

## The Relationship between Job Burnout and Self-Regulation Considering the Mediating Role of Procrastination: An Structural Model

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### Abstract

The aim of this study was to investigate the conceptual model of the relationship between job burnout with self-regulation with mediating role of procrastination. The research method in this research was descriptive correlational using structural equation modeling. Statistical population of this study consisted all of the administrators of elementary schools in Mashhad, Tabadkan region. From this population 240 administrators were selected by simple random sampling method. The instruments included Tuckman procrastination, Maslach burnout and Miller and Brown self-regulation questionnaires. The findings suggested that job burnout has negative and significant relationship with self-regulation, and has a positive and significant relationship with procrastination. Also, the mediating role of procrastination has been supported.

**Keywords:** procrastination, self-regulation, job burnout

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