

Investigating the Relationship between Baximal Time Management and Resilience of School Managers of the City of Oshtorinan

Dr. Mohammad Jafar Mehdian

Assistant Professor of Islamic Azad University,
Boroujerd.

Fatemeh Shiroyeh

Graduate Student of the Islamic Azad University
of Boroujerd.

Negin Sadat Khasseh

Graduate Student of the Islamic Azad University
of Arak.

Abstract:

The purpose of this study was to investigate the relationship between time with perfectionism and resilience of school principals in Oshtorinan schools. The research is applied in terms of purpose and in terms of nature and descriptive / correlational method. The statistical population of the study populates 85 N = members of the secondary and elementary school administrators in the academic year of 96-96, which, using the Krejci and Morgan sample size determination table, are selected by stratum sampling method as sample. To collect data, resilient software officers (2003), Azizi Moghaddam's standard questionnaire (2006) and co- operation questionnaire (2004) were used. The collected data were analyzed using descriptive and inferential statistical tests, including Colombov-Smirnov test for normal data distribution and Pearson correlation coefficient of multivariate variation using SPSS software analyzed. The findings of their research suggests that the management of its time and time management, targeting, prioritizing activities, operational planning, management management and management of meetings with perfectionism. But there was no relationship between delegation with perfectionism. There is a positive relationship between time management and its components, targeting, prioritizing activities, communication management and meetings management with resilience. But there was no

relationship between operational planning and resilience. According to the findings of the research, it seems that its time management and its components had a significant contribution to the explanation of perfectionism and resilience.

Key words: Time management, perfectionism, resistance, school administrators, Shahrstarin.

1.1 Research Introduction

The man as a complex multi-dimensional inventory, despite its vulnerability and restrictions, have special and unique capacity and flexibility that the childhood constitutes a cope with its peripheral injuries.) Schroeder and quotes, quoted by Firooz Luck, 1380.

Determining the factors that are used with family-specific aspirations as a reflection of the resiliency researchers. The concept of psychological concept that explains how individuals or unexpected situations come along. The resilience means the stress against stress, the ability to return to normal and survive and efforts during the conditions of the non-unquestionable conditions (2004); according to Joy 2009.) Perfectionism is among other variables associated with time management. Historically, the concept of perfectionism has been considered as a psychological category of attention from many psychologists). Hornay, 1950.) Perfectionoriented people consider very high criteria for success, and they are not going to be ambitious goals, their themselves They screw up all the world's case with the law of all or no. For perfectionists, the result is complete or complete failure or complete success. In general, perfectionism is one of the characteristics that can be constructive, both negative and destructive. In today's world, experts believe that it does not spend enough of having capital and knowledge to achieve success, so one of the effective factors in the way of achieving the success of the correct use of time, calling it in management of time, calls time and time control and time control, experts to different skills of management In this chapter, the issue of the issue, the importance and necessity of conducting research, goals and

hypotheses, the realm of research and definition of concepts.

1.2 Statement of problem

The contamination of the natural or instinctive capacity is placed in the formation of creation in most people, in such a way that each one of the more people has the ability to turn against harm.

But the truth is that it can not be spent on having such an ability to dictate that man in practice also exhibited allegiance behaviors. In fact, the resilience should be made in the environment that has been in the context of the resilience breeder characteristics). Handoredon, 2002 (. A widespread concept resilience that researchers have made different definitions of which each of the funds Rutter) 1991) Resilience is a dynamic process that balances between risk factors and factors The internal and external protection and the release of the events and events of life provide a description. Resilience is the ability of individuals in environmental compatibility, despite the risk of risk factors. Risk factors are negative conditions and situations that are related to negative consequences and behavioral problems) Gomezo McAnran, 2001.) In management of the time priorities, it has a lot of wolvite with the work of the work that is urgent and urgent Success in the correct management of time depends on the recognition of important work) Tracy, 2000; Ahmadi,

2003.) According to Boferd et al. (1983) and Rhinor and Annin, 1983) Some people will take better tasks that need long time. These people are in a high level of hardiness at a high level and step by step towards the goal of moving. In various research, it has been shown that people who have a painsty, such as the phoard and the creator, are able to use it. Attacking the new experts, they believe that the requirements for the effectiveness of managers apply time management. The most important and most important assets of each organization are their employees, and the most precious assets of a human being also has a very short time in life. Therefore, the most rare component of the resources is that, if used

properly, changes and timely transformation in the organization of the organizational pillars). Mean, 1373.) The correct management of time is the basic factor in the success of each organization. What has not been paid so far so far. Time management is more than the administration of activities over time. Time management is a collision management, which includes planning, organizing, implementation and controlling skills)Jewelzadeh, 2005.) According to the high content between time management with perfectionism and resiliency. Therefore, in this research, it is tried to answer this question, which is between time management with low time ?

