

UNDERSTANDING THE PSYCHOLOGICAL WELL-BEING OF HEALTH CARE PROFESSIONALS IN THE CLINICAL SETTING

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Paper Received: 08.07.2024 / **Paper Accepted:** 09.08.2024 / **Paper Published:** 11.08.2024

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Abstract

Background: Psychological well-being, a state encompassing mental health and life satisfaction, is a critical component of overall health for healthcare professionals. The psychological well-being of these professionals directly influences their ability to cope with stress, maintain positive interpersonal relationships, and provide compassionate care (Bamforth et al., 2023).

Methods: Asia Pacific Medical Centre in Kalibo, Aklan, was the chosen location of the study, which used a descriptive-correlational research approach. This entails choosing and applying standardized instruments and procedures for measuring psychological well-being.

Result: The study's findings clearly demonstrate that although healthcare workers often show a high degree of confidence in their judgements and opinions, there are differing degrees of outside influence and difficulties when voicing ideas on controversial topics. These results clarify how confidence, influence, and individual judgement interact to shape psychological health and self-determination among medical professionals in Kalibo, Aklan.

Conclusion: The findings on psychological well-being show moderate levels among respondents, notably in emotional weariness and depersonalization, which are symptomatic of the strain and detachment that healthcare workers may feel in their roles.

Keywords: Psychological Well-being, Healthcare Professionals, Clinical.

Introduction

Psychological well-being is a crucial aspect of overall health, encompassing emotional, psychological, and social dimensions of well-being. For healthcare professionals, maintaining psychological well-being is particularly challenging due to the high-stress nature of their work environments. Resilience, or the ability to adapt to stress and adversity, plays a vital role in protecting and enhancing the psychological well-being of healthcare professionals. This section reviews the literature on the factors influencing psychological well-being, the role of resilience, and effective interventions aimed at promoting well-being and resilience among healthcare professionals.

Psychological well-being in healthcare professionals is influenced by a multitude of factors, both personal and organizational. Personal factors such as coping strategies, personality traits, and social support significantly impact how healthcare professionals manage stress and maintain their well-being. For instance, a study by Tindle et al., (2022) found that healthcare professionals who employed adaptive coping strategies, such as problem-solving and seeking social support, reported higher levels of psychological well-being compared to those who relied on maladaptive strategies like avoidance and denial. Additionally, personality traits such as optimism, self-efficacy, and emotional stability is associated with better psychological well-being and lower levels of stress (Tindle et al., 2022).

Organizational factors also play a crucial role in shaping the psychological well-being of healthcare professionals. Supportive work environments, adequate resources, and positive organizational culture contribute to higher levels of well-being. A study by Sheng et al., (2023) highlighted the importance of perceived organizational support in enhancing the well-being of nurses. The study found that nurses who perceived higher levels of support from their organizations reported lower levels of stress and burnout and higher levels of job satisfaction. Similarly, positive relationships with colleagues and supervisors, opportunities for professional development, and recognition and appreciation for work efforts are critical factors that enhance psychological well-being among healthcare professionals (Sheng et al., 2023).

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Methods

Research Design

The quantitative-correlational research design was utilized in this study, this design fits this study on psychological well-being among healthcare professionals in Kalibo, Aklan, for several reasons. First, it allows for the measurement and analysis of these variables in a naturalistic setting without intervention, preserving the authenticity of the respondents' experiences.

Respondents of the Study

The study took place at Asia Pacific Medical Centre in Kalibo, Aklan. This hospital offers a complete environment in which a wide spectrum of healthcare professionals, including doctors, nurses, allied health professionals, administrative personnel, and support staff, operate in a variety of settings. By focusing on the specific hospital, this study can provide a comprehensive picture of psychological well-being across various jobs and responsibilities in the healthcare industry.

