



The effect of mindfulness-based stress management training on the academic optimism of female students with exam anxiety in the second secondary level of Boushehr during the Corona pandemic

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Abstract

The aim of the present study was the effect of mindfulness-based stress management training on the academic optimism of female students with exam anxiety in the second secondary level of Bushehr during the Corona pandemic. The present research method is semi-experimental with a pre-test and post-test design with a control group. The statistical population of the present study consisted of 3040 female students of the second secondary level of Bushehr city. The sample size of this research includes 40 people, which was obtained through cluster sampling. The data collection tool in this research was Masoomian et al.'s mindfulness-based stress management training protocol (2013), Moran et al.'s academic optimism questionnaire (2013), and Friedman's exam anxiety (1997). In order to analyze the data, the covariance analysis test was used and the results showed that stress management training based on mindfulness improved each of the components of academic optimism, i.e. students' trust in teachers, academic emphasis and school unity in the subjects of the experimental group. compared to the control group.

Keywords: stress management training based on mindfulness, academic optimism, exam anxiety.

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