1.3 The Research Goals and Goals

1.4 Definition of time management variables:

Those capabilities and skills that lead to optimal time control by the individual) Pour Zahir, 1380.) The time management in this research has six components: targeting: the goal is the desired result of its organizational behavior. Operational planning: In operational planning, minor goals are available in the form of operations program, and the means to achieve goals, components. The operational program can be predicted for the achievement to certain targets, due to the facilities and all overlooks in comprehensive planning. Delegation: Delegation in the organization is to transfer supervisors.) Deler Gray, civil,

1366.) In this study, the assignment of activities to other coopers who can do it and do not need to do them by the manager. Communication Management: Relationship, and the conceptual or transmission of meanings between individuals and groups. Activation and cooperation in the organizational environment of the Enterprise Environmental Environmental Toma is trusted by the Medico Employee Verbal and Islands are communicated in the optro.)

Resilience: The resilience has defined the ability or consequence of successful compatibility with the threat terms) Giroga and Master 1991;

Paralysis 2001) It has said that the positive adaptation of the individual in response to the unfortunate harm conditions of Hyothade is, of course, can be said that the exploitation of the water, the ability of the individual in the establishment of biological equilibrium is in dangerous conditions) Contro Didison 2003) Resilience to the successful confrontation process with the challenges of challenges. 1388.)

Perfectionism: Perfectionism is to eliminate defects and people who want to be complete in all aspects of life, and features such as increasing effort to be flawless and determining the standards continuously for itself with the desire for the critical assessment of Balabra Quotes from ~ oosfond, 1393).

2.1 Research model

Berzegar and Asghari), 1394, in a research as a relationship between Mahhakhakhan Master's communication, the results of the research show: The results of the study showed that the positive perfectionism with the components of the communication skills of the city Also, Jabbarzadeh Qashhak, Bazhazian and Jashakjaghi (1391), were concluded in the juvenile, which has been effective in educating life skills. In such a way that stress management skills and self-awareness has increased the resilience of female teachers. Also, life skills training was effective on resilience of female students. Shahriari) 2010, determining the relationship between perfectionism

2-2. Conceptual Model of Research

Adapted from Time Management from Azizi Moghadam

(2006) Perfectionism from Terry Shorts and Associations) 1995 - Timer of Conor and Davidson) 2003) Targeting Operational Planning for Session Management Session Management Construction Connections.

Time mangement components

Targeting Session managment
Communication management

characteristics and the desire to delegate the authority of educational managers of Zanjan province in the academic year 88-87: The results showed that, with an increase in the characteristics of community perfectionism in managers and deputies studied, the amount of efficiency Also, other overseas researches as research records, Coraj and Steven, 2014) Two researchers working in the University of Boston, USA, have written an article in their nonspecialist management. Time management. They concluded in their communication with physicists that the lack of time management of the physics researchers in the medical sector has increased their work pressure and reduce their job satisfaction. They conclude that the effective time of time could actually increase productivity, job promotion, decrease in job burnout and increase job satisfaction. Saeedi, Kohendell and Spring) 2014) examined the relationship between organizational time management and stress-coping styles. Findings of Pearson correlation coefficient and multiple regression coefficient show that there is a significant relationship between stress coping and time management in organizational men. The best predictor of coping with stress management stress. (2007) Investigation of time management literature. The results of this study showed that time management behaviors are positively related to control, job satisfaction and health and negative stress.

Operational planning Delegation of authority

3. Research method

3.1 Research method :

In this research, in terms of practical purpose and in terms of data collection, it is descriptive-correlational. Characteristics of research Descriptive is that the researcher does not interfere in the position, status and role of variables and does not manipulate or control them and only It studies what exists, describes and describes it. Also because the relationship

between variables is studied The data is of the correlational research type.