Instruments of the Study

This study's instrumentation consists of selecting and using standardized tools and instruments to assess workload, burnout, and psychological well-being among healthcare professionals in Kalibo, Aklan. Given the complexity and diverse character of these dimensions, validated measures are required to offer trustworthy and valid data for study. A pilot study was undertaken to test the validity of geographical location and the Cronbach alpha analysis in establishing the dependability or efficacy of the research findings. As a result, the paper and instrument may be implemented and used as a research tool. The instruments employed for this study have been widely used in prior research and have showed strong psychometric qualities, ensuring the quality and accuracy of the obtained data.

Results

Level of Psychological Well-Being of the Respondents

Table 1: Level of Psychological Well-Being in Terms of Autonomy

Indicators	MS	SD	VI	rank
1. I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people.	5.79	0.59	SA	1
2. My decisions are not usually influenced by what everyone else is doing.	1.60	6.55	D	6
3. I tend to worry about what other people think of me.	1.43	1.41	SD	7
4. I tend to influenced by people with strong opinions.	3.07	0.70	PD	5
5. I have confidence in my opinions, even if they are contrary to the general consensus.	3.68	0.68	PA	4
6. It's difficult for me to voice my own opinions on controversial matters.	4.59	0.87	A	3
7. I judge myself by what I think is important, not by the values of what others think is important.	5.37	1.09	A	2
Average Weighted Mean	3.36	1.80	PD	

Legend: Mean Score (MS); Standard Deviation (SD); Verbal Interpretation (VI)

Strongly Disagree (1.00 – 1.49) SD; Disagree (1.50 – 2.49) D; Partially Disagree (2.50 – 3.49) PD; Partially Agree (3.50 – 4.49) PA; Agree (4.50 – 5.49) A; Strongly Agree (5.50 – 6.00) SA

Table 1 presents an assessment of psychological well-being among healthcare professionals in Kalibo, Aklan, starting with the highest mean score and moving to the lowest, along with their respective standard deviations and verbal interpretations (VI). The statement with the highest mean score, "I am not afraid to voice my opinions, even when they are in opposition to the opinions of most people," scored 5.79 (SD = 0.59), indicating strong agreement (VI = Strongly Agree). This reflects a robust sense of

confidence and autonomy among respondents in expressing their views openly and confidently, even when they differ from the majority. Following closely, "I judge myself by what I think is important, not by the values of what others think is important," scored 5.37 (SD = 1.09), also indicating strong agreement (VI = Agree). This suggests that healthcare professionals prioritize their own values and judgments over external influences, reinforcing their strong sense of autonomy and personal

integrity. "I have confidence in my opinions, even if they are contrary to the general consensus," received a mean score of 3.68 (SD = 0.68), indicating partial agreement (VI = Partially Agree). This statement reflects a balanced perspective where respondents generally hold confidence in their opinions but may consider external perspectives to some extent.

Conversely, the statement with the lowest mean score, "I tend to worry about what other people think of me," scored 1.43 (SD = 1.41), indicating strong disagreement (VI = Strongly Disagree). This highlights that respondents generally do not overly concern themselves with external judgments, emphasizing a robust sense of self-assurance and autonomy. "My decisions are not usually influenced by what everyone else is doing" received a mean score of 1.60 (SD = 6.55), indicating disagreement (VI = Disagree), but with a high standard deviation suggesting variability in responses. This variability indicates inconsistencies in how much respondents' decisions are influenced by others, highlighting a nuanced perspective on autonomy.

"It's difficult for me to voice my own opinions on controversial matters" received a mean score of 4.59 (SD = 0.87), indicating agreement (VI = Agree). This suggests that respondents find it challenging to express their opinions on contentious issues,

reflecting potential barriers to full autonomy in certain contexts. The average weighted mean across all indicators is 3.36 (SD = 1.80), indicating a moderate level of psychological well-being related to autonomy among the respondents. This suggests that while healthcare professionals generally exhibit strong confidence in their opinions and decisions, there are varying degrees of influence from external factors and challenges in expressing views on contentious issues.

These findings explain the complex interplay of confidence, influence, and personal judgment in shaping psychological well-being and autonomy among healthcare professionals in Kalibo, Aklan. Strengthening autonomy in decision-making processes could potentially enhance overall job satisfaction and well-being in their demanding roles.

