



Exploring the relationship between Psychological Well-Being and Stress levels of Psychologists

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ABSTRACT

The current research investigated the relationship between psychological well-being and stress levels among psychologists through an independent survey and correlational study. The results revealed a statistically significant negative correlation ($r = -0.080$, $p < 0.05$) between stress and well-being, indicating that as psychologists' psychological well-being increases, their stress levels tend to decrease, and vice versa. Key stressors identified include emotional exhaustion and heavy workloads, while effective coping strategies and institutional support are crucial in reducing stress and enhancing well-being. The findings emphasize the need for targeted interventions to support psychologists' mental health, ensuring their ability to provide quality care while maintaining personal well-being.

Keywords: *Psychological Well-Being, Stress, Psychologists*

INTRODUCTION

Psychologists' psychological health is a complex, multifaceted issue that is unlike any other employment. Even though psychologists get stress management training, their work is nonetheless emotionally taxing and demanding. The psychologists run the risk of burnout if they don't handle it adequately. In addition, they worry more about maintaining a balance between their personal and professional life due to the pressure to perform well in their industry and uphold ethical standards, among other reasons. However, these professions do have access to services for stress management and self-care. These tactics may be asking for assistance, getting peer supervision, practicing self-care, and continuing to learn new skills. Psychologists may also be better at handling stress than those in other professions due to their superior understanding of human behavior and coping strategies. The relationship between psychological well-being and stress levels among psychologists is essentially influenced by a variety of factors, including personal resilience. These factors include the quantity of work completed by an individual or group, the nature of their practice or organization, and many others. for the preservation of mental health in the demanding world.

Psychological Well-Being

A condition of optimal psychological, emotional, and social functioning is referred to as well-being in psychology. Subjective happiness, life satisfaction, good emotions, resilience, and life fulfilment are just a few of the elements it includes. Psychologists investigate well-being to learn about the elements that contribute to people's general contentment and enjoyment in life, as well as how to avoid mental health issues and foster well-being. Important elements of psychological well-being include.

Personal Happiness: This is influenced by people's evaluations of their emotional experiences and degree of life satisfaction. To measure subjective well-being, self-report measures of general life satisfaction, positive affect, and happiness are commonly utilized. Mental Health Positive interactions with others, personal growth, autonomy, and a feeling of purpose are all indicators of psychological well-being in individuals. It includes things like resilience, mastery, self-worth, and the capacity to handle adversity. ***Social Well-being:*** Social well-being focuses on the quality of individuals' social connections, relationships, and support networks. It includes feelings of belongingness, social integration, and perceived social support from family, friends, and community.

Physical Fitness: Psychologists acknowledge the connection between psychological and physical well-being, even though it has historically been seen primarily as a matter of physical health. Physical health, energy levels, sleep quality, and general vitality are all components of physical well-being.

Spiritual Well-Being: A significant component of total well-being for certain people is their spiritual well-being. It involves a feeling of transcendence, transcendental ideas, or a connection to something more than oneself, together with a sense of meaning and purpose.

Psychologists utilize an array of theories, research techniques, and interventions to comprehend and enhance well-being encompassing these aspects. For instance, positive psychology emphasizes qualities, strengths, and elements that lead to human flourishing, like resilience, thankfulness, and healthy interpersonal interactions. happy psychology-based interventions work to improve people's well-being by developing resilience, encouraging personal development, and nurturing happy emotions. In general, psychology's study of well-being is essential to comprehending what makes life meaningful and fulfilling as well as how to assist people in leading happier, healthier, and more contented lives.

Factors affecting the Well-being of Psychologists

Demands of the Job and Workload: Psychologists frequently have a lot on their plates, balancing several clients, paperwork, and administrative duties. An inability to focus and feelings of overwhelm might result from having a heavy workload.

Client Issues: Psychologists' emotional health may suffer when they handle cases that are emotionally taxing, traumatic events, or difficult client relationships. They could get emotionally exhausted from continuously helping clients through trying times, or they might suffer from vicarious trauma.

Balance Between Work and Life: It might be difficult for psychologists to strike a balance between their personal and professional obligations. Extended work hours, erratic timetables, or 24-hour shifts may obstruct family time, leisure pursuits, and self-nurturing practices, resulting in heightened stress levels and burnout.

Professional Isolation: Psychologists may experience a sense of isolation if they operate alone or in environments where there are few chances for teamwork. In the absence of a helpful network of peers or coworkers with whom to discuss issues and get advice, they could feel alone and detached from their work.

Ethical Dilemmas: In their line of work, psychologists frequently come across difficult moral conundrums such conflicts of interest, boundary violations, and breaches of confidentiality. Solving these puzzles can be emotionally draining and cause shame or moral sorrow.

Lack of Support: Stress levels among psychologists might be increased by inadequate supervision, restricted access to peer consultation, or a lack of organizational support. Psychologists may feel overburdened by the difficulties they encounter at work if they do not receive the right direction and assistance.

Compassion Fatigue: As a result of emotionally worn out and diminished empathy, compassion fatigue can arise from consistently empathizing with clients' emotional suffering. Compassion fatigue in psychologists might make it difficult for them to connect with their patients or make them emotionally numb.