3.2 Statistical population and sample size

The present study consists of the principals of the first, second secondary and elementary schools of Ashtrinan in the academic year 2016-2017. According to the education announcement, their number is 85 people. In selecting the statistical sample, the sample size and sampling method are two points They are fundamental and important. In general, in cases where we do not have the variance of the community or the percentage of error, we can from Use Krejcie and Morgan table to estimate the sample size. In this study, due to the limited size of the statistical population according to Krejcie and Morgan table, sample number $n = 70$ were selected.

3.3 Methods and tools of data collection

Research information collection methods are divided into two categories: library and field, and data collection tools of this research include The three standard questionnaires are as follows: 1. Connor & Davidson Resilience Scale (RIS-CD :) to measure scale resilience

Connor and Davidson resilience (2003 (RIS-CD) was used. Connor and Davidson (RIS-CD) review the questionnaire by reference They conducted a research study on resilience in 1991-1979. 2. Time Management Questionnaire This questionnaire is a 39-item scale tool Likert is a 5-point scale designed to measure time management skills. This questionnaire is special Assessing the individual skills of staff time management; Made by Azizi Moghadam (2006). 3- Perfectionism Questionnaire: A new perfectionism questionnaire developed by Hill et

al. (2004), the questionnaire has 51 questions and eight

Is a subscale. The subscales of this questionnaire are: 1- Negative self-perception (18 questions); 2- Order and organization) Nine Question (3, Targeting) Nine questions (4, Parental perception of pressure) Six questions (5 High standards for others (five questions). The total reliability coefficient of the questionnaire was 0.89 by Cronbach's alpha method.

3-4 .Analysis method

In this research, in order to analyze statistical data using Spss22 statistical software, descriptive statistics and Inferential tests including Golmogorov-Smirnov test for normal or abnormal distribution of data related to variables Research and also to analyze the data according to the nature of the data and research hypotheses of Pearson correlation test and analysis Multivariate regression was used.

4.Research Findings

4.1 .Inference inferences

Inferential analysis of data seeks to generalize the sample results to the statistical population and in choosing the appropriate statistical method, the type of data in terms of

Being normal or abnormal plays a decisive role. In this study to investigate the assumption of normal distribution of test data Kolmogorov-Smirnov is used. To test the normality of the data, statistical hypotheses are set as follows: The opposite assumption) H_0 :) The distribution of variable X scores is normal. Researcher's hypothesis: H_1 :) The distribution of variable X scores is not normal.

Table1. The results of the Kolmogorov-Smirnov test are shown separately for the variables in Tables 1.

Result	The level of meaning	Statistical test	Variable
--------	----------------------	------------------	----------

H1 confirmation	0/222	0/167	Targeting
H1 confirmation	0/132	0/278	Session management
H1 confirmation	0/200	0/267	Communication management skills
H1 confirmation	0/305	0/160	Operational planning skills
H1 confirmation	0/148	0/137	Skills of prioritizing goals and activities
H1 confirmation	0/97	0/97	Delegation of authority skills

Note: In the Kolmogorov-Smirnov test, if the sig value of a row is less than 0.05, it is not a normal variable. If the value of the error is greater than the value of the error, we conclude the assumption of zero, and if the value of the significant level is less than the error, we conclude one. As can be seen in the table, because for all variables the significance level is greater than $\alpha = 0.05$. Is, the normality of the data distribution is confirmed. Now we can analyze the research hypotheses from parametric statistics methods. In the following, the parametric tests of Pearson

correlation coefficient and multivariate regression are used.

Table 2 - Results of Kolmogorov-Smirnov test Time management components

Result	The level of meaning	Statistical test	Variable
H1 confirmation	0/200	0/968	Time management
H1 confirmation	0/344	0/974	Resilience
H1 confirmation	0/293	0/935	Perfectionism

As can be seen in the table, because the significance level for all variables is greater than $\alpha =$

0.05, the distribution is normal.

The data is verified. Now we can analyze the research hypotheses from parametric statistical methods, which are further tests. Parametric

Pearson correlation coefficient and multivariate regression are used.

