

## Comparison of General health, Personality Traits and Academic Self- efficacy in Pre-university Students of Normal Schools and Academics

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### Abstract

**Introduction:** One of the issues that should be considered in relation to the educational system of each country is the difference between the planning of courses and the method of education in ordinary students and sages. Therefore, the aim of the present study was to compare general health, personality traits and academic self-efficacy in pre-university students of normal schools and academics.

**Methods:** the sample of this study consisted of 240 female students of pre-university schools in Rasht who were randomly selected according to Morgan's table. The present study was applied in terms of purpose and in terms of method, field and casual-comparative.

**Results:** The findings showed that there was a positive and significant difference between the mean of general health and personality traits (extraversion, pleasantness, conscientiousness, excitability and open-mindedness) of female pre-university students in Rasht schools (at a significance level of 0.03), but in terms of self-efficacy. Academic does not apply and there is no difference between academic self-efficacy in normal students and sages (at a significance level of 0.03).

**Conclusion:** According to these findings, it seems that normal school students have different personality traits and less general health compared to Farzanegan schools. Therefore, it is recommended that regular school students be given more attention by psychologists, counsellors and other staff as well as their families.

**Keyword:** Academic efficiency " General Health" Personality Characteristics" Normal students

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