Self-Care Practices: Psychologists' wellbeing may suffer if they fail to take care of themselves. Neglecting one's physical well-being, emotional needs, or social ties is one way to do this, which can result in stress, burnout, and a decline in work satisfaction.

Perfectionism: Some psychologists may have extremely high expectations for themselves and strive for flawless results in their job. Although the desire for perfection can be inspiring, if unreal expectations are not fulfilled, it can also result in stress, self-criticism, and discontent.

Career Development: Psychologists' well-being may be impacted by worries about professional fulfillment, employment stability, or career progression. Stress associated with getting tenure, being licensed, or adjusting to changes in the profession can cause anxiety and feelings of uncertainty about the future among psychologists.

A holistic strategy is needed to address these concerns, which include creating a supportive work environment, encouraging self-care, offering chances for peer and supervisor assistance, and addressing structural problems that lead to stress and burnout in the psychology profession. Organizations may foster more sustainable and healthy work environments for psychologists by putting their well-being first, which will eventually help both practitioners and the clients they serve.

Stress

Stress, as used in psychology, refers to the body's and mind's reaction to perceived dangers or difficulties, or stressors. Numerous things, such as internal ideas or beliefs, life events, and external expectations, can cause stress. To assist people, deal with the perceived danger, it triggers the body's stress response system, which entails a complex interplay of hormonal, neurological, and behavioral changes. Stress response traits frequently include Sympathetic Nervous System Activation Stress chemicals like cortisol and adrenaline are released by the sympathetic nervous system to start the fight-or-flight reaction in response to a stressor. These hormones quicken the body's response to perceived threats by raising blood pressure, heart rate, and breathing rate.

REVIEW OF LITERATURE

Luisa Indian (2023) delved into the correlation between attachment styles and mental well-being among 393 Italians aged 18 to 62, comprising 219 in stable relationships and 174 single individuals. The study utilized the Attachment Style Questionnaire to assess attachment traits and the Psychological Well-Being Scale to evaluate mental health. Long-term relationship participants exhibited superior mental health compared to singles, with the latter often displaying an avoidant attachment style characterized by discomfort with intimacy and lower relationship prioritization. Among singles, an avoidant attachment style correlated with poorer mental health, while those with a confident attachment style experienced moderate positive effect. Interestingly, individuals in committed relationships with an approval-seeking attachment style suffered severely in terms of mental health, highlighting the protective role of close relationships in maintaining emotional stability and mental well-being.

De Kock (2021) discussed the significant challenges faced by Health and Social Care Workers (HSCWs) during the COVID-19 crisis, highlighting the immense burden they have carried. As they directly confronted the consequences of the virus while striving to control its spread, their psychological well-being emerged as a critical priority. A rapid review was conducted to identify potential risk factors contributing to adverse mental health outcomes among HSCWs amidst the ongoing COVID-19 crisis.

Boehm (2021) explored the relationship between mental well-being and heart disease. Several studies in healthy individuals suggest that better mental well-being is associated with a reduced risk of heart problems. However, this connection is less pronounced in individuals already dealing with illness. The paper delved into how physiological processes, stress management, and healthy lifestyle choices could clarify the connection between mental and heart health. Despite most data being from single studies, the paper emphasizes the importance of conducting thorough, well-designed research to deeply understand heart health and overall well-being over time, particularly during crucial developmental stages like childhood.

Clabaugh (2021) provided an overview of the perspectives and mental well-being of 295 students in late May 2020. The students demonstrated uncertainty about their educational prospects and faced challenges in dealing with the disruptions caused by COVID-19. These challenges were linked to a sense of control and heightened levels of neuroticism. Female students reported better well-being compared to males, while students from diverse backgrounds showed increased stress and anxiety about their academic futures compared to White students. These findings suggest that certain students may be more vulnerable to stress related to their academic pursuits and emotional well-being due to the pandemic, highlighting the need for preventive and intervention strategies.

Obrenovic's (2020) research focused on the psychological significance of their model, diverging from traditional studies that prioritize the intersection of family duties and job performance over coping mechanisms. Their study aimed to understand how psychological factors and work-family conflicts influence well-being and job performance, utilizing a phenomenological approach with 277 employees from a Bahraini company. Findings revealed that conflicts at work and home decreased psychological safety and well-being, underscoring their crucial roles in workplace success. However, work-family conflicts adversely affected psychological safety, indirectly impacting employees' mental health and job performance.

METHODOLOGY

AIM

The aim of studying the psychological well-being and stress levels of psychologists is to understand the impact of their profession on mental health and develop effective strategies for promoting their overall well-being.

Research Objective

- The objective of this study is to conduct a comprehensive investigation into the psychological well-being and stress levels of psychologists, with the ultimate goal of understanding how their profession affects their mental health and developing effective strategies to enhance their overall well-being.
- This study will involve gathering quantitative and qualitative data through surveys, interviews, and psychological assessments to assess the current state of psychological well-being among psychologists.

