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Coping with burnout and building subjective wellbeing: Positive psychology approach

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Statement of the Problem: 58% of surveyed clinicians reported that 'burnout had a negative impact on either work quality or productivity, caused by their depersonalization manifested through decreased empathy, communication and patient engagement. The urgent and compelling need to acknowledge and treat the problem of burnout especially in the caregiving, occupational life has become real and crucial. Studies show that burnout has become one of the primary factors contributing toward chronic mental and physical problems such as depression, addiction, family issues, etc. Rarely has any research been done on this topic in connection with both positive psychology and strengths psychology.

Methodology & Theoretical Orientation: The PERMA model of the Positive Psychology of Martin Seligman that includes five components, namely, Positive Emotion, Engagement, Relationship, Meaning, and Accomplishment, was critically analyzed and found to be a descriptive solution to build resilience to cope with potential burnout and to build subjective wellbeing. Along with Positive Psychology, Strength Psychology was examined, and it was found that Donald Clifton's StrengthsFinder assessment tool could be helpful in complementing the PERMA model in accomplishing the hypotheses among university students and seminarians. Thus, a combination of both the PERMA model and the Strengths Finder assessment tool was used in an empirical research study involving four phases: Preparation, classroom lecturing, individual coaching, and evaluation. The results were partially positive.

Conclusion & Significance: Recommendations were made to incorporate PERMA model along with the StrengthsFinder Assessment tool into educational programs to instill resilient potentials in university students and seminarians in order for them to cope with possible burnout and to build subjective wellbeing.

Biography

Chris Arockiaraj has clinical and teaching experience from the past ten years in the area of Pastor Counseling. He is a certified Pastoral Counselor. Currently, he works as an Assistant Professor of Pastoral Studies at St. Patrick's Seminary and University, CA. He is a Sulpician Priest and has expertise in priestly formation. He uses the PERMA model and Strengths Finder Assessment tool in his clinical settings and training center.

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