

# RELATIONSHIP BETWEEN PSYCHOLOGICAL WELL-BEING OF DOCTORS DURING COVID-19 AND THEIR SATISFACTION WITH LIFE: A REVIEW

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## *Abstract*

*This review paper explores the relationship between Psychological Well-being and Satisfaction with Life with special focus on the literature related to COVID-19. Very few studies although have been carried out during the period March 2020 to Dec 2020. The pandemic has adversely influenced people especially the doctors who work under immense stress. There is ample literature available on the variables psychological wellbeing and satisfaction with life, but in different contexts. The aim of this paper is to suggest the gaps thus identified by reviewing the past studies carried out in this domain and suggest a hypothetical model which can be further tested in future studies.*

*Key Words: Psychological Well Being, Satisfaction with Life*

## **Introduction**

Baumeister et al, (2013) satisfaction of needs add meaningfulness to life which is important for present as well as future. Thus happiness is related only to being a ‘taker’ whereas meaningful life is related to being a taker as well as a giver.

Parks et al (2012) found a preliminary picture of the characteristics of ‘happiness seekers’ and their naturalistic behaviors. There is significant relationship between happiness, psychological domain of quality of work life, and life satisfaction (Medvedev & Landhuis 2018). Happiness depends on “aggregated positive and negative feelings” (Diener, 1984). It is an outcome of subjective evaluations of life experiences of an individual or his/her satisfaction with life (Diener, Lucas & Oishi, 2005). In terms of psychology, happiness is often used synonymously with subjective well-being (Lyubomirsky, 2013). Happiness is an emotion which results in an individual’s subjective well-being when combined with other positive emotions (Diener, 2000).

## **Methodology**

The paper intends to chalk out a framework that can prove to be useful for carrying out future research in this domain. The papers published after the outbreak of COVID-19 (March 2020

onwards) were explored using the key words “psychological wellbeing”, “happiness” and “Satisfaction with life”. Important issues related with the psychological wellbeing of health care professionals were explored by analysing the studies that have been carried out on this and similar issues. The gaps thus identified after this review present the research gaps that can be filled by carrying out research in the near future. Recently, a few pieces of research have been carried out on this domain after the outbreak of COVID-19 which have been included in this review paper. This study will provide a direction to the researchers so that they may carry out researches based on the hypothetical model suggested in this paper and report statistical findings.

The research methodology of a review paper should ideally be based upon content analysis and description including a four-step process: a collection of papers, descriptive analysis, selection of category, and material evaluation. This paper is essentially based on these four steps for carrying out the review of literature, analysing and presenting it (Mayring, 2014).

### **Collecting papers**

The process of going through and collecting relevant literature involved a thorough study of various research and review papers available by using the key search words like happiness, satisfaction, wellbeing etc. PubMed, Google scholar and EBSCO database were thoroughly explored. Relationship between psychological wellbeing and satisfaction with life of doctors during COVID-19 was studied. The search was also confined to papers written in English language.

### **Psychological well being**

When an individual assigns different meanings to the notions of difficulties faced by him in life, happiness or psychological sense of well-being stand out as the important ones (Bradburn & Caplovitz, 1965)

An individual’s psychological well-being is the degree to which one has more positive interventions as compared to negative interventions (Bradburn & Caplovitz, 1965). Psychologists who patronise the hedonic view focus on the viewpoint that happiness is a combination of physical and mental satisfaction both (Kubovy, 1999).The concept was further refined by Diener and Lucas, 1999 who suggested that happiness cannot be reduced merely to physical hedonism, it can rather be attained by achieving the goals and valued outcomes in varied realms.

Subjective well being is said to have exist when the positive emotions of a person are stronger than the negative emotions (Diener, 2000). Quality of work life can be evaluated by focusing on both, subjective well being i.e. self-perceived happiness and satisfaction with one’s life along with measures of objective well being (Myers, 2013). This broader perspective was further researched upon in subsequent years and an expanded form of well-being emerged (Ryan & Deci, 2000). Happiness results in subjective well being when it is combined with other positive emotions (Sagiv, Roccas, & Hazan, 2004).