4.2 .Testing Hypotheses

Multivariate regression is used to test the main hypothesis in the tables. If the level value is significantly smaller than The error value is 0.05 and the absolute value of the "t" statistic is greater

than the value in Table 1.96. The researcher's hypothesis is confirmed.

Table 3 - anova test statistics (analysis of variance (to examine the relationship between owner variable) degree of perfectionism (with predictor variables Goal setting, meeting management, communication management skills, operational planning skills, goals and activities prioritization skills and Delegation

Meaning	Statistics F	Average of squares	Degrees of freedom	Sum of square	Model
000.0 5/679 4/674 6 28/047 Regression					
000.0 5/679 0/823 63 51/859 Left over					
000.0 5/679 69 79/906 Total					
Errors in the model are not correlated		1/93			

Watson camera statistics

Because the significant value of F Fisher was equal to 0.000 and this value is less than the test level of 0.05. On the other hand, the statistics index Watson's camera is equal to 1.93, and since this value is in the range of 1.5 to 2.5, we conclude that the errors from the correlated model are not. Therefore, the linearity of the model is confirmed. According to the results of tables, in the first row), the fixed value (because the significance level is 0.045 and smaller than the error value is 0.05), 05.0 <p) and the absolute magnitude of the "T" statistic is 462/2, larger than the table of 96/1, with In the second row) targeting (because the significance level is 0.016 and smaller than the error value of 0.05). 05.0 <P) and the absolute magnitude of the "T" statistic is 216/2, greater than 96/1, with 95% variable targeting variable in the model Therefore, we conclude that targeting predicts school managers and its value is 48%, with direct and positive value. In the third row), the management of the sessions (because the significance level is 0.030 and smaller than the error value of 0.05). 05.0 <P) and the absolute magnitude of the "T" statistic equal to 28/5, greater than 96/1, with a certain amount of 95% of the variable management of sessions in the Therefore, we conclude that the management of the meetings predict the

perfectionism of school principals, and its value is 38.8%, with direct and positive value. In the fourth row) communication management skills (because the significance level is 0.019 and smaller than the error value is 0.05). 05.0 <P) and absolute magnitude of the "T" statistic index equal to 358/2, greater than 96/1, with a certain amount of 95% variable management skills Therefore, we conclude that communication management skills predict the perfectionism of school principals, and its value is 14.1%, which is direct and positive. In the fifth row), operational planning skills (because the significance level is equal to 0.009 and smaller than the error value is 0.05). 05.0 <p) and the absolute magnitude of the "T" statistic is 645/2, greater than 96/1, with confidence 95 Therefore, we conclude that the operational planning skills predict the perfectionism of school principals, and its value is 16.9%, with direct and positive value. In the sixth row), prioritizing targets and activities (because a significant level value is 0.003 and smaller than the error value is 0.05) 05.0 <p) and absolute magnitude of the "T" statistic is 147/3, larger than the value of 96/1 with certainty 9 Therefore, we conclude that prioritizing goals and activities predicts the perfectionism of school principals, and its value is 37.9%, with its value

direct Is positive. In the seventh row), the skill of delegation (because the significance level is 0.29 and greater than the error value of 0.05) and the absolute magnitude of the "T" statistic is 056/1, smaller than 96/1, with 95% skill variable 0 0 Management of communication management (+) 389 / Operational planning (+) 089 0/299 (+) Goals priority 0 / 566 (targeting = 028 = / perfectionism 0/483 (+) Predictable sessions.

Meaning	Statistics F	Average
of squares	Degrees	
of		
freedom	Sum of squares	Model
000.0	6/931	
	6/370	6 38/223 Regression
000.0	6/931	0/919 63 57/908 Left over
000.0	6/931	69 96/130 Total
1/62	1/62	1/62 1/62 1/62 Watsons camera
statistics		