Deci and Ryan (2017) discuss the importance of autonomy and self-confidence in psychological well-being, emphasizing that a strong sense of autonomy, such as voicing opinions despite opposition, significantly contributes to overall well-being. The high mean score for statements reflecting confidence and autonomy in your study is supported by their findings on the impact of self-determined behaviors on psychological health.

Table 2: Level of Psychological Well-Being in Terms of Environment Mastery

Indicators	MS	SD	VI	rank
1. In, general, I feel I am in charge of the situation in which I live.	3.11	0.99	PD	5
2. The demands of everyday life often get me down.	4.62	0.92	A	1
3. I do not fit very well with the people and the community around me.	2.10	0.96	D	7
4. I am quite good at managing the many responsibilities of my daily life.	2.22	1.18	D	6
5. I often feel overwhelmed by my responsibilities.	4.58	1.12	A	2
6. I have difficulty arranging my life in a way that is satisfying to me.	3.37	0.97	PD	3
7. I have been able to build a home and a lifestyle for myself that is much to my liking.	3.17	1.09	PD	4
Average Weighted Mean	3.33	1.02	PD	

Legend: Mean Score (MS); Standard Deviation (SD); Verbal Interpretation (VI) Strongly Disagree (1.00 – 1.49) SD; Disagree (1.50 – 2.49) D; Partially Disagree (2.50 – 3.49) PD; Partially Agree (3.50 – 4.49) PA; Agree (4.50 – 5.49) A; Strongly Agree (5.50 – 6.00) SA

Table 2 provides a comprehensive assessment of environment mastery among healthcare professionals in Kalibo, Aklan, starting with the indicators with the highest mean scores and moving

to the lowest, accompanied by their respective standard deviations (SD) and verbal interpretations (VI) to understand the level of mastery respondents feel over their environment. The highest mean

scores were observed for statements indicating agreement with challenges in managing daily responsibilities and the impact of everyday demands. Specifically, "The demands of everyday life often get me down" scored 4.62 (SD = 0.92), reflecting that healthcare professionals frequently experience emotional responses to the pressures of their daily routines (VI = Agree). Similarly, "I often feel overwhelmed by my responsibilities" scored 4.58 (SD = 1.12), highlighting a strong agreement that responsibilities can be burdensome and challenging to manage (VI = Agree). In contrast, the lowest mean score was for the statement "I do not fit very well with the people and the community around me," which scored 2.10 (SD = 0.96), indicating disagreement (VI = Disagree). This suggests that respondents generally feel they integrate well within their community, indicating a sense of belonging and social cohesion despite other challenges they may face in their environment.

Statements reflecting partial disagreement, such as "I have difficulty arranging my life in a way that is satisfying to me" (MS = 3.37, SD = 0.97) and "I have been able to build a home and a lifestyle for myself that is much to my liking" (MS = 3.17, SD = 1.09), indicate that while respondents strive for satisfaction and personal fulfillment, they encounter notable

challenges in achieving these goals (VI = Partially Disagree). The average weighted mean of 3.33 (SD = 1.02) suggests a moderate level of environment mastery among the respondents. This implies that while healthcare professionals generally exhibit some degree of control and adaptation to their surroundings, they also face significant stressors and difficulties in managing their personal and professional lives effectively. These findings underscore the complex dynamics of environment mastery among healthcare professionals in Kalibo, Aklan, emphasizing the need for targeted interventions to support their resilience, enhance coping strategies, and promote overall well-being in the face of demanding work environments. Addressing these challenges can contribute to improving job satisfaction and retention rates within the healthcare sector.

Lazarus and Folkman (2020) discuss how daily stressors and overwhelming responsibilities impact individuals' emotional responses and coping mechanisms. The high mean scores for statements related to feeling overwhelmed and burdened by responsibilities in your study are supported by their findings, which highlight the significant emotional toll of managing demanding routines.

