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Assertiveness, anxiety symptoms and psychological empowerment levels of the medical students and their relationship with academic procrastination

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Introduction & Objectives: Procrastination has its negative impact on the learning process as well as the academic achievement. Our aim is to investigate the association of psychological empowerment, assertiveness and/or anxiety symptoms with academic procrastination among medical students.

Methods: Our sample comprised of 99 MBBS students, of the total of students in RAK Medical University chosen randomly based on their online responses to questionnaires sent to their e-mails. The sample answered a self-report questionnaire including demographic data, the Academic Procrastination Scale (APS) developed and validated by McClosky 2012, the Rathus Assertiveness Schedule (RAS), the Generalized Anxiety Disorder Assessment (GAD-7) and the Psychological Empowerment Scale (PES) constructed by Spreitzer.

Results: Around 73% of the sample were females, 74% non-Arabs and the mean (SD) age was 20.13 (1.45). The mean (SD) scores of the APS, RAS, GAD-7 and PES were 73.92 (19.46), -2.86 (24.64), 6.98 (5.42), 50.18 (9.14), respectively. There were no gender and no nationality differences found for any of the aforementioned constructs. APS was significantly positively correlated with GAD-7 ($r=0.255$), significantly negatively correlated with RAS ($r=-0.299$), and significantly negatively correlated with PES ($r=-0.347$) and three of its subscales (competence, self-determination and impact). In stepwise linear regression only PES predicted APS (standardized Beta=-0.282) controlled for sex, age and nationality.

Conclusion: Improving the psychological empowerment of the medical students through coaching is recommended to change their procrastination habits during the academic year.

Biography

Mustafa Afifi has completed MBChB, MMed, 3 PG Diplomas, a Doctorate in Public Health and a Masters in Medical Education. He has worked as a Consultant for the Ministry of Health in Oman and UAE and worked as an Assistant Professor in RAK Medical University. He is currently working as an Associate Professor in Jumeira University. He has many publications in gender issues, women health, adolescents health and non-communicable diseases and mental health.

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