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RELATIONSHIP BETWEEN PSYCHOLOGICAL WELLBEING AND SELF-EFFICACY AMONG MEDICAL PROFESSIONALS-A CORRELATIVE STUDY

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ABSTRACT

The present study examines the Relationship between psychological wellbeing and self-efficacy among medical professionals. A total sample of 600 medical professionals (doctors-300, nurses-300) were selected randomly from Bangalore City. Information was collected from using an instrument developed by Ryff's-Medium Form of Psychological Well Being Scale (PWBS) and Singh and Kumar general self-efficacy scale. Data were analyzed using Pearson's product moment Correlation Coefficient and multiple regression analysis. Results of the study revealed that self-efficacy is significant and positive relationship with all the domains of psychological wellbeing (Autonomy, environment mastery, personal

growth, positive relation with others, purpose in life and self-acceptance) among medical professionals (Doctors and nurses). Regression analyses on entire samples indicate that Self-efficacy is predicted by 3 of the 6 domains of the psychological wellbeing such as environmental mastery, positive relation with other and autonomy. For the doctor sample self-efficacy is predicted by environmental mastery, autonomy and positive relation with other. For nurses self-efficacy is predicted by environmental mastery, positive relation with other and autonomy.

KEYWORDS: Medical professionals, doctors, nurses, Psychological well being, self-efficacy.

INTRODUCTION :

The main purpose of the present study was to analyse the relationship between psychological well-being and self-efficacy among medical professionals in a sample of doctors and nurses from various government and private hospitals and health centres in Bangalore city. The significance of the present study is to study the combination of psychological wellbeing and self-efficacy across doctors and nurses, since the majority of previous research has concentrated on one type of medical professional.

The idea of self-viability clarified by Ormrod (2006) self-adequacy is the degree or quality of one's confidence in one's own particular capacity to finish assignments and achieve objectives.



Clinicians have contemplated self-viability from a few points of view, taking note of different ways in the improvement of self-adequacy. This can be viewed as the capacity to continue and a man's capacity to prevail with an assignment. For instance, self-viability specifically identifies with to what extent somebody will adhere to a workout regimen or an eating regimen.

As per Bandura (1977) "self-adequacy as individual's confidence in their ability to effectively play out a specific errand". Along these lines, self-adequacy is one's view of viability to achieve certain objectives and oversee situational requests.

Self-adequacy influences each zone of human conduct. By deciding the convictions a man holds with respect to his or her energy to influence circumstances, it firmly impacts both the power a man really needs to face challenges skillfully and the decisions a man is well on the way to make. These impacts are especially evident, and convincing, with respect to practices influencing wellbeing (Luszczynska and Schwarzer, 2005).

Levi (1987) defined psychological well-being as a dynamic state characterized by reasonable amount of harmony between individual's abilities, needs, and expectations, and environmental demands and opportunities'.

According to Diener (1997) Psychological well-being refers to how people evaluate their lives, these evaluations may be in the form of cognitions or in the form of affect. The cognitive part is an information based appraisal of one's life that is when a person gives conscious evaluative judgments about one's satisfaction with life as a whole. The affective part is a hedonic evaluation guided by emotions and feelings such as frequency with which people experience pleasant/unpleasant moods in reaction to their lives.

Psychological well-being can be described as individual mood in a global sense and is frequently operationalized as anxiety and depression (Krol et al., 1993).

Karina et al., (2009) concentrated on interceding impacts of group and self-adequacy on the relationship between transformational authority, and employment fulfillment and mental prosperity in social insurance experts: A cross-sectional poll overview. Test comprises of 274 elderly care workers finished the survey. Consequence of the study demonstrates that both group and self-viability were found to go about as middle people, nonetheless, their belongings contrasted. Self-adequacy was found to completely intercede the relationship between transformational administration and prosperity and group viability was found to halfway intervene the relationship between transformational initiative and occupation fulfillment and completely intervene the relationship between transformational authority and prosperity.

Barlow et al., (2002) analyzed Educational inclinations, mental prosperity and self-viability among individuals with rheumatoid joint inflammation (RA). As a reason for creating intercessions to meet the psycho-instructive necessities of RA outpatients going to a provincial healing center have been examined. Furthermore, mental prosperity and self-viability were inspected. Comes about demonstrated that physical and mental wellbeing status was associated with joint pain self-adequacy.

Elvira Cicognani (2011) led a study on Coping Strategies with Minor Stressors in Adolescence: Relationships with Social Support, Self-Efficacy, and Psychological Well-Being. Test comprises of 342 teenagers' ages of 14-19. Comes about demonstrated that young people's adapting systems varied by area. The most much of the time utilized systems were dynamic and inside centered. Females utilized a more extensive scope of adapting techniques than did guys. Noteworthy connections were found among adapting techniques and adapting assets. Additionally, the selection of a few methodologies altogether influenced young people's mental prosperity.