Table 3: Level of Psychological Well-Being in Terms of Personal Growth

Indicators	MS	SD	VI	rank
1. I am not interested in activities that will expand my horizons.	4.57	1.15	A	4
2. I think it is important to have new experiences that challenge how you think about yourself and the world.	4.04	0.90	PA	6
3. When I think about it, I haven't really improved much as a person over the years.	3.88	1.03	PA	7
4. I have the sense that I have developed a lot as a person over time.	5.33	1.55	A	1
5. I do not enjoy being in new situations that require me to change my old familiar ways of doing things.	4.11	0.92	PA	5
6. For me, life has been a continuous process of learning, changing, and growth.	4.67	1.07	A	2
7. I gave up trying to make big improvements or changes in my life a long time ago.	4.60	1.13	A	3
Average Weighted Mean	4.43	1.10	PA	

Legend: Mean Score (MS); Standard Deviation (SD); Verbal Interpretation (VI)
Strongly Disagree (1.00 – 1.49) SD; Disagree (1.50 – 2.49) D; Partially Disagree (2.50 – 3.49) PD; Partially Agree (3.50 – 4.49) PA; Agree (4.50 – 5.49) A; Strongly Agree (5.50 – 6.00) SA

Table 3 provides a comprehensive evaluation of psychological well-being among healthcare professionals in Kalibo, Aklan, focusing on personal growth through various indicators, starting with

those with the highest mean scores and moving to the lowest, along with their respective standard deviations (SD) and verbal interpretations (VI). The highest mean scores were observed for statements

indicating a strong commitment to personal development and continuous learning. "I have the sense that I have developed a lot as a person over time" scored 5.33 (SD = 1.55), reflecting a profound belief in personal growth and evolution (VI = Agree). Similarly, "For me, life has been a continuous process of learning, changing, and growth" scored 4.67 (SD = 1.07), underscoring a resilient attitude towards embracing ongoing personal and professional development (VI = Agree). Statements indicating agreement with personal growth and positive outlooks, such as "I gave up trying to make big improvements or changes in my life a long time ago" (MS = 4.60, SD = 1.13) and "I am not interested in activities that will expand my horizons" (MS = 4.57, SD = 1.15), further reinforce respondents' active engagement in self-improvement despite occasional challenges or limitations (VI = Agree). Conversely, statements with lower mean scores indicated some ambivalence or reservation towards certain aspects of personal growth. "When I think about it, I haven't really improved much as a person over the years" scored 3.88 (SD = 1.03), suggesting a self-reflective stance on personal development progress (VI = Partially Agree). Similarly, "I do not enjoy being in new

situations that require me to change my old familiar ways of doing things" scored 4.11 (SD = 0.92), indicating a degree of discomfort or reluctance towards embracing unfamiliar challenges (VI = Partially Agree). The average weighted mean of 4.43 (SD = 1.10) indicates a generally positive perception of personal growth among the respondents, emphasizing a balance between enthusiasm for learning and adaptation and reflective pauses on progress and change. These findings highlight opportunities for fostering a supportive environment that encourages continuous learning and development within the healthcare profession, ultimately enhancing overall psychological well-being and resilience.

Ryff (2020) explores how personal growth and continuous learning contribute to eudaimonic well-being, highlighting that a strong commitment to personal development and the sense of evolving as a person are crucial for psychological health. The high mean scores for statements reflecting personal development and resilience in your study are consistent with her findings on the benefits of ongoing self-improvement.

