

The Degree to Which Najran University Students Possess the Skills of Self-Control and Self-Management in The Light of The Coronavirus Pandemic (Covid 19).

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- **Abstract:** The study aimed at examining the degree to which Najran University students possess the skills of selfcontrol and self-management in the light of the Coronavirus pandemic (Covid 19). In order to achieve the research objective, a codified scale of self-control and self-management (Assmadi & Bani Abdoh, 2017) from Mezo (2009) was adopted. The scale consisted of 16 items split on two dimensions on a five - Likert scale. A sample of 1863 Najran University students (8.3%). The study showed that the degree to which Najran University students possess the skills of self-control and self-management in the light of the Corona pandemic (Covid 19) was high. There were also significant differences between the respondents'' means according to the variable of gender in favor of female students. Moreover, medical faculties had significant differences. The study recommends that Najran University hold educational courses and seminars that encourage life skills, especially self-control skills and reinforcing them, encourage students to practice self-monitoring of their behavior, and emphasize adherence to the measures taken by governments to achieve the public interest of society. More studies on self-control skills in relation to other variables like the economic situation, age groups, and geographical area are suggested.
- **Keywords:** Najran University students, economic situation, geographical area, educational courses