

ТАБЛИЦА 7
Влияние на локализацията на контрола върху Аз-ефективността

TABLE 7
THE LOCUS OF CONTROL'S INFLUENCE ON SELF-EFFICACY

Локализация на контрола	Средна стойност	Стандартно отклонение	Значимост
Вътрешна 59	32,6	5,0	F = 17,8
Външна 85	28,9	5,4	p = 0,000

ОБСЪЖДАНЕ

Настоящото изследване си постави за цел да проучи ефектите на локализацията на контрола и Аз-ефективността върху прокрастинационните поведения на студенти. Данните от нашето проучване разкриват умерено изразена корелационна връзка между локализация на контрола и прокрастинация. Резултатите от представените изследвания в литературата са противоречиви, едни автори установяват такава връзка (Batubara 2017; Dervishalaj & Xhelili 2013; Janssen & Corton 1999; Rudmik 1999; Spatz 2001), докато други не успяват да установят (Philips 2012; Prochazka, et al. 2014).

Наличието на умерено изразена отрицателна корелационна връзка между Аз-ефективност и прокрастинация е в съответствие с цитираните литературни източници (Chow 2011; Harrison 2014; Klassen et al. 2008).

Данните от проведените еднофакторни дисперсионни анализи разкриват, от една страна, ефектите на локализацията на контрола и Аз ефективността върху прокрастинацията, а от друга страна – влиянието на локализацията на контрола върху Аз-ефективността.

В заключение, получените резултати от настоящето проучване подкрепят хипотезите на изследването. Според тях локализацията на контрола може директно да е свързана с прокрастиационните поведения на студентите и индиректно чрез влиянието си върху Аз-ефективността.

Данните от изследването могат да са полезни в психотерапевтичната практика,

с цел повишаване равнищата на Аз-ефективността и вътрешната локализация на контрола.

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