**Satisfaction with Life**

Quality of work life includes objective dimension as it includes income, friendship, social network, access to services (Valois et al, 2006) and subjective dimension as it includes the judgements related with overall life satisfaction or satisfaction from particular aspects like work, family, friends etc. (Oishi, Diener, Lucas & Suh, 1999). Life satisfaction is an essential part of quality of work-life which includes in its fold both- life satisfaction and subjective well-being (Diener, Oishi & Lucas, 2003). Life satisfaction is the “overall cognitive evaluation” of an individual’s life and is an indicator of their mental and physical health which assesses the degree to which a person perceives the quality of his life as a whole (Compton, 2005), Veenhoven, 1996). In general, people want to be happy and they strive to optimize or increase happiness and the related factors like well-being and life satisfaction (Ryan and Deci, 2000; Larsen and Prizmic, 2004). Summary of various studies carried out during COVID-19 on psychological well being and satisfaction with life are shown in Table 1.

**Table 1: Studies carried out during COVID-19 on psychological well being and satisfaction with life**

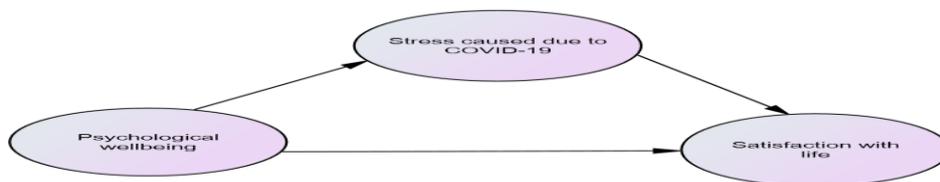
Author	Location	Conclusion
Lei et al (March 2020)	China	Physicians and nurses suffered from symptoms of depression, anxiety and insomnia
Badahdah et al (April, 2020)	Oman	This pandemic affected the mental health of physicians especially young female doctors
Yang and Ma (April, 2020)	China	Perceived knowledge has indirect effect on emotional wellbeing of people
Varshney et al (May, 2020)	India	COVID 19 has a significant psychological impact on younger people especially females
Bansal et al (April, 2020)	U.S.A	Their are various challenges faced by the clinicians during COVID-19
Shanker et al (March, 2020)	U.S.A	It’s deterring for the immunologists face to face interaction with patients
Blake et al (April, 2020)	U.K	The authors developed a digital package for supporting the psychological wellbeing of healthcare workers during the course of COVID-19
Puppo (2020)	Colombia	There is high perceived stress related with COVID-19 due to inconsistent health care policies by the administrators. Also, the sample reported to be under high stress due to measures like quarantine, and fear of passing the disease to elderly in the family
Adams and Walls (March, 2020)	-	The health care workers are undergoing severe anxiety and stress
Ferry (July, 2020)	U.S.A	The governments and policy makers must assign utmost priority to the wellbeing of physicians during COVID-19
Brazeau et al (June,	U.S.A	COVID-19 pandemic has instilled the concept of

2020)		wellbeing among people
Arslan (June, 2020)	-	Stress due to COVID-19 has a significant influence on psychological inflexibility
Brooks et al (2020)	-	COVID-19 is an important stress factor affecting the mental well-being of people
(Statici et al (2020)	-	Pandemic like COVID-19 leads to severe mental ailments
Gunnell et al (2020)	-	COVID-19 has caused strenuous working conditions
Kowal et al (June, 2020)	24 Countries	High stress is faced by young people, by females, be single people and those having more number of children

**Research gaps**

The reviews thus carried out suggest that empirical researches need to be carried out for testing the effect of psychological wellbeing on satisfaction with life of doctors and other health care workers during COVID-19. The conceptual model proposed for future research is shown in the Figure 1.

**Figure 1: Suggested hypothetical model for future studies**



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