Moeini, Babak (2008) examined on Perceived anxiety, self-adequacy and its relations to mental

prosperity status in Iranian male secondary school understudies. Data was gathered from 148 understudies in twelfth grade. Students finished three surveys for evaluating saw stretch (PSS-14; Cohen, Kamarck, and Mermelstein, 1983), general self-viability (GSE; Schwarzer and Jerusalem, 1995) and mental prosperity (GHQ-28; Goldberg and Hillier, 1979). Aftereffect of the study uncovered that more noteworthy anxiety was connected with lower general self-viability and lower psychological wellness status. A critical backwards relationship between self-adequacy and general wellbeing was found among these understudies.

OBJECTIVES

The objectives of the present study are as follows: A) To study the relationship between psychological well being and self-efficacy among medical professionals. B) To study the relationship between psychological well being and self-efficacy across medical professionals

HYPOTHESES

The following hypotheses were formulated for the study: A) There will be positive relationship between self-efficacy and psychological well-being among medical professionals. B) The relationship between psychological wellbeing and self-efficacy varies across the professionals.

METHOD

Sample

Based on random sampling technique, the overall medical professionals (doctors and nurses) for this study covered 600. Out of them, 300 doctors and 300 nurses were included in this study. Sample was drawn from different private and government hospitals of Bangalore city.

Tools

Psychological Well Being Scale (1995)-Medium form: The test of psychological well-being was developed by Carol Ryff (1995), which consists of 54 questions. Each item has to be rated on 6-point scale on the continuum of strongly disagree to strongly agree. This test consists of 6 different sub-areas namely Autonomy, Environment Mastery (EM), Personal Growth (PG), Positive Relation with Others (PRWO), Purpose in Life (PIL) and Self-Acceptance (SA). The minimum scores of a subject on this scale will be 54 and the maximum possible scores will be 324. In this test high score indicates that the respondent has a mastery of well-being in his or her life. Conversely, a low score shows that the respondent struggles to feel comfortable with that concept.

Self-efficacy scale (1990): The Personal efficacy scale was developed by Singh and Kumar (1990). The test consists of 28 items, each item has to be rated on 5-point scale on the continuum of strongly disagree to strongly agree. The minimum scores of a subject on this scale will be 28 and the maximum possible scores will be 140. The high score obtained by respondents indicates high level of self-efficacy and the low score indicates low level of self-efficacy.

Procedure

After taking permission from the consent authority, subjects were assessed on Psychological well being (PWB) and self-efficacy scale. Further, data were analyzed using Pearson's product moment Correlation Coefficient and stepwise multiple regression analysis was used.

Result

Table-1: shows the correlation between self-efficacy and psychological well-being among medical professionals.

Variable 1	Variable 2	Overall sample		Doctors only		Nurses only	
		R	P value	R	P value	R	P value
Self efficacy	Autonomy	0.456	.000	0.496	.000	0.421	.000
Self efficacy	Environmental mastery	0.511	.000	0.558	.000	0.478	.000
Self efficacy	Personal growth	0.254	.000	0.273	.000	0.237	.000
Self efficacy	Positive relation with others	0.492	.000	0.528	.000	0.454	.000
Self efficacy	Purpose in life	0.34	.000	0.341	.000	0.34	.000
Self efficacy	Self-acceptance	0.395	.000	0.435	.000	0.353	.000

Overall result of the present study revealed that all the domains of psychological wellbeing such as Autonomy ($r=.456$; $p=0.000$), environment mastery ($r=.511$; $p=.000$), personal growth ($r=.254$; $p=.000$), positive relation with others ($r=.492$; $p=.000$), purpose in life ($r=.340$; $p=.000$) and self-acceptance ($r=.395$; $p=.000$) are correlated significantly and positively with self-efficacy scores.

Scores of Doctors for all the domains of psychological wellbeing such as autonomy($r=.496$; $p=.000$), emotional maturity ($r=.558$; $p=.000$), personal growth ($r=.273$; $p=.000$), positive relation with others ($r=.528$; $p=.000$), purpose in life score($r=.341$; $p=.000$), and self acceptance scores ($r=.435$; $p=.000$) are found to have significant positive relationship with self-efficacy.

Score of Nurses for all the domains of psychological wellbeing such as autonomy($r=.421$; $p=.000$), emotional maturity ($r=.478$; $p=.000$), personal growth ($r=.237$; $p=.000$), positive relation with others ($r=.454$; $p=.000$), purpose in life score($r=.340$; $p=.000$), and self acceptance scores ($r=.353$; $p=.000$) are found to have significant positive relationship with self-efficacy.

Table-2: Multiple regressions analysis of psychological wellbeing and Self-efficacy of medical professionals.

