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ABSTRACT

The purpose of this study was to investigate the relationship between stress, meta-cognitive beliefs and psychopathology with perceived self-efficacy in emergency medical staff of Bushehr province. The method of this research is descriptive correlational. The statistical population of this study is all medical personnel of Bushehr province in 2016, numbering about 160 people. The sample of this research consists of 141 people from the mentioned society. A simple random sampling method was used using Morgan's table. The tools used in this study were Perceptual Stress Questionnaire, Metacognitions Questionnaire (MCQ-30), SCL-90-R and self-efficacy scale (1982). The results showed that there is a negative and significant relationship between stress and perceived effectiveness in emergency medical personnel. There is a significant positive correlation between metacognitive beliefs and perceived self-efficacy in emergency medical personnel. There is a negative and significant relationship between psychopathology and perceived self-efficacy in emergency medical personnel. The metacognitive beliefs, psychopathology and stress are predictive of perceived self-efficacy in emergency medical staff, respectively.

REFERENCES


Perceived stress and self efficacy among college students: a global review, reny p.VARGHESE, t. selvin jebaraj NORMAN2 & h. samuel THAVARAJ3. Life Skills Trainer & Research Scholar, Gandhigram Rural Institute - Deemed University, Gandhigram, Tamil Nadu, India 2 3. Mild stress may be beneficial in cognitive tasks and performance, while persistently high stress may lead to anxiety and depression. Perceived stress says how much a person is stressed, at a given point of time or over given time period. Perceived Stress and Self Efficacy among College Students: A Global Review. Journal of Personality and Social Psychology 53: 603–607. 42. Pintrich, P. R., & Schrauben, B. (1992). Metacognition about Interception and Allostatic Self-Efficacy. Self-efficacy is a concept of self-evaluation and
behavioral change which holds that humans not only have expectations with regard to the outcome of chosen actions, but also self-oriented expectations concerning whether they can successfully execute these actions (Bandura, 1977). While perceived low self-efficacy likely represents an inevitable consequence of persistent dyshomeostasis, various protective factors may prevent its spread to other cognitive domains and block the generalization to hopelessness. Perceived self-efficacy is defined as people's beliefs about their capabilities to produce designated levels of performance that exercise influence over events that affect their lives. Self-efficacy beliefs determine how people feel, think, motivate themselves and behave. Such beliefs produce these diverse effects through four major processes. They include cognitive, motivational, affective and selection processes.