



**Vidhyayana - ISSN 2454-8596**

An International Multidisciplinary Peer-Reviewed E-Journal

[www.j.vidhyayanaejournal.org](http://www.j.vidhyayanaejournal.org)

Indexed in: ROAD & Google Scholar

---

**The Role of Psychological Well-being and Personality of  
Nursing Staff in Healthcare Sector**

**Shitalben N. Shiyaniya**

Researcher



## Abstract

In India, the healthcare industry is one of the largest and fastest expanding economic sectors. Nurses play an important part in the healthcare industry and are often the first persons who come to mind when discussing healthcare. The need for attendants is also growing, not only because of the excellent pay and job security, but also because of the care they provide, which has an impact on the lives of others. Nursing staff's role has evolved from that of a medical services provider to that of a wellness instructor, aftercare support, wellness instructor, clinical associate, wellness counsellor, and one who provides appropriate protection to patients and families. The psychological well-being and personality of nurses have an impact on their profession, which in turn has an impact on the overall healthcare industry. As a result, the current research article intends to analyze the notions of psychological well-being and personality using relevant theories.

**Key Words: Well-bring, Personality, Nursing, Healthcare, Psychology**



## Introduction:

One of the most important objectives that individuals and societies strive for is well-being. It denotes that something has improved in some way. The sensation of achievement, usefulness, belonging, the lack of unhappiness, despair, and dissatisfaction, and the feeling of accomplishment, usefulness, and belonging are all examples of psychological well-being. All of the above categories are difficult to judge objectively, hence the emphasis is on the term "subjective" well-being. If disasters are planned in advance, and vice versa, things may turn out better. It has an effect on the nut, which is not affected by fleshy circumstances.

Our psychological well-being is the understanding of the creative process of mental health, new directions for the well-being and personality of the nurse, how to study the processes of the mind and body, and is related to the current state of the work environment, psychological well-being, and personality of nursing staff. In the realm of nursing, we are redefining the significance and degree of positive emotional wellbeing. Medical caregivers who work in a different area of research have a field of mental prosperity and character psychological well-being. We need to observe and for future guidelines for this investigation what happens in the body when the brain is successfully engaged with work and move work, the connection with age depending on the influence of day and night work, and the impact of wellness experience.

In the twenty-first century, human development has a relationship with the mind and body, not only physically, but also psychologically, with personal development mentally developing day by day by personality wise, and wellbeing is an important factor for every human in the heart of their lives, affecting key factors in every profession to life. In today's world, personality is an important factor for every person to consider for a successful life in their chosen profession, as well as psychological health. In a second way, we can say that a person's health, both physically and psychologically, should be higher for a successful life in their chosen profession and in their own family life.

## Psychological Well-being:

Psychological well-being is related to many aspects of mental health and healthy relationships with oneself and the outside world. It means that psychological well-being



explains the life of human behaviour, positive lifestyle with adjustment to oneself and the environment according to societal demands. In general, only physical health is related to well-being, but psychological well-being is related to multiple aspects. This suggests that psychological well-being evaluates a person's behaviour pattern in a positive light. According to Diener, in the form of a cognitive form of behaviour of a person creatively in the context of an experience with people and analyses of pleasant and unpleasant experiences related to the context of a society demanding happiness, this means a part of an evaluation of a feeling and an emotion in the context of an experience with people and analyses of pleasant and unpleasant experiences related to the context of a society demanding happiness.

### **Indicators of Psychological Well-being:**

Psychological well-being is influenced by many factors, including the financial and economic well-being of one's family history, which in turn affects one's level of life satisfaction, according to the theory that financial background strongly influences a person's level of well-being psychologically.

There is a correlation between education and psychological well-being, with education providing insight into a person's job. A person's psychological well-being is influenced by his or her education, knowledge, and degree of intellectuality, as well as his or her ability to link these factors to his or her own personality.

As prevention is preferable than treatment, greater physical health is essential for healthy psychological well-being. When a person has good physical ability, it indicates they can do any task properly; afterwards, he can think and behave positively and creatively. Mental health and physical health are related, which means that the relativity between physical health and mental health is related. From the perspective of psychological well-being, positive mental health is characterized by positive creative thinking, behaviour with others, and self-concept with oneself and others.

### **Understanding Personality:**

This term has no precise meaning. The word comes from the Greek term "persona," which was used to describe the costumes used by Greek performers and actresses to portray the figures they "personified." It was later attributed to the performers themselves by the



Romans. Personality is the result of combining the phrases "outer façade" and "inner essence of man." Simply said, personality is the unique pattern of behaviour that each person has developed in order to adapt to their surroundings. During the initial stages of development, personality characteristics are intentionally and subconsciously developed to establish a distinct unique lifestyle. The following are some of the important definitions given by the scholars and psychologists.

- "Personality is a mental organization of a human being at any stage of his development, it encompasses the phase of human character: intellect, temperament, morality, skill and any attitude that has been built during of his life." - Warren and Carnichael, (1930).
- "Personality is a dynamic organization with the individual of these psychophysical systems which determines his unique adjustment to the environment." - GWallport, (1937).
- "Personality is an organization more or less stable and durable character, the intellectual and physical temperament of a person that determines its unique adaptation to its environment" - Eysenk, (1952).

## **Sigmund Freud and Jung's Views on Personality:**

According to Sigmund Freud, personality is divided into three parts: the id, the ego, and the superego. The ego is guided by the pleasure principle and the reality principle. The wellspring of excellent anguish is the character's ethical centre, which is superego, and contains the selfimage ideal and consciousness. The ID demands, rules, and superego restrictions– the conflicts between these may cause ego tension, and the defensive mechanism can be utilized to control the situation.