	Model	Variables Entered	Variables Removed	R	R Square	Adjusted R Square	Std. Error of the Estimate
Overall	1	EM*	.	.511 ^a	0.261	0.26	9.76536
	2	PRWO**	.	.560 ^b	0.313	0.311	9.42314
	3	AUTONOMY	.	.575 ^c	0.331	0.327	9.31045
Doctors	1	EM	.	.558 ^a	0.311	0.309	9.41095
	2	AUTONOMY	.	.592 ^b	0.351	0.346	9.15073
	3	PRWO	.	.608 ^c	0.369	0.363	9.03233
Nurses	1	EM	.	.478 ^a	0.229	0.226	10.0259
	2	PRWO	.	.534 ^b	0.286	0.281	9.66629
	3	AUTONOMY	.	.551 ^c	0.303	0.296	9.56192

(EM*: Environmental Mastery, PRWO**: Positive Relation with Other)

Stepwise multiple regression analysis revealed that for the entire sample, self-efficacy is predicted by 3 of the 6 domains of the psychological wellbeing. The first domain to predict the self-efficacy is environmental mastery with variance of .26, the second domain along with the first to predict the self-efficacy is positive relationship with others with the combined variance of .31 and the last domain to enter into the equation is autonomy along with the previous 2 domains with the combined variance of .327. All together these 3 domains of psychological wellbeing predicted 32.7% of the self-efficacy. Rest of the contribution was unaccounted for.

For the doctor sample, self efficacy is predicted by 3 of the 6 domains of psychological wellbeing. Environmental mastery is the first domain to predict the self-efficacy with variance of .309, the second domain along with the first to predict the self-efficacy is autonomy with the combined variance of .346 and the last domain to enter into the equation is positive relationship with others along with the previous 2 domains with the combined variance of .363. All together these 3 domains of psychological wellbeing predicted 36.3% of the self efficacy. Rest of the contribution was unaccounted for.

Stepwise multiple regression analysis revealed that for the nurses, self-efficacy is predicted by 3 of the 6 domains of the psychological wellbeing. The first domain to predict the self-efficacy is environmental mastery with variance of .226, the second domain along with the first to predict the self-efficacy is positive relationship with others with the combined variance of .281 and the last domain to enter into the equation is autonomy along with the previous 2 domains with the combined variance of .296. All together these 3 domains of psychological wellbeing predicted 29.6% of the self efficacy. Rest of the contribution was unaccounted for.

DISCUSSION

Main findings of the study

- There is a significant and positively relationship between self-efficacy and psychological wellbeing among medical professionals.
- There is a significant and positively relationship between self-efficacy and psychological wellbeing among doctors.
- There is a significant and positively relationship between self-efficacy and psychological wellbeing among nurses.
- Multiple regression analysis for entire sample, self-efficacy is predicted by domains of environmental mastery, personal relation with other and autonomy of the psychological wellbeing.
- Self-efficacy is predicted by domains of Environmental mastery, autonomy, and positive relationship with others for the doctors.
- Self-efficacy is predicted by domains of environmental mastery, personal relation with other and autonomy for the nurses.

The main objective of the present study is to study the relationship between psychological wellbeing and self-efficacy among medical professionals. The hypothesis states that: There will be positive relationship between self-efficacy and psychological wellbeing among medical professionals. Outcomes of the study revealed that self efficacy had significant and positive relationship with all the domains of psychological wellbeing such as Autonomy, environment mastery, personal growth,

positive relation with others, purpose in life and self-acceptance. Though no studies directly available in this regard, a study by Srimathi and Kiran Kumar (2011) on Self-efficacy and Psychological Well-being (PWB) among Employed women revealed that all the dimensions of psychological wellbeing correlated significantly and positively with self efficacy scores for the total sample. Another study by Fatemeh and Srimathi (2016) indicated significant and positive relationship between Psychological Wellbeing and Occupational Self-Efficacy among Teachers in the City of Mysore. Regression analysis (table-2) indicated that environmental mastery, positive relationship with others and autonomy were the major predictors of self-efficacy.

The second objective of present study is to study the relationship between psychological well being and self-efficacy across medical professionals. The hypothesis states that: the relationship between psychological wellbeing and self-efficacy varies across the professionals. Findings of the study revealed that both doctors and nurses self efficacy scores are found to be correlated significantly and positively with all the domains of psychological wellbeing. Hence the second Hypothesis is rejected. Further, regression analysis revealed that only 3 domains of psychological wellbeing like environmental mastery, autonomy and positive relationship with others were the major predictors of self-efficacy for doctors. For the nurses, self-efficacy is predicted by domains of environmental mastery, personal relation with other and autonomy. Though no studies were available in this regard.

CONCLUSION

The finding of the study revealed that there is a significant and positive relationship between self-efficacy and psychological wellbeing among medical professionals. Across doctors and nurses also the same findings were observed. However, more researches are needed to study the impact of self-efficacy and psychological wellbeing among medical professionals in order to better understanding of the self efficacy related to psychological well-being.

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Conflict of Interests

The author declared no conflict of interests.

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