

14.06.2022: xəbər

Khazar University Faculty Member at Psychological Science Association Conference

Nilufar Alizadeh, the lecturer and doctoral student in the Department of Psychology at Khazar University, spoke at an international psychology conference in Chicago, USA, on May 26-29, 2022.

At the annual conference organized by the Association for Psychological Science (APS), researchers from the world's leading universities presented their research and scientific innovations in the field of psychology.

The official opening ceremony on the first day of the conference began with an introductory speech by APS President, Stanford University Professor and psychologist Jennifer L. Eberhardt, followed by the presentation on "Humanity and Justice" by Bryan Stevenson, author of the bestselling book "Just Mercy". Professor Trevor W. Robbins, the member of the conference board and one of the keynote speakers and former head of the Department of Psychology at Cambridge University, spoke about the latest developments in neuropsychology and the results of research. The conference continued with panel presentations and keynote speeches in clinical, social and other fields of psychology.

Clinical psychologist Nilufar Alizadeh addressed the conference with an article entitled "The Chronic fatigue syndrome among International Students" and noted the important role of not only international departments of universities, but also academic staff in that the academic performance of students and spoke on the application of research results. The report was met with interest, as well as new contacts were established to conduct other research on the subject.

“Xəzər”in müəllimi Psixologiya Elm Assosiasiyasının konfransında

Xəzər Universitetinin Psixologiya departamentinin müəllimi və doktorantı Nilufər Əlizadə 2022-ci il mayın 26-29-da ABŞ-ın Çikaqo ştatında baş tutan beynəlxalq psixologiya konfransına qatılaraq, çıxış etmişdir.

Psixologiya Elm Assosiasiyası (APS – Assosiation for psychological Science) tərəfindən hər il təşkil olunan konfransda dünyanın nüfuzlu universitetlərindən olan tədqiqatçılar psixologiya sahəsində həyata keçirdikləri elmi araşdırma işlərini və elmi yenilikləri təqdim etdilər.

Konfransın ilk günü rəsmi açılış mərasimi APS-ın prezidenti, Stanford Universitetinin professoru psixoloq Jennifer L. Eberhardt`ın giriş nitqi ilə başladıqdan sonra əsas məruzəçilərdən biri olan “Just Mercy” bestseller kitabının müəllifi Bryan Stevenson`un “İnsanlıq və ədalət” adlı çıxışı ilə davam etdi. Konfransın idarə heyətinin üzvi və eləcə də əsas məruzəçilərdən biri olan Kembric Universitetinin Psixologiya departamentinin sabiq rəhbəri professor Trevor W. Robbins neyropsixologiya sahəsində ən son yeniliklər və tədqiqat işlərinin nəticələri haqqında məlumat verdi. Sonra konfrans kliniki, sosial və digər psixologiya sahələrinə aid panel çıxışlar və əsas məruzəçilərin çıxışları ilə davam etdi. Klinik psixoloq Nilufər Əlizadə konfransda “The Chronic fatigue syndrome among International Students” adlı məqalə ilə çıxış edərək, əldə olunan tədqiqat nəticəsinin tətbiqindən, yəni tələbələrin akademik performanslarında yalnız universitetlərin beynəlxalq departamentlərinin deyil, eləcə də akademik heyətin önəmli rolu olduğunu qeyd etmişdir. Məruzə maraqla qarşılandığı kimi mövzu ilə bağlı digər araşdırmaların aparılması üçün yeni əlaqələr qurulmuşdur.







