The relations of pharmacy students' burnout and psychological well-being

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Background

- Burnout and well-being of health care professionals
- A growing body of research in psychology and medicine have been reported in previous research.
- Burnout is a state of emotional exhaustion, depersonalization, and reduced personal accomplishment associated with prolonged exposure to high-stress levels.
- Psychological well-being is a state of positive mental health and includes positive affect, life satisfaction, and personal accomplishment.

Objective

- To examine the relations of Korean pharmacy students' empathy and psychological need satisfaction (PNS) to emotional and psychological well-being (EWB) using Structural Equation Modeling.

Methods

Participants: 422 pharmacy students from five universities in South Korea were surveyed.

Measures

- empathy: The Jeffersonscale of empathy (10)
- Psychological Need Satisfaction: The Activity Feeling States scale (6)
- Burnout: The Maslach Burnout Inventory-Student Survey (12)

Hypotheses

- Testing the proposed model (Figure 2) was the general purpose of the study.
- To specify hypotheses, a series of specific hypotheses were developed.

Table 1: Descriptive statistics and values of coefficient alpha for scale scores (N=422)

<table>
<thead>
<tr>
<th>Construct</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>Coefficient alpha</th>
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</thead>
<tbody>
<tr>
<td>Empathy</td>
<td>422</td>
<td>31.47</td>
<td>12.87</td>
<td>0.89</td>
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<tr>
<td>Psychological Need Satisfaction</td>
<td>422</td>
<td>35.22</td>
<td>9.68</td>
<td>0.78</td>
</tr>
<tr>
<td>Burnout</td>
<td>422</td>
<td>24.07</td>
<td>8.59</td>
<td>0.77</td>
</tr>
</tbody>
</table>

Results

- Confirmatory factor analysis for assessing measurement model
- All hypothesized factor loadings were in the expected direction and significant (p < 0.01).
- The modified model did not have a compromised fit: TLI = 0.92, IFI = 0.94, CFI = 0.94, RMSEA = 0.067 (90% CI: 0.06 to 0.08).

Discussion

- Our findings are generally consistent with previously reported research regarding empathy and psychological need satisfaction in student burned-out and well-being, while psychological need satisfaction is a more strongly associated with burned-out and psychological well-being in pharmacy students compared to burned-out and psychological well-being.
- To promote pharmacy students' well-being, the emphasis to reduce students' burnout should be considered together.

Implications

- To reduce burnout and psychological well-being, pharmacy schools need to enhance empathy and satisfy psychological needs in pharmacy schools.

Reference

- Perreault S, Oishi S, Gaudreau P, Vansteenkiste M, Kornazheva G, Brazeau, Schroeder et al. Permeation of both the measurement model's and the structural regression model's fit