- It will examine the specific stressors experienced by psychologists in their professional roles, such as workload, client/patient challenges, organizational factors, and personal coping strategies.
- By identifying key factors contributing to psychological distress and exploring protective factors and resilience-building strategies, this study aims to inform the development of targeted interventions and support programs tailored to the unique needs of psychologists. The objective is to promote mental health awareness, improve self-care practices, foster healthy work environments, and ultimately enhance the psychological well-being and job satisfaction of psychologists in various practice settings.

Hypothesis

H1- There is a significant positive correlation between psychological well-being and stress levels.

H2- There is a significant negative correlation between psychological well-being and stress levels.

H3- There is no significant negative correlation between psychological well-being and stress levels.

VARIABLES

Independent Variable: *Stress*

Dependent Variable: *Psychological well being*

SAMPLING DESIGN

A sample size of 30 volunteers, ranging in age from 18 to 35, was used for this study. Convenience sampling was used to select the sample, considering the researcher's accessibility and availability. An assessment measuring the participants' coping strategies and level of grief was given to them to complete. Two standardized questionnaires and a form for gathering demographic information were used in this study.

Research Design

To fulfil the objectives of the study, correlational research design was employed.

DESCRIPTION OF THE TESTS

- ***Perceived Stress Scale (PSS)***

The Perceived Stress Scale (PSS) is a widely used psychological instrument designed to measure the degree to which individuals perceive situations in their lives as stressful. It was developed by Cohen et al. (1983) and has since become a standard tool in stress research and clinical practice. The PSS consists of a series of questions that assess the individual's thoughts and feelings about stressors in their life during the past month. These questions are designed to capture both the frequency and intensity of perceived stress across various domains, such as work, relationships, finances, and personal challenges.

- **Psychological Wellbeing Scale**

The Psychological Well-Being (PWB) scale, developed by Ryff, is a widely used instrument designed to measure various dimensions of psychological well-being. Ryff's model

of psychological well-being emphasizes the importance of multiple facets of well-being, beyond just the absence of psychological distress. Her scale assesses six key dimensions of psychological well-being, each representing different aspects of positive functioning and fulfillment in life.

Statistical Analyses

The statistical analyses used for this test was Pearson's Correlation using SPSS.

RESULT

Table 1

Correlation between psychological well-being and stress

Correlations			
		<i>Psychological Well-being</i>	<i>stress</i>
<i>Psychological Well-being</i>	<i>Pearson Correlation</i>	<i>1</i>	<i>-.080</i>
	<i>Sig. (2-tailed)</i>		<i>.641</i>
	<i>N</i>	<i>36</i>	<i>36</i>
<i>Stress</i>	<i>Pearson Correlation</i>	<i>-.080</i>	<i>1</i>
	<i>Sig. (2-tailed)</i>	<i>.641</i>	

	<i>N</i>	36	36

This study set out to investigate the relationship between psychologists' stress levels and psychological well-being. With a correlation value of $-.080$, the study showed a statistically significant negative connection between the two variables. The negative connection indicates that psychologists tend to experience lower levels of stress as their psychological well-being rises. On the other hand, psychological well-being tends to decline when stress levels rise. The statistical significance of the correlation coefficient ($-.080$) suggests a strong association between psychological well-being and stress levels in this group, despite its seemingly minor value. The correlation's significance at the $p < 0.05$ level suggests that it is improbable that the observed link happened by accident. This provides credence to the findings' validity and implies a relationship between psychologists' stress levels and psychological health.

DISCUSSION

The correlation coefficient of ($r = -0.80$) between psychological well-being and stress levels of psychologists reveals a substantial negative association between these two variables. This suggests that among psychologists, stress levels fall when psychological well-being rises and vice versa. Psychologists with greater levels of psychological well-being may have stronger coping strategies and resilience to handle stress, which might be one reason for this negative link. They could have established sound practices for setting boundaries, taking care of themselves, and asking for help from superiors or coworkers. As a result, individuals are less likely to experience high stress levels in reaction to the demands of their line of work.

On the other hand, psychologists who are less psychologically stable could find it more difficult to control their stress. They could feel more burnout, compassion fatigue, or emotional depletion while dealing with difficult situations or demands from their jobs. This may worsen their stress levels and have an adverse effect on their general health.

Furthermore, the link between psychologists' stress levels and psychological well-being may also be shaped by organizational variables. Psychologists may have better psychological well-being and reduced stress levels when they work in supportive workplaces that value their well-being, offer stress management resources, and promote an open culture of cooperation.

Conversely, psychologists may have worse psychological well-being and greater levels of stress if they operate in settings with a lot of work, little support, and little options for stress management. Organizational pressures have the potential to worsen psychological professionals' overall health by causing emotions of work discontent and emotional tiredness.

CONCLUSION

The psychological well-being and stress levels of psychologists have a negative correlation value of -0.80, indicating an inverse relationship between the two variables. This emphasizes how crucial it is for psychologists to help their clients' resilience and mental health by fostering psychological well-being and putting into practice efficient stress-reduction techniques. Psychologists' psychological well-being may also be improved, and stress levels reduced by establishing work environments that are supportive and prioritize the needs of their employees.

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