

## سبک‌های اسنادی و سبک‌های یادگیری همگرا- واگرا

### در دانشجویان افسرده و عادی

### Attribution styles and converging-diverging learning styles in depressed and non-depressed students

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#### Abstract

**Introduction:** This study was to compare attribution styles and converging-diverging learning styles in depressed and non-depressed students.

**Method:** It is a casual comparative study through which 170 university students selected by convenience sampling. The participants evaluated by Kolb's learning style inventory (LSI) and attribution style questionnaire (ASQ) for both positive and negative events. Using Beck's depressed inventory (BDI), the participants divided into two groups of depressed ( $n=45$ ) and non-depressed ( $n=125$ ). The collected data analyzed by Chi-square test and Mann-Whitney U.

**Results:** Depressed students, in comparison to non-depressed students, used less internal and stable attribution styles in positive events and there was no significant difference between the two groups in using global-specific attribution styles in positive events. However, depressed students, compared to non-depressed students, used more internal attribution style in negative events and there was no significant difference between groups in other aspects of attribution styles. Moreover, no significant difference found between the two groups in using diverging-converging learning styles. Also, in negative events, those who had converging learning style didn't use more pessimistic attribution styles in comparison with those who had diverging learning style.

**Conclusion:** With a better understanding of both attribution and learning styles of students as two important cognitive variables, we can take a step toward recognizing cognitive vulnerability of mood disorder.

**Keywords:** Attribution Styles, Converging-Diverging Learning Styles, Depression

#### چکیده

مقدمه: تحقیق حاضر با هدف مقایسه سبک‌های اسنادی و سبک‌های یادگیری همگرا- واگرا در دانشجویان افسرده و عادی انجام شد. روش: این پژوهش از نوع علی- مقایسه‌ای است که با نمونه‌گیری در دسترس، سبک یادگیری و سبک اسنادی ۱۷۰ دانشجو در مقطع کارشناسی سبک‌های اسنادی (ASQ) برای وقایع خواشید و ناخواشید سنجید. افراد به کمک پرسشنامه افسرده‌گی یک به دو گروه افسرده (۴۵ نفر) و عادی (۱۲۵ نفر) تقسیم شدند. داده‌های بدست‌آمده با آزمون من- ویتنی و مجذورکاری تجزیه و تحلیل شدند.

یافته‌ها: دانشجویان افسرده در مقایسه با دانشجویان عادی، در موقعیت‌های مثبت از اسناد درونی و پایدار کمتری استفاده کردند و بین دو گروه از لحاظ سبک اسنادی کلی- اختصاصی در موقعیت مثبت تفاوت معنی‌داری وجود نداشت. درصورتی که در موقعیت منفی، دانشجویان افسرده در مقایسه با دانشجویان عادی از اسناد درونی بیشتری استفاده کردند و در سایر ابعاد اسنادی تفاوتی با هم نداشتند. به علاوه، بین گروه افسرده و غیرافسرده در استفاده از سبک یادگیری (همگرا- واگرا) تفاوت معنی‌داری مشاهده نشد. همچنین افراد دارای سبک یادگیری همگرا در مقایسه با افراد دارای سبک یادگیری واگرا، در موقعیت‌های منفی از اسنادهای بیشتری استفاده نکردند.

**نتیجه‌گیری:** شناخت سبک اسنادی و الگوی یادگیری افراد می‌تواند به عنوان دو متغیر مهم شناختی در فهم آسیب‌پذیری شناختی اختلالات هیجانی نقش مهمی ایفا کند.

**کلیدواژه‌ها:** سبک اسنادی، سبک یادگیری همگرا- واگرا، افسرده‌گی

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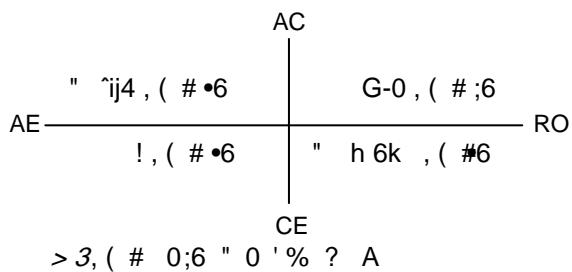
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