The Relative Contribution of Cognitive Distortions, Perceived Academic Social Support and Self -Compassion in Predicting Psychological Academic Immunity among Fayoum University Students

Abstract:

The current study aimed at identifying the correlation between psychological academic immunity, Cognitive Distortions and its factors , perceived social support scale and its factors and self -compassion scale and its factors at the faculty of education, Fayoum University. Besides, It aimed at knowing the relative contribution of Cognitive Distortions, perceived academic social support and self -compassion in predicting psychological academic immunity of the participants. The researcher prepared and administered scales of psychological academic immunity, Cognitive Distortions, perceived social support and self-compassion . The participants consisted of (250) students at the faculty of education, Fayoum University. The researcher employed many statistical techniques such as explaratory factor analysis, confirmatory factor analysis, "pearson" correlation, and regression analysis .

The study results indicated that there is a statistically significant negative correlation between psychological academic immunity and cognitive distortions. In addition, there is a statistically significant positive correlation between psychological academic immunity , perceived social support and self -compassion. The study also found that the factors of cognitive distortions (personalization and magnification), perceived social support scale and factors of self -compassion (mindfulness – self kindness) attributed in predicting psychological academic immunity of the participants. The model explained (52.2%) of the total variance of psychological academic immunity.

Key Words : Cognitive Distortions- Perceived Academic Social Support- Self Compassion- Psychological Academic Immunity.