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The Relationship Between Cognitive Flexibility and Psychological Resilience Levels of Preschool Teachers

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ABSTRACT The aim of the study was to examine the relationship between the cognitive flexibility and psychological resilience of preschool teachers. The study was conducted in accordance with the relational screening and causal comparison design. A total of 195 preschool teachers working in Turkey participated in the study. Independent groups t-test, Anova and correlation analysis were used in the analysis of the data. The results showed that the cognitive flexibility and psychological resilience of preschool teachers were high. In addition, it was shown that the cognitive flexibility of teachers differed according to gender, but not according to professional experience and the institution they worked in, and their psychological resilience did not differ according to gender, professional experience and the department they graduated from, but it differed according to the institution they worked in. There was a positive relationship between their cognitive flexibility and psychological resilience.