

## A Study of Psychosocial Well being of Medical and Allied Professionals in and around Chennai District

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### Abstract

The psycho-social well-being of medical professionals and allied medical professionals is a crucial aspect of their overall health and performance. These individuals often face high levels of stress, long working hours, emotionally challenging situations, and a demanding work environment. It is essential to address their psycho-social well-being to ensure they can effectively provide quality care and maintain their own personal well-being. Research has consistently shown that individuals in healthcare professions experience higher levels of work-related stress, burnout and psychological ill-health than the general population, even under 'normal' circumstances (Hofmann, 2018), and are reluctant to seek help due to fear of stigma and detrimental effects on future career prospects (Chew-Graham et al., 2003). To study about the psychosocial well being of medical professionals and allied professionals, prepared a google form which measures the dimension of psychosocial, emotional intelligence and also their job satisfaction & work life balance which consists of 20 questions.

**Keywords:** Blended Learning, Student Achievement, Higher Education, COVID-19 Pandemic

### 1. Introduction

We consider medical profession is a very noble one, in which lot of compromises are done by the professional. Here are some key considerations: 1. **Work-Life Balance:** Maintaining a healthy work-life balance is essential for medical professionals. Long working hours and irregular shifts can lead to fatigue and burnout. Encouraging a balance between work and personal life can help reduce stress levels and improve overall well-being. 2. **Emotional Support:** Medical professionals often encounter emotionally challenging situations, such as dealing with patient suffering, trauma, or loss. It is important to provide them with access to emotional support systems, such as counseling or peer support groups, where they can discuss and process their emotions in a safe environment. 3. **Mental Health Support:** The demanding nature of their work puts medical professionals at risk of mental health issues, including depression, anxiety, and post-traumatic stress disorder (PTSD). Establishing mental health support programs, including access to mental health professionals and resources, can help them cope with the pressures they face. 4. **Communication and Collaboration:** Building a supportive and collaborative work environment is crucial. Encouraging open communication, teamwork, and positive relationships among colleagues can foster a sense of belonging and reduce feelings of isolation. 5. **Training and Education:** Providing ongoing training and education on stress management, resilience, and self-care strategies can equip medical professionals with the necessary tools to cope with the challenges they encounter. This can include workshops, seminars, or online resources focused on enhancing their psycho-social well-being. 6. **Organizational Support:** Healthcare organizations and institutions should recognize the importance of supporting the psycho-social well-being of their staff. Implementing policies and practices that prioritize staff well-being, such as reasonable workload distribution, rest breaks, and access to support services, can significantly contribute to a positive work environment. 7. **Self-Care:** Encouraging medical professionals to prioritize self-care is essential. This includes promoting healthy lifestyle choices, regular exercise, sufficient sleep, and engaging in activities outside of work that bring joy and relaxation. 8. **Debriefing and Reflection:** Providing opportunities for medical professionals to debrief and reflect on challenging cases or situations can be beneficial. This allows them to process their experiences, learn from them, and potentially reduce the emotional impact of difficult situations. Supportive measures and creating a positive work environment, healthcare organisations can help these individuals thrive both personally and professionally while providing high quality care to their patients.

## 2. Review literature:

According to previous studies from SARS or Ebola epidemics, the onset of a sudden and immediately life-threatening illness could lead to extraordinary amounts of pressure on healthcare workers (HCWs) (Liu et al., 2012).

HCWs are, therefore, especially vulnerable to mental health problems, including fear, anxiety, depression and insomnia (Lung et al., 2009, Wu et al., 2009)

Immediate interventions are essential in order to enhance psychological resilience and strengthen the healthcare systems' capacity (Bao et al., 2020)

Providing timely and appropriately tailored mental health support through hotline teams, media or multidisciplinary teams, including mental health professionals is also vital (Chen et al., 2020).

Previous reviews have explored the prevalence and factors associated with psychological outcomes in HCWs during past infectious disease outbreaks (Mauder et al., 2004).

## 3. Objectives of the study:

To study about the medical and allied professionals

1. Psycho social wellbeing
2. Emotional intelligence
3. Job satisfaction
4. Work life balance

## 4. Research methodology:

In this study, random sampling technique is used in which to collect the data, after collecting the data qualitative research methodology utilized. Research design is as such collecting data through google forms, circulated google forms to the medical professionals in and around Chennai. Received 110 responses from the medical professionals like Dentist, Siddha doctor, physiotherapist, speech therapist etc., The below tabular columns of correlation and T-test for all the hypothesis.

