

PURPOSE IN LIFE AS A PREDICTOR OF TOLERANCE OF FRUSTRATION AND SELF-COMPETENCE IN A SAMPLE OF STUDENTS IN KFU

**SAYED A. MOHAMMAD,
Prof. of Mental Health Assoc.**

**MOHAMMAD M.ABD ELMONAEM
Prof. of Educational Psychology**

**ZEINAB A. GHARIB
Assis. Prof. Educational Psychology
College of Education in KFU**

***ABSTRACT_** The aim of the research is to discover the relationship between goal of life and the following: ability of depression tolerance, self-efficacy, determine to what extent variable of goal of life contributes in predicting depression tolerance and self-efficacy and discover the difference between men and women in goal of life. To achieve the above , the researchers used the following scales (goal of life- depression tolerance - and self-efficacy) on a sample (100 male and 100 female students) of College of Education at K.F.U. the following statistical methods will be used (correlation coefficient- T test-regression analysis). to verify research variables. Results of research showed The level of goal of life – ability of depression tolerance - and self-efficacy) were high, There was no statistical difference between two gender in goal of life, There was statistical relation between goal of life, ability of depression tolerance and self-efficacy, and goal of life contributes in predicting ability of depression tolerance and self-efficacy. Finally results of the study suggested some recommendations.*

***KEY WORD:** goal of life, ability of depression tolerance, self-efficacy, King Faisal University*