

Gender Differences in Psychological Capital, Burnout and Social Support: A study among Medical Professionals

Anita Sharma* and Neelabh Kashyap**

Abstract

Present study was planned to examine the gender differences in psychological capital, burnout and social support in medical professionals. A sample of one hundred medical professionals (within equal number of participants from both sexes) including physicians and surgeons across different specialties was selected on the basis of convenience based sampling from medical colleges and hospitals located in Delhi and Shimla. They were administered psychological capital questionnaire, Maslach Burnout inventory and social support questionnaire. Data were analyzed using t test. Results revealed that male medical professionals have had significantly higher level of psychological capital(hope, self efficacy, and optimism). Females were found to score higher on emotional exhaustion and depersonalization than their male counterparts. Significant difference was also observed social support where the males reported higher level of social support than the females. Findings are discussed in the light of earlier studies and their implication for the medical professionals.

Key words: Psychological capital, burnout, social support, doctors and gender

*Deputy Director, UGC- HRDC & Associate Professor, (H.O.D.) Department of Psychology, HPU, Shimla (INDIA), Email: anitahpu@gmail.com

** Research Scholar, Department of Psychology, HPU, Shimla (INDIA), Email: anitahpu@gmail.com