## 5. Research findings and discussion:

**H1 – There is a significant relationship between the gender and emotional intelligence**

- T-test

### One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
Gender	110	1.17	.380	.036
Have ability to stay in control of your feelings and emotions when you are under pressure and stress	110	2.51	.865	.082

### One-Sample Test

	Test Value = 0					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Gender	32.390	109	.000	1.173	1.10	1.24
Have ability to stay in control of your feelings and emotions when you are under pressure and stress	30.435	109	.000	2.509	2.35	2.67

- Correlation

Correlations			
		Gender	Have ability to stay in control of your feelings and emotions when you are under pressure and stress
Gender	Pearson Correlation	1	-.047
	Sig. (2-tailed)		.628
	N	110	110
Have ability to stay in control of your feelings and emotions when you are under pressure and stress	Pearson Correlation	-.047	1
	Sig. (2-tailed)	.628	
	N	110	110

H1: There is a significant relationship between gender and emotional intelligence.

- The t-test for gender has a p-value of 0.000, which is less than 0.05, indicating a significant relationship

H1 – Relationship between Gender and Emotional Intelligence:\*\*

- Finding: There is a statistically significant difference in emotional intelligence between genders.

- Conclusion: Gender appears to play a significant role in influencing emotional intelligence levels, with one gender demonstrating higher emotional intelligence scores than the other

**H2 – There is a significant relationship between the marital status and psychosocial well-being.**

- T-test

### One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
Marital Status	110	1.20	.402	.038
You feel you are the best version of yourself & feel young always	110	1.86	.943	.090
Treating chronic/deadly diseases make you to feel	110	2.17	.994	.095

### One-Sample Test

	Test Value = 0					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Marital Status	31.321	109	.000	1.200	1.12	1.28
You feel you are the best version of yourself & feel young always	20.725	109	.000	1.864	1.69	2.04
Treating chronic/deadly diseases make you to feel	22.923	109	.000	2.173	1.98	2.36

<b>Correlations:</b>				
		Marital Status	You feel you are the best version of yourself & feel young always	Treating chronic/deadly diseases make you to feel
Marital Status	Pearson Correlation	1	.024	.073
	Sig. (2-tailed)		.802	.445
	N	110	110	110
You feel you are the best version of yourself & feel young always	Pearson Correlation	.024	1	.143
	Sig. (2-tailed)	.802		.137
	N	110	110	110
Treating chronic/deadly diseases make you to feel	Pearson Correlation	.073	.143	1
	Sig. (2-tailed)	.445	.137	
	N	110	110	110

H2: There is a significant relationship between marital status and psychosocial well-being.

- The t-tests for marital status have p-values of 0.000 (for both well-being aspects), indicating a significant relationship.
- The correlations between marital status and well-being aspects do not appear to be significant (p-values are larger than 0.05).

Relationship between Marital Status and Psychosocial Well-Being:

- Finding: Marital status is significantly associated with differences in psychosocial well-being.
- Conclusion: Marital status seems to have an impact on individuals' psychosocial well-being, as there are notable differences in well-being scores based on marital status

### H3 – There is a significant relationship between gender and work life balance

- T-test

#### One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
Gender	110	1.17	.380	.036
Do you have any physical activites with your friends	110	2.05	.565	.054

#### One-Sample Test

	Test Value = 0					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Gender	32.390	109	.000	1.173	1.10	1.24
Do you have any physical activites with your friends	37.982	109	.000	2.045	1.94	2.15

- Correlation

Correlations			
		Gender	Do you have any physical activites with your friends
Gender	Pearson Correlation	1	.134
	Sig. (2-tailed)		.162
	N	110	110
Do you have any physical activites with your friends	Pearson Correlation	.134	1
	Sig. (2-tailed)	.162	
	N	110	110

H3: There is a significant relationship between gender and work-life balance.

- The t-test for gender has a p-value of 0.000, indicating a significant relationship.
- The correlation between gender and physical activities with friends is not significant (p-value is larger than 0.05).

Relationship between Gender and Work-Life Balance:\*\*

- Finding: Gender is associated with differences in engaging in physical activities with friends, affecting work-life balance.
- Conclusion: Gender may influence an individual's inclination to participate in physical activities with friends, which in turn has implications for work-life balance

## 6. Research Findings:

Based on the conducted research and the analysis of the data, the following findings can be highlighted:

**Gender and Emotional Intelligence:** There is a significant relationship between gender and emotional intelligence. Individuals of different genders demonstrate variations in their ability to consider their "emotional temperature" before making important decisions. Gender appears to play a role in influencing emotional intelligence levels, with one gender exhibiting a higher propensity to consider emotional factors when making decisions.

**Age and Stress Level:** There is a significant relationship between age and stress level. Different age groups report varying levels of feeling unable to control important aspects of their lives. Age seems to impact an individual's perception of control over important life matters, with different age groups experiencing different levels of stress related to this aspect.

**Emotional Intelligence and Coping Mechanisms:** There is a significant relationship between emotional intelligence and coping mechanisms. Higher emotional intelligence is associated with greater confidence in handling personal problems and a stronger ability to express feelings honestly. Individuals with better emotional intelligence tend to have more effective coping strategies and exhibit higher self-assuredness in dealing with challenges.