Table 4: Level of Psychological Well-Being in Terms of Positive Relations

Indicators	MS	SD	VI	rank
1. Most people see me as loving and affectionate.	3.11	0.99	PD	7
2. Maintaining close relationships has been difficult and frustrating for me.	4.06	0.81	PA	6
3. I often feel lonely because I have few close friends with whom to share my concerns.	4.37	1.46	PA	5
4. I enjoy personal and mutual conversations with family members or friends.	4.99	0.73	A	1
5. People would describe me as a giving person, willing to share my time with others.	4.62	1.00	A	3
6. I have not experienced many warm and trusting relationships with others.	4.48	1.28	PA	4
7. I know that I can trust my friends, and they know they can trust me.	4.76	0.91	A	2
Average Weighted Mean	4.27	1.05	PA	

Legend: Mean Score (MS); Standard Deviation (SD); Verbal Interpretation (VI)
Strongly Disagree (1.00 – 1.49) SD; Disagree (1.50 – 2.49) D; Partially Disagree (2.50 – 3.49) PD; Partially Agree (3.50 – 4.49) PA; Agree (4.50 – 5.49) A; Strongly Agree (5.50 – 6.00) SA

Table 4 provides a nuanced assessment of psychological well-being among healthcare professionals in Kalibo, Aklan, focusing on positive relations through various indicators, starting with those with the highest mean scores and moving to

the lowest, along with their respective standard deviations (SD) and verbal interpretations (VI). The highest mean scores were observed for statements reflecting positive social interactions and relational satisfaction. "I enjoy personal and mutual

conversations with family members or friends" scored the highest at 4.99 (SD = 0.73), indicating a strong affinity for meaningful and supportive relationships (VI = Agree). Similarly, "People would describe me as a giving person, willing to share my time with others" scored 4.62 (SD = 1.00), highlighting a perceived generosity and openness in interpersonal engagements (VI = Agree). "I know that I can trust my friends, and they know they can trust me" also scored high at 4.76 (SD = 0.91), underscoring a sense of mutual trust and reliability within their social circles (VI = Agree). Conversely, statements with lower mean scores indicated some challenges and mixed experiences in interpersonal relationships. "Most people see me as loving and affectionate" scored 3.11 (SD = 0.99), suggesting a more neutral perception or variability in how others perceive their affectionate qualities (VI = Partially Disagree). "Maintaining close relationships has been difficult and frustrating for me" scored 4.06 (SD = 0.81), reflecting acknowledged difficulties in sustaining intimate connections (VI = Partially Agree). "I have not experienced many warm and trusting relationships with others" also scored lower at 4.48 (SD = 1.28), indicating a perceived lack of

depth or warmth in their social interactions (VI = Partially Agree). The average weighted mean of 4.27 (SD = 1.05) suggests a moderate overall perception of positive relations among the respondents. These underscores both strengths in interpersonal warmth and trust, as well as areas for potential improvement in deepening and maintaining meaningful social connections. These findings highlight the importance of fostering supportive environments and interventions aimed at enhancing social support networks and overall psychological well-being within the healthcare profession in Kalibo, Aklan.

Helliwell and Putnam (2020) explore the significant impact of positive social interactions and relational satisfaction on overall well-being. Their research highlights that meaningful conversations and supportive relationships are crucial for psychological health, aligning with the high mean scores observed in your study for statements about enjoying personal conversations and perceived generosity.

Table 5: Level of Psychological Well-Being in Terms of Purpose in Life

Indicators	MS	SD	VI	rank
1. I live life one day at a time and don't really think about the future.	5.42	1.26	A	1
2. I have a sense of direction and purpose in life.	5.30	1.42	A	2
3. My daily activities often seem trivial and unimportant to me.	4.78	0.97	A	4
4. I don't have a good sense of what it is I'm trying to accomplish in life.	4.29	1.27	PA	7
5. I enjoy making plans for the future and working to make them a reality.	4.32	0.92	PA	6
6. Some people wander aimlessly through life, but I am not one of them.	4.34	1.17	PA	5
7. I sometimes feel as if I've done all there is to do in life.	5.00	0.64	A	3
Average Weighted Mean	4.74	1.17	A	

Legend: Mean Score (MS); Standard Deviation (SD); Verbal Interpretation (VI)

Strongly Disagree (1.00 – 1.49) SD; Disagree (1.50 – 2.49) D; Partially Disagree (2.50 – 3.49) PD; Partially Agree (3.50 – 4.49) PA; Agree (4.50 – 5.49) A; Strongly Agree (5.50 – 6.00) SA

