

## **Metacognitive Beliefs as Mediation Variables Between Academic Perfectionism And Academic Burnout Among Students And Researchers at University**

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### **Abstract**

The present study aimed at verifying the effect of metacognitive beliefs on the relationship between academic perfectionism and academic burnout, as well as verifying the impact of sex, age, and university level on academic burnout, academic perfectionism, metacognitive beliefs, and their bilateral and trilateral interactions. Metacognitive beliefs and their sub-dimensions as an intermediate variable between academic perfectionism and academic burnout. The study tools were created for academic burnout scale prepared by: researchers, the scale of academic perfectionism prepared by: researchers, and the metacognitive beliefs scale prepared by: wells and cartwright-hatton (2004) which translated and prepared by: researchers. The study sample consisted of 120 male and female university students and researchers. The results indicated that there is a significant correlation between the three variables. The results also indicate that there are no differences between the groups in academic burnout, academic perfectionism, and metacognitive beliefs. Groups in academic burnout, academic perfectionism, and metacognitive beliefs are due to sex and university level. There is also no effect of age and sex interaction on academic burnout, academic perfectionism, and metacognitive beliefs .whereas the effect of the interaction of age, sex, and university level on academic burnout, academic perfectionism, and metacognitive beliefs were significant, as well as their were a significant path of metacognitive beliefs and their dimensions on academic perfectionism and academic burnout.

**Keywords:** Metacognitive Beliefs; Academic Perfectionism; Academic Burnout

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