

Investigating the State of Self-Expression and its Relationship with Adjustment and Self-Efficacy of Students: Evidence From a Cross-sectional Study in Southern Iran



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Abstract:

Introduction: The ability to express themselves, adjustment, and self-efficacy play an important role in the academic success of students. The purpose of this research was to investigate the state of self-expression and its relationship with adjustment and self-efficacy of University students of Medical Sciences in 2024.

Methods: This descriptive-analytical cross-sectional study was conducted on 290 students of various fields studying in the first semester of 2023-2024. Data were collected using standard self-expression, adjustment, and self-efficacy questionnaires. Data were analyzed with SPSS software version 23 using descriptive and inferential statistics, and t-test, ANOVA, and Pearson's correlation coefficient were performed at a 5% significance level.

Results: The mean and standard deviation of self-expression, adjustment, and self-efficacy of the students were respectively 92.48 ± 17.36 out of 200, 123.87 ± 15.94 out of 335, and 48.31 ± 11.25 out of 85. This indicates the average level of self-expression and self-efficacy, as well as poor adjustment. Also, a statistically significant direct correlation was observed between self-expression with adjustment ($p=0.002$, $r=0.328$) and self-efficacy ($p<0.001$, $r=0.516$).

Conclusion: Self-expression and self-efficacy were estimated at a medium level, and adjustment was estimated at a low level. Based on the results, with the improvement of self-expression, the students adjustment and self-efficacy will improve. Therefore, it is suggested that the officials of the university provide the conditions for improving the self-expression of students through educational workshops and increase their self-confidence and self-esteem. Subsequently, paying attention to the needs of students and trying to solve their problems will help to reduce incompatibility.

Keywords: Self-expression, Adjustment, Self-efficacy, Student, Data, Self-confidence.

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HUMAN AND ANIMAL RIGHTS

All human research procedures followed were in accordance with the ethical standards of the committee responsible for human experimentation (institutional and national), and with the Helsinki Declaration of 1975, as revised in 2013.

CONSENT FOR PUBLICATION

The informed consent was obtained from all the study participants.

STANDARDS OF REPORTING

STROBE guidelines were followed.

AVAILABILITY OF DATA AND MATERIALS

The data of current study are available from author, [S.B], on a reasonable request.

FUNDING

None.

CONFLICT OF INTEREST

The authors declare no conflict of interest, financial or otherwise.

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