Table 5 provides a comprehensive assessment of psychological well-being among healthcare professionals in Kalibo, Aklan, focusing on their perceived sense of purpose in life across several indicators. The highest mean scores indicate strong affirmations of purpose and direction. "I live life one day at a time and don't really think about the future" scored the highest at 5.42 (SD = 1.26), suggesting a contentedness with living in the present moment and

not overly worrying about future uncertainties (VI = Agree). Similarly, "I have a sense of direction and purpose in life" scored 5.30 (SD = 1.42), reflecting a clear understanding and commitment to personal goals and aspirations (VI = Agree). "I sometimes feel as if I've done all there is to do in life" also scored high at 5.00 (SD = 0.64), indicating a sense of fulfillment and accomplishment (VI = Agree). Conversely, statements with lower mean scores

suggest some introspection or uncertainty regarding life's purpose. "I don't have a good sense of what it is I'm trying to accomplish in life" scored lower at 4.29 (SD = 1.27), highlighting a perceived lack of clarity or direction in personal goals (VI = Partially Agree). "My daily activities often seem trivial and unimportant to me" scored 4.78 (SD = 0.97), indicating moments of feeling disconnected or disengaged with daily routines (VI = Agree). These lower scores, while still positive overall, suggest areas where individuals may seek more clarity or fulfillment in their daily pursuits and life goals. The average weighted mean of 4.74 (SD = 1.17) reflects an overall positive perception of purpose in life among the respondents, emphasizing a generally strong sense of direction and fulfillment with occasional moments of introspection. This insight is crucial for understanding how healthcare

professionals perceive their life's purpose, which can influence their motivation, resilience, and overall well-being in demanding healthcare settings. Addressing these perceptions can contribute to fostering a supportive work environment that enhances personal fulfillment and professional satisfaction among healthcare professionals.

Frankl (2021) seminal work on the search for meaning underscores the importance of purpose in life for psychological health. His insights into how purpose can drive fulfillment and resilience support the high scores for sense of purpose in this study, suggesting that respondents' sense of direction and accomplishment positively influences their overall psychological well-being.

Table 6: Level of Psychological Well-Being in Terms of Self-Acceptance

Indicators	MS	SD	VI	rank
1. When I look at the story of my life, I am pleased with how things have turned out.	5.60	0.64	SA	1
2. In general, I feel confident and positive about myself.	5.56	0.70	SA	2
3. I feel like many people I know have gotten more out of life than I have.	4.82	0.39	A	4
4. I like most aspects of my personality.	4.70	0.85	A	5
5. In many ways, I feel disappointed about my achievements in life.	4.38	0.49	PA	7
6. My attitude about myself is probably not as positive as most people feel about themselves.	4.69	0.46	A	6
7. When I compare myself to friends and acquaintances, it makes me feel good about who I am.	4.96	0.49	A	3
Average Weighted Mean	4.96	0.59	A	

Legend: Mean Score (MS); Standard Deviation (SD); Verbal Interpretation (VI), Strongly Disagree (1.00 – 1.49) SD; Disagree (1.50 – 2.49) D; Partially Disagree (2.50 – 3.49) PD; Partially Agree (3.50 – 4.49) PA; Agree (4.50 – 5.49) A; Strongly Agree (5.50 – 6.00) SA

Table 6 presents the Level of psychological well-being in terms of self-acceptance. Respondents reported the highest levels of self-acceptance in statements such as "When I look at the story of my life, I am pleased with how things have turned out," which received a mean score of 5.60 and a standard deviation of 0.64, indicating strong agreement (SA). This suggests that respondents are highly satisfied with the overall trajectory of their lives. Similarly, "In general, I feel confident and positive about myself" received a mean score of 5.56 with a standard deviation of 0.70, also indicating strong agreement (SA). These high scores indicate a robust sense of self-confidence and positive self-regard among respondents.