From the time, the Watson Camera Statistics index is 62/1, and since this is within 1.5 to 2.5, we conclude that the errors resulting from the model are not correlated. Therefore, the linearity of the model is confirmed. From the time, the significance value of F Fisher was equal to 0.000, and this amount of the test level is smaller than 0.05, so the linearity of the model is confirmed. According to the results of the high tables, in the first line of the row), the fixed value (because the significance level value is equal to 0.001 and smaller than the error value is 0.05). 05.0 <p) and the absolute magnitude of the "T" statistic index equal to 837/4, larger than the table of 96/1 In the second row) targeting (because the significance level is equal to 0.001 and smaller than the error value of 0.05). 05.0 <P) and the absolute magnitude of the "T" statistic equal to 312/3, greater than 96/1, with a certain amount of 95% variable targeting in the model Therefore, we

Table 5 of ANOVA tests (Analysis of variance (to examine the relationship between the owner) resilience (with predictive variables) targeting, meetings management, communication management skills, operational planning skills, prioritization skills, and activities and proffering

conclude that targeting predicts school managers and its value is 21.5%, with direct and positive value. In the third row), the management of the sessions (because the significance level is 0.023 and smaller than the error value of 0.05). and the absolute magnitude of the "T" statistic is 338/2, greater than 1.96, with a certain confidence of 95% of the management variable Therefore, we conclude that management management predicts school managers and its value is 39.9%, which is direct and positive. In the fourth row) communication management skills (since the significance level is equal to 0.001 and smaller than the error value of 0.05) 05.0 <p) and the absolute magnitude of the "T" statistic is 316/3, greater than 96/1, with a certain amount of 95% variable management skills Therefore, we conclude that communication management skills predict the resilience of school administrators, and its value is 21.5%, which is direct and

positive. In the fifth row), the skill of delegation (because the significance level is equal to 0.855 and larger than the error value of 0.05). $P < 0.05$) and the absolute magnitude of the "T" statistic is 184/0, smaller than 96/1, with 95% of the program's skill variable. Therefore, we conclude that the skill of operational planning does not predict school managers. In the sixth row), prioritizing targets and activities (because the significance level is 0.003 and smaller than the error value is 0.05). $0.05 < p$) and the absolute magnitude of the "T" statistic equal to 702/3, greater than 96/1, with certainty 9 Therefore, we conclude that prioritizing targets and activities predict the resilience of school administrators, and its value is 42.9%, which is direct and positive. In the seventh row), the skill of delegation (since the significance level is 0.195 and larger than the error value of 0.05). $0.05 > P$) and the absolute magnitude of the "T" statistic is 310/1, smaller than 96/1, with a certain amount of 10% spit proficiency Therefore, we conclude that the skill does not predict the resilience of school administrators. Targeted (0/321 (+) 0 0 Management Sessions (+) 434 / 0/155 (+) Target 0 / 703 (+384/31 = Resilience.

5. Research results

5.1. And analysis of results

Time management is one of the issues whose role and efficiency in every era, especially the current time that is an explosion of information, has been up-to-date, and the work of science and knowledge plays its role well. It is the only thing that if we miss it, irreversible as well as ineffective and Finds out of time, if we use good time, doing anything in the best possible time. Perhaps it can be said that the desire to be able to be able to be eradicated. Then, with the management of ours, how much it is with personal and family issues, and in the field of organizational management skills, can well played well. Time management is one of the day topics in managing anything to achieve any goal. Expensive elemental time is that the waste of

those irreparable wastes for the individual and the organization and in general of the community. AFCs, 1376.) In the new attitude of experts, they believe that one of the requirements for the efficacy of managers is time management. The most important and most important assets of each organization of their employees are and the most expensive assets of a human being also have a very short time in life. Therefore, the time is the most rarest resource that creates timely changes and timely changes in all organizational pillars). Correct management of time is the basic factor in the success of each organization. Something that now has not been paid much attention. Overload time management is the activities of the time. Time management is the management, which includes planning, organizing, implementation skills (Jewelryzadeh, 2005.) The time management skills are the basic factor in success in life, including jobs. In general, in explaining that time management reduces anxiety, one of the important structures in organizational psychology research is especially in planning and there is a valuable source and stress caused by potentially associated with carophilic conditions) Atkins 1,1990 According to Village, 2006. The approach of time management and targeting will make motivational resources in the internal human behavior, and the possibility of monitoring and evaluating and continuous self-regulation of performance. Considering that the correct management of time and positive belief in itself can increase the resilience and compromise of managers against unforgettable events, and when the resilience of managers at high level, their tolerance rate against issues and issues. Using time management experts, time management skills can be separated by the overall development of individual skills and its organizational skills. Individual manner includes some general behavioral patterns that often use ordinary people in their personal and family life in using their time and management and other categories. These skills include six categories: targeting, prioritizing goals and activities, operational planning, delegation, communication

management, management of meetings) McKenzi, earthly translation, 1997.

