

## **RELATIONSHIP BETWEEN OPTIMISM AND SELF REGULATION OF HIGHER SECONDARY SCHOOL STUDENTS**

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Year of the study: 2015

### **OBJECTIVE**

- To find out the relationship between optimism and self-regulation of higher secondary school students.
- To find out whether there exists any significant difference in optimism and self-regulation of higher secondary school students in the sub samples based on gender, locale and type of management of institution.

### **METHODOLOGY**

**Method used:** Survey method

**Sample:** 600 Higher Secondary School Students

**Tool:** Optimism Scale, Self-regulation Scale

**Statistical technique used** Test of significances of difference between Mean, Pearson's Product Moment Coefficient of Correlation, One-way ANOVA

### **RESULT:**

There is a significant positive and moderate relationship between optimism and self-regulation of higher secondary school students. The optimism and self-regulation of higher secondary school students do not differ significantly irrespective of gender, locale and type of management of institution

**KEY TERMS:** Optimism, Self-regulation