

Coping With Job Stress and Its effect on General wellbeing: A Study among Resident doctors

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Abstract

Intense work demands, long working hours and lack of support from colleagues and supervisors cause stress among resident doctors. Job stress adversely affects the physical and mental health of resident doctors. The type of coping response determines the effect of stress on wellbeing. Thus, the present study was designed to explore the relationships among job stress, coping strategies and general wellbeing among resident doctors; and to identify the role of job stress and coping strategies in general wellbeing of resident doctors. Job stress survey, brief cope scale, general health questionnaire and PGI general wellbeing scale were administered on 75 resident doctors. The data were analyzed by means of correlation and regression analysis. Results revealed that job stress was associated with poor wellbeing. Lack of organization support was associated with greater psychological distress and poor wellbeing. Emotion- focused coping was positively related with problem-focused coping and negatively related with wellbeing. Whereas, problem-focused coping was positively related with wellbeing and negatively related with psychological distress. Both emotion-focused coping and problem-focused coping emerged as significant predictors of wellbeing.

Key Words: Coping, Job Stress, General Well being

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