5.2. research suggestions.

The suggestions of this research are presented in two forms of functional suggestions and proposals for future research. Applied Suggestions: 1. It is suggested as long as possible for yourself and colleagues long-term, overall and simple goals at the school. 2. It is possible to pay as long as possible, weekly and monthly goals, and remove the problems of kidney problems Listed and every morning determine the priorities of daily work and determine a major goal for colleagues. 3. It is possible to prepare as much as possible to achieve certain goals, each day, listing what you need to do and devote a certain time for planning and thinking, and in accordance with your work and collections, the

right time and end of the work. 4. It is as much as possible for the achievement. From disturbing and long-term phones, they often prevent the work, and minimize marginal talks such as provocation with the surroundings. 5. It is possible to attempt to achieve certain goals to achieve certain goals as possible to participate only at all necessary meetings. 6. It is as possible to adjust the work goals as possible as much as possible to resilient work goals. 7. It is always possible to prioritize targets in accordance with their importance and attention to all predetermined organizational goals without their attention. 8. If you may be able to go away, spend time with the time of dealing with the time and pessimization of the administrative affairs, and say not, say "and try to put letters, documents and writings in their particular place so quickly. 2. The time management challenges in schools are examined.

5.3. . Research Nymaths

_Lack of accuracy of people in answering the questions of the questionnaires.

- The possibility of bias in answering questions.

Lack of previous research, especially on time management, where the researcher had difficulty in discussing the results.

- Restricting the research community to Ashtrinan region.

- Restrict the tool to a questionnaire.

references

A .Persian books

Ali Ahmadi, Alireza) 1380. (Evaluation of work and time) Engineering of work and time management (Tehran, University of Science and Technology Publishing Center Stoner, James E.F. Free Man, Aradward. Gilbert, Daniel R. (2000) Management, translated by Ali Parsaiyan and Seyed Mohammad Arabi, Office Cultural research

Afjeh, Ali Akbar, 1997, Time Management in Education, Economics and Management, No. 32 Iran Nejad Parizi, Mehdi. Sasan Gohar, Parviz.

2001, Organization and Management from Theory to Practice, Iran Higher Institute of Banking, Tehran Perch, Mehrdad, (2011) Principles and Foundations of Management, Tehran, Publications,Mehraban Publishing Institute.

Todd, Judith; Bohart, Arthur C. 1999) Principles of Clinical Psychology and Counseling.

Translation: Firooz Bakht, Mehrdad (2000). Tehran: Publications Tracy, Brian, (2014), Change your mind to change your life, translated by Mehdi Qaracheh Daghi, Tehran, Zandaviz Publications.

Taghipour Zahir, Ali and Javaherizadeh, Nasser (2001).) Presenting a model for the optimal use of middle school principals in Tehran from Time Management ", Journal of Economics and Management.

Javaherizadeh, Naser Jamshid Abolfathi, (2009) (Time Management: Concepts, Principles and Applications) with 30 valid questionnaires for Assessing time management skills (, Tehran, Commercial Publishing Company.

Javaherizadeh, Nasser.) 1379.) Successful time management. Tehran: Armaghan Publishing

Khaki, Gholam Reza) 1382.)Time Management . Tehran: Bazetab Publications

Dessler, Gary, 1987, Principles of Management, translated by Davood Madani, Pishbard Publications

Zali, Mohammad Reza., 2006,) Creating a learning organization. " : University of Tehran Press. Alagheband, Ali, (1999), theoretical foundations and principles of educational management, fluent publishing

Kurdish Mirza Nikozadeh, Ezzatahl, (2009), recognition of addiction; Materials, Brain, Behavior, Tehran, Scientific and Cultural Publications.

