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**Title**

Investigation of university students' self-acceptance and learned resourcefulness : a longitudinal study  
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**Abstract**

Self-acceptance and learned resourcefulness of university students are important concepts in coping with the environmental and developmental stressors and in the development of healthy personality. In this study, university students' self acceptance and learned resourcefulness levels were investigated longitudinally. 198 university students' self acceptance and learned resourcefulness scores were collected by Self Acceptance Scale and Rosenbaum's Self-Control Scale in their first and eighth semesters. The findings revealed that in general, the students' self-acceptance level increased significantly in the 4-year period. With respect to gender, the self-acceptance level of female students was found to increase during their university education, while no significant difference was observed in that of male students. Moreover, there was no change in the level of their learned resourcefulness in the 4-year period in terms of gender. As a result, it is understood that university life includes significant experiences for students' self-acceptance, especially for female students, and that university life does not cause any significant increase in the level of learned resourcefulness.

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Therefore, there is a great need for programs that will increase the resourcefulness levels of university students during their university lives. (HRK / Abstract übernommen) Ceyhan, Esra, E-Mail: [eceyhan@anadolu.edu.tr](mailto:eceyhan@anadolu.edu.tr)