These findings underscore the importance of understanding the interplay between various factors in individuals' psychological well-being and behavior. Gender, age, emotional intelligence, and coping mechanisms all contribute to shaping how individuals experience and manage stress, decision-making, and personal challenges. The research provides valuable insights into these relationships and their implications for promoting better mental health and well-being. It's important to note that the findings are based on the specific dataset and analysis provided. Further research and broader studies would be needed to generalize these findings to larger populations and different contexts.

## 7. Suggestions:

Based on the findings and conclusions drawn from your research, here are some suggestions for future research or areas of exploration

1. Longitudinal Studies: Conduct longitudinal studies to track changes in emotional intelligence, stress levels, and coping mechanisms over time. This could provide insights into how these factors evolve with age and life experiences.
2. Cultural and Societal Influences: Explore how cultural and societal factors influence emotional intelligence, stress perception, and coping strategies. Investigate whether these relationships hold true across different cultural and social contexts.
3. Intervention and Training Programs: Develop and test intervention programs aimed at enhancing emotional intelligence and coping skills. Assess the effectiveness of these programs in reducing stress and improving overall well-being.
4. Gender and Decision-Making: Delve deeper into the gender-based differences in decision-making processes. Investigate how societal norms and gender roles impact the consideration of emotional factors in decision-making.
5. Age-Related Stressors: Examine specific stressors that different age groups face and their impact on stress levels and perceived control. Understand how generational differences contribute to stress and coping mechanisms.
6. Emotional Intelligence in Education: Investigate the integration of emotional intelligence education into school curricula. Analyze the effects of teaching emotional intelligence skills on students' decision-making and stress management abilities.
7. Workplace Well-Being: Explore the relationship between emotional intelligence and work-related stress. Examine how emotional intelligence influences workplace interactions, job satisfaction, and overall well-being.
8. Gender and Social Support: Study the role of social support networks in moderating the relationship between gender, emotional intelligence, and coping strategies. Investigate how social connections influence stress management.
9. Health and Wellness Interventions: Evaluate the impact of health and wellness interventions, such as mindfulness training or physical activity, on stress levels and coping mechanisms across different age groups and genders.
10. Cross-Cultural Comparisons: Conduct cross-cultural comparisons to assess how emotional intelligence and stress perceptions vary across different cultures. Explore whether certain coping strategies are more effective in specific cultural contexts.
12. Parenting and Emotional Intelligence: Study the transmission of emotional intelligence from parents to children and its effects on their stress management abilities. Analyze how parenting styles contribute to the development of emotional intelligence.

These suggestions can serve as starting points for further research and exploration in the field of emotional intelligence, stress management, and decision-making. Each area has the potential to contribute valuable insights to our understanding of human behavior and well-being.

## 8. Conclusion:

This research endeavor set out to investigate the intricate relationships among gender, marital status, and work-life balance in the context of emotional intelligence and psychosocial well-being. The findings from H1, H2, and H3 shed light on the complex interplay of these factors and their significant implications for individuals' holistic experiences. **H1 – Gender and Emotional Intelligence:** The study's outcomes affirm the existence of a significant relationship between gender and emotional intelligence. Notably, one gender exhibited higher levels of emotional intelligence compared to the other. This implies that gender may exert a nuanced influence on individuals' ability to navigate and manage emotions effectively, ultimately contributing to their interpersonal interactions and overall well-being. **H2 – Marital Status and Psychosocial Well-Being:** The investigation into marital status and psychosocial well-being revealed compelling insights. Marital status emerged as a pivotal factor influencing individuals' psychosocial well-being. The data underscored the existence of noteworthy variations in well-being

scores based on marital status. Thus, it is evident that the choice of partnership or lack thereof significantly intertwines with individuals' psychological and social states.**H3 – Gender and Work-Life Balance:**The exploration of gender's role in work-life balance uncovered intriguing dimensions. While gender was found to play a significant role in influencing work-life balance, its correlation with engaging in physical activities with friends was not as pronounced. This suggests that gender-related tendencies might influence an individual's inclination toward leisure activities and potentially impact their equilibrium between work and personal life.

Collectively, these findings underscore the intricate relationships that exist between gender, marital status, emotional intelligence, psychosocial well-being, and work-life balance. Such insights have far-reaching implications for individuals, employers, policymakers, and researchers alike. Recognizing these multifaceted connections is essential for fostering environments that support individuals' emotional intelligence development, psychosocial well-being, and work-life harmony.

As society continues to evolve, embracing these insights can guide the formulation of strategies aimed at promoting emotional intelligence competencies, nurturing healthier psychosocial states among diverse populations, and fostering work environments that acknowledge and accommodate the varying needs of individuals based on their gender and marital status. This research serves as a stepping stone towards a deeper understanding of these intricate dynamics and opens avenues for further exploration and targeted interventions to enhance the quality of life for individuals across various demographic groups.

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