Kazemi, Babak, 1994, A Look at Administrative Meetings, Administrative Transformation Quarterly, Volume 2, Numbers 8 and 9

Mohammadi, Ali, (2013) Complete reference of technical analysis in capital markets: with practical examples from domestic and international stock exchanges, Tehran, Publications, Mehraban Publishing Institute.

Mackenzie, Alek, 1993) Productivity management from time, translated by Mohammad Reza

Rezapour, translator publisher, Tehran

Mackenzie, Alak, 1997,) Traps of Time, translated by Ghalreza Khaki, Mousavi Publications.

B. Persian magazine

Ebrahimi Ghavamabadi, Soghari, (2011) Introduction to ISO 10015 educational standard and its implementation strategies in the University of Science

Disciplinary, Journal: Management Development and Human Resources and Support, Volume 6,

Number 21; Page 35 to Page 72

Atashpour. Hamid) 1378:) Time management or saving time, steel. Fifth period. No. 57 pp. 54-57.

Besharat, Mohammad Ali 2004.) The Relationship between Perfectionism and Interpersonal Problems, Daneshvar Behavior, 11, 8-1.

Alvani, Mehdi (1996), Optimal use of time in management, administrative transformation, third period, No. 12 and 13 ,

Gospel, Mohammad Ali. 2007.) Construction and validation of multidimensional perfectionism scale, Tehran, psychological research, 10, 67-49.

Hasanzadeh Park, Samira, Zare, Hossein and Ahmad Alipour, (1391). The effectiveness of stress treatment practices on resilience, anxiety, depression and stress in patients with spinal cord injury,

Jahrom University of Medical Sciences, Tenth, Tenth, Three) 1393.) The relationship between imaging and perfectionism with the emotional emotional rate of married women and men who had marital problems in their joint life, the cultural research institute of humanities and psychological studies, the tenth, No. 4

Sadat Hosseini, Farideh and Massoud H Salar Far, Mohammad Hossein and Hamid Reza Porragam, (2011)) The relationship between meta-cognitive beliefs with depression and anxiety, Journal of Lorestan University of Medical Sciences, Thirteenth / Number 4 / / Magnetic 50 / Pages 0-28 cc

Mazaheri, Mohammad Mehdi and Ezizadeh, Ismail) 1391.) Individual impact on individual management on organizational skills of regional managers 8. Quarterly Journal of Educational Management Research, 3 (4: 55-70.

Moin, Abdolreza, (Time Management) in increasing productivity, building and installation, third period, number 33 Mackenzie, Sieve, (1376), translation of Mahmoud Ismailia, Tomb, Fifth period, No. 44, p. Ashraf, Mahnaz Ali Akbari Dehkordi, Mahnaz and Al-Ali Asghar Kakokoubi, (1393).

C. Thesis of Persian

Pour Mansour, Ahmad, 2005: Investigating the Relationship Between Organizational Skills of Time and Job Stress Managers and Executive Deputies of Education and Education of Kerman Province, Master's Thesis, Islamic Azad University of Kerman (Joker, Bahram) 2002.) Investigating the communication structure of individual beliefs about the ability, structure of class, goalpathism and academic consequences, papical doctoral letter. Shiraz: Shiraz University. Reza Khani, Simin Date, 2009) Construction and standardization of the psychological stress questionnaire and how they cope in different situations of life for students of the Islamic Azad University of Rooden, Ph.D. Thesis of Azad University of Islamic Science and Research Branch of Tehran. Kurd, Mirza Nicosshadeh, Emeralleel, 2009, Biological-psychological patterning in materials affiliated with the intervention program for promoting resilience based on cognitive and cognitive narrative, thesis for obtaining a specialized doctorate in psychology, University Mohammadi, Masoud.) 1384.) Investigating the factors of resilience in people at risk of abuse. University of Welfare and Rehabilitation Sciences. abuzar. (1393.) Prediction of academic achievement based on perfectionism and spiritual intelligence of parents in high school students in Shahrstarin. Master's

Thesis, Islamic Azad University of Buroujerd.

D. English resources

Yang, H., & Stoeber, J. (2012). The physical appearance perfectionism scale: development and preliminary validation. *J Psychopathol Behav Assess*, 34(1), .69-83

Hosseini, M. (2010). The effect of SI-G training on inereasing spiritual intelligence among Iranian adolescents.

University Putra Malaysia.