ABSTRACT

In this study an attempt has made to find out the Psychological well being, self efficacy and occupational stress among doctors and nurses. A total of 600 (Doctors-300 and Nurses-300) samples were selected from Bangalore City. Information was collected from using an instruments developed by Carol, D, Ryff’s Medium form of Psychological well being scale (PWBS), Self-Efficacy Scale by Singh and Kumar and Occupational Stress Index by Srivastava and Singh. Data were analyzed using descriptive statistics, independent t test and Two way ANOVA. Result of the study revealed that doctors and nurses working in Bangalore City did not show any difference in overall psychological well being. However in the Domains of autonomy and environmental mastery, doctors and nurses differed significantly. There is a significant difference between gender respondents on personal growth. For Age group, there is a significant difference between above 30 years of age respondents and below 30 years of age respondents on overall psychological well being. Domain wise age group above 30 years had shows high on autonomy, environmental mastery and positive relation with others than age group below 30 years. Length of service did not differ significantly on overall psychological well being. There is a significant variation between doctors and nurses on Self efficacy, whereas doctors are showed to be higher on self efficacy than nurses. There was no significant difference observed between male and female on self efficacy. There is a significant variation between Age group on self efficacy, whereas age group of above 30 years respondents had high self efficacy then age group below 30 years. However doctors’ age below 30 years respondents were shown to be high on self efficacy than nurses’ age below 30 years respectively.
There is no significant difference between length of service. However interaction effect of group and length of service, doctor’s length of service up to 10 years was shown to be high on self efficacy than nurses’ length of service up to 10 years respectively. Doctors and nurses did not differ significantly on overall Occupational stress, however significant difference was observed in powerlessness and low status, whereas nurses showed to be more powerlessness and low status than doctors. Gender wise a non significant difference was observed between male and female respondents in their overall occupational stress. There is no significant difference was observed between ages on overall occupational stress. For Interaction effect, male nurses are more powerlessness than male doctors. Length of service did not differ significantly on occupational stress. However there is a significant variance of powerlessness, whereas up to 10 years of service respondents were more powerlessness than the length of service above 10 years.

Key words : Psychological well being, Self-efficacy, Occupational stress.