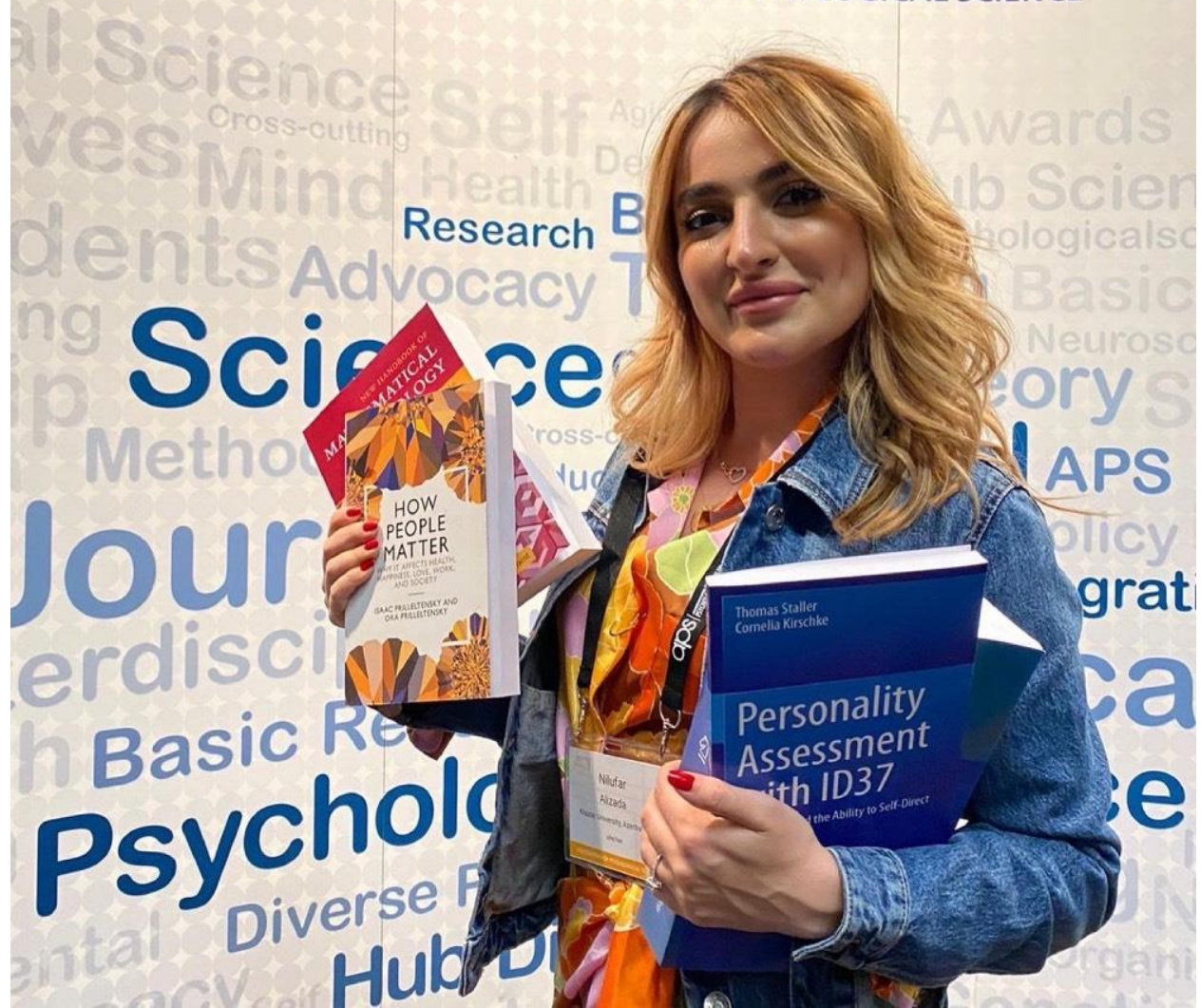






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THE EFFECT OF PERFECTIONISM ON CHRONIC FATIGUE

NILUFAR ALIZADA, KHAZAR UNIVERSITY

Abstract

This paper considered the role of perfectionism and self-esteem in chronic fatigue syndrome (CFS) among international and home students. One hundred participants completed a battery of questionnaires measuring perfectionism, self-esteem, and chronic fatigue. The study showed no significant difference between the level of CFS reports among international and home students.

Discussion

The results of the study did not confirm the research hypothesis. First, there was no significant difference between the levels of fatigue reported by international and home students. International students reported only slightly higher level of fatigue than home students (M = 26.95 and 23.62, respectively). Although international students did not report significantly higher levels of CFS, perfectionism was not correlated with CFS among the students. Neither self-esteem nor perfectionism were significant predictors of CFS among international and home students, though we found that all participants reported moderately high level of CFS. As this is, to our knowledge, the first study which investigated the CFS level among both student cohorts, further studies should investigate other possible mediators of CFS and other adjustment difficulties among international students.

Results

	Mean	SD
Fatigue	25.27	5.87
Perfectionism	28.45	4.12
Self-esteem	32.18	3.95
International students	26.95	6.12
Home students	23.62	4.58
Gender		
Male	24.15	5.23
Female	26.38	6.45
Study time		
1st Year	25.12	5.67
2nd Year	26.54	6.23
3rd Year	27.89	7.01
4th Year	28.34	7.45
5th Year	29.12	7.89

A multiple regression looking at self-esteem and perfectionism as a predictor for CFS in both student cohorts

Methodology

All home and international university students completed the survey voluntarily. The research was approved by the Coventry University's ethical committee, and all participants provided informed consent. All participants completed the Chronic Fatigue Questionnaire (CFQ), the Multidimensional Perfectionism Scale (MPS-F), and the Rosenberg Self-Esteem Scale, all of which have demonstrated high reliability and validity.

Theoretical Background

International students often have information overload, and they report more problems with psychological well-being than home students. It is well known that international students are more likely to be among the highest education performers in their home country and therefore they are expected to show the similar results during their study abroad. Consequently, the transition to study abroad may have negative effects on international students. There are a few studies which show that negative performance is related to various psychological and academic issues which may be reported by both international and home students. Particularly, it has been shown that chronic fatigue syndrome (CFS) and perfectionism are associated and that individuals with CFS reported higher levels of perfectionism compared to a population without CFS. Other findings have shown that students' perfectionism is also negatively correlated with self-esteem. The current study investigates the relations between perfectionism, self-esteem, and chronic fatigue syndrome in international and home students.





