correlation coefficient and multiple regression. The results showed that between the total score of orientation goals and the components of the orientation of mastery-approach, functional-approach and mastery-approach; the total score of emotion regulation strategies and the components of revaluation and inhibition indicated a negative correlation with the academic burnout score; and The functional-avoidance orientation component has a positive and significant relationship with academic burnout score (P

Keywords : Academic burnout, Goal orientation, Emotional regulation

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