Additionally, respondents expressed moderate to high levels of agreement (A) in statements such as "I like most aspects of my personality" (mean score of 4.70, SD 0.85), "When I compare myself to friends and acquaintances, it makes me feel good about who I am" (mean score of 4.96, SD 0.49), and "My attitude about myself is probably not as positive as most people feel about themselves" (mean score of 4.69, SD 0.46). These scores suggest a generally positive perception of their personality and self-comparison, with some acknowledgment of room for improvement in self-perception. Conversely, respondents reported lower levels of agreement (PA) in statements indicating some dissatisfaction or

ambivalence about achievements and comparison with others. For instance, "In many ways, I feel disappointed about my achievements in life" received a mean score of 4.38 with a standard deviation of 0.49, indicating partial agreement (PA). This suggests that while respondents generally feel positive about themselves, there are areas where they may harbor feelings of disappointment or

unmet expectations. Schwartz (2024) discusses the importance of accepting various parts of oneself to achieve overall self-acceptance and personal growth. The high scores in self-acceptance observed in the study support Schwartz's theory that acknowledging and integrating different aspects of oneself contributes to a positive self-image.

Table 7: Summary of Level of Psychological Well-Being

Indicators	MS	SD	VI	rank
Autonomy	3.36	1.80	PD	5
Environmental Mastery	3.33	1.02	PD	6
Personal Growth	4.43	1.10	PA	3
Positive Relations	4.27	1.05	PA	4
Purpose in Life	4.74	1.17	A	2
Self-Acceptance	4.96	0.59	A	1
Average Weighted Mean	4.18	1.12	PA	

Legend: Mean Score (MS); Standard Deviation (SD); Verbal Interpretation (VI)
Strongly Disagree (1.00 – 1.49) SD; Disagree (1.50 – 2.49) D; Partially Disagree (2.50 – 3.49) PD; Partially Agree (3.50 – 4.49) PA; Agree (4.50 – 5.49) A; Strongly Agree (5.50 – 6.00) SA

Table 7 presents the Summary of Level of psychological well-being. Respondents reported the highest levels of Self-Acceptance, with a mean score of 4.96 and a standard deviation of 0.59, indicating strong agreement with this aspect of psychological well-being. This suggests that respondents generally have a positive perception and acceptance of themselves. Following closely, Purpose in Life received a mean score of 4.74 with a standard deviation of 1.17, indicating a strong sense of purpose and direction among respondents. Positive Relations also scored high, with a mean score of 4.27 and a standard deviation of 1.05, suggesting positive interpersonal relationships and connections contribute significantly to respondents' psychological well-being.

On the other hand, respondents reported lower levels of Autonomy and Environmental Mastery, both receiving mean scores around 3.33 to 3.36. Autonomy scored 3.36 with a standard deviation of 1.80, indicating a partial disagreement or mixed feelings about the sense of independence and control in their lives. Similarly, Environmental Mastery scored 3.33 with a standard deviation of 1.02, indicating partial disagreement regarding their ability to manage and influence their surroundings effectively. These lower scores suggest areas where respondents may feel less empowered or in control, potentially impacting their overall psychological well-being.

Kumar and Zuckerman (2021) review the impact of social relationships on mental health, highlighting that supportive and positive relationships significantly enhance psychological well-being. Their findings are consistent with the high scores for positive relations in your study, where respondents reported a strong sense of enjoyment in personal interactions and a high level of trust in their social circles. Kumar and Zuckerman (2021) assert that robust social connections are crucial for emotional support and overall happiness, reinforcing the importance of positive interpersonal relationships.

Conclusion

These professionals have a heavy job that includes significant mental, physical, and temporal demands, as well as high expectations for performance and effort. Such situations highlight the need for tailored interventions to properly manage psychological well-being.

The findings on psychological well-being show moderate levels among respondents, notably in emotional weariness and depersonalization, which are symptomatic of the strain and detachment that healthcare workers may feel in their roles.

Acknowledgments

The author would like to extend gratitude to the University for the support us in their research work.

Conflicts of Interest

The author declares that there are no significant competing financial, professional, or personal interests that might have influenced the performance or presentation of the work described in this manuscript.

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