

Prediction of insufficient self-discipline schema based on achievement motivation, the meaning in Life, and difficulties in emotion regulation in students

Samira Gaeeni*

Shahrzad Saravani**

Majid Zargham Hajebi***

Introduction

Lack of discipline in learners in line with individual learning goals is the most common challenge which teachers around the world face it, and this issue has long been at the level of international research. Many studies consider the lack of self-discipline due to early maladaptive schemas. Because people with insufficient self-discipline schema are unable to control their emotions and impulses, failure in many areas of life is their main characteristic. Studies have shown that self-disciplined individuals have good motivation to achieve academic achievement, in addition the greater the amount and intensity of maladaptive schemas, the less meaningful life will be, and also people with early maladaptive schemas have difficulty regulating their emotions. This study suggests that achievement motivation, meaning in life, and difficulty in emotion regulation could be effective in predicting insufficient self-discipline maladaptive schema.

Method

This was a descriptive-correlational study. The research proposal was approved by the ethics committee. The statistical population included students studying at the Islamic Azad University of Qom, of which 368 individuals were selected as the sample by random cluster sampling. Data were collected

* MD, Department of Psychology, Qom Branch, Islamic Azad University, Qom, Iran.

** Assistant Professor, Department of Psychology, Qom Branch, Islamic Azad University, Qom, Iran. *Corresponding Author:* shahrzad_saravani@yahoo.com

*** Associate Professor, Department of Psychology, Qom Branch, Islamic Azad University, Qom, Iran.

using Young et al. Schema Questionnaire, Hermans' Achievement Motivation Questionnaire, Steger et al. Meaning in Life Questionnaire, Gratz and Roemer' Difficulties in Emotion Regulation Scale, and were analyzed by SPSS software version 20 using Multiple Regression and Pearson Correlation.

Results

The results indicated that achievement motivation variable has a negative and significant relationship with insufficient self-discipline due to maladaptive schema ($p < 0.05$). The subscales of meaning in life have negative and significant relationships with insufficient self-discipline due to maladaptive schema ($p < 0.05$). The 5 subscales of difficulties in emotion regulation have positive and significant relationships with insufficient self-discipline due to maladaptive schema ($p < 0.05$), and lack of emotional clarity has no significant relationship with insufficient self-discipline due to maladaptive schema ($p < 0.05$). Finally, the variables of achievement motivation, the meaning in life, and difficulties in emotion regulation predicted about 52.5% of insufficient self-discipline due to maladaptive schema.

Conclusion

People with insufficient self-discipline due to maladaptive schema may feel absurd in life and may not find meaning in life, so when tasks are routine and uniform, or things are difficult or uninterested, they have low motivation to move forward because they do not see the meaning behind it, and they find it difficult to regulate their moods and emotions.

Keywords: early maladaptive schema, insufficient self-discipline, achievement motivation, meaning in life, emotion regulation

Author Contributions: Samira Gaeeni, collaboration in general framework planning, content editing and analyzing, submission and correction. Dr. Shahrzad Saravani, general framework planning, selection of approaches; final review and corresponding author. Dr. Majid Zargham Hajebi, comparison of approaches and conclusions. All authors discussed the results, reviewed and approved the final version of the manuscript.

Acknowledgments: The authors thank all dear students and professors who have helped us in this research.

Conflicts of Interest: The authors declare there is no conflict of interest in this article. This article extracted from the M.A. thesis, with the guidance of Dr. Shahrzad Saravani and with the consultation of Dr. Majid Zargham Hajebi.

Funding: This article did not receive financial support.