As per the views of Jung, two types of personalities based on attitude dimensions: i) Introverted personality & ii) Extroverted Personality. Few individuals prefer to spend time alone or with a small group of people who may be categorized as the one. They have a proclivity for thinking and hence participate in the formation of new creatures. They keep their relationship official, stay ideal, want minimal touch with others, and do not plan ahead. They are less engaged in situations where a large number of people are present, or in activities that need a large number of people to converse and demand continual engagement. Have a quiet



and opaque personality. For others, they may seem boring and uninterested. Outdoor activities are less popular than interior activities.

Extroverted people seem more communal, empirical, committed, casual, have better communication, and like to remain in a live setting. Usually, extroverts who are fearless in their exploration of unknown things or things. Enjoy outdoor activities and are generally sociable. They seem to be bursting with energy and like participating in a variety of activities. They have excellent leadership abilities and can lead both small and big groups of people; they seem to live in the present, concentrating on current activities. Finding someone with a completely unique attribute is difficult. Few individuals are extroverts or introverts, however both values may exist in the same person. The ambient personality is a kind of personality that combines the features of introverts and extroverts. In certain situations, these individuals have introverted personality qualities, whereas in others, they choose the extroverted kind.

## **The Role of Nursing Staff:**

Nursing is a career that is deeply rooted in humanism and a good attitude toward society in general, as well as the community's collective thought. The nurse's primary responsibility is to care for patients suffering from disease or any ailment connected to physical or mental issues. The nurse cannot entirely rule out the patient's disease, but she can undoubtedly help the patient's bodily and mental well-being. Nurses are intimately tied to individuals, then to all other hospital employees. Nursing is the finest humanitarian job to be highlighted since the quality of the patient relies on the sort of nursing care offered. Nursing is an art that requires sympathy with the heart's will, and to make it an art, it demands as much dedication as a painter's preparation; because what relationship exists between the dead canvas or the cold marble and the live body - the spirit of God's temple? It is a fine art; nearly the greatest of fine art (Asa, 2003).

Since its start, nursing has undergone ongoing modifications in response to societal demands and impact. Nursing has been referred to as both an old art and a modern profession. Nursing is derived from the Latin word "Nutetere," which means "to nourish." Nursing is a scientific-based subject that includes thesis, ethical work, and protection and comfort to address human reactions to health and sickness. Nursing practice combines science and nursing arts.



Modern nursing is an application born in the dark past, when a mother in the caves cooled the head of her ill child with anything from the first offers the motivation to leave a well-covered bone and a handful of flour next to a wounded soldier in the harried flight before an enemy (Zahra, 2015).

The psychological well-being and personality aspects are affected on the role of nursing staff. Their role is discussed in detail as given below:

- **As a Caregiver:** Nurses' main goal in this employment is to get people to understand what's important and to give assistance. The attendant supports the customer through attitudes and behaviours that demonstrate concern for the client's well-being and acknowledgement of the customer as a human being rather than a machine. Most nursing interventions revolve with care, which is a key feature of the master nurturing.
- **As a Patient Advocate:** • According to Disparti (1988), advocacy is concerned with promoting what is best for the client, ensuring that the client's needs are addressed, and protecting the client's rights. Promotion for the benefit of a population or local region to effect good change is an example of social support. Medical professionals working in this field may create favourable circumstances by leveraging reformist movement, collective knowledge, and a focus in fundamentals.
- **As An Advisor:** Instead of advancing intellectual advancement, the medical attendant's role as counsellor is to assist the person in developing new feelings and habits. The medical attendant encourages the client to consider elective procedures, perceives choices, and develops a sense of control. Guidance might be delivered individually or in groups. Bunch directing meetings are typically led by medical caregivers. Any consideration group in which the expert may accept the task of getting sorted out practices and establishing an air supportive for bundle communication and productive work can use a medical caretaker as a pioneer, part, or resource person.
- **As a Coordinator:** The patients and colleagues benefit from the nurse as coordinator. All of the nurses' activities are supported by communication while performing the position of coordinator, and the planned and performed interventions aid communication with the client.



In recent years, it's been more widely understood that stress at work has negative consequences for both employees' well-being and security, as well as the well-being and strength of their organizations. Medical attendants had a closed atmosphere, time constraints, unneeded noise or silence, abrupt swings from extraordinary to daily responsibilities, no future likelihood, unpleasant sights and sounds, and representing lengthy periods of time. The association's workers encounter a number of challenges and demands from current customers, resulting in high levels of stress. In addition, a number of optional structural variables such as understaffing, a lack of assets, helpless methods, a lack of contacts, and so on increase worker tension. Nursing is seen to be a challenging job, and there is a need to learn more about this flaw and how to better manage it. Tensions about the serious dangers of nursing and the presentation of psychological risks associated with this employment will lead to a challenging competence. As a result, this expertise will have an impact on job satisfaction, mental prosperity, and physical health. Stress and emotional strain, physical strain, competence, job satisfaction, quality of care, and so on are the most psychological conditions that influence the work environment. This job, the distribution of labour, and the look of tasks should produce additional or less physical tensions for the employees (Tayal, 2015).

## **Conclusion:**

Nurses have more challenging obligations. Because of technological advancements, these staff must stay current and be knowledgeable about how to operate new equipment. They are required to take emergency calls even when they are not working that shift due to the usage of the internet and mobile phones. This might lead to a disconnect between work and personal life. Extended-term exposure to chemicals, dangerous and infectious illnesses, radiation, walking or standing for long periods of time, and other factors may all cause health issues. Good health and a nice attitude will be the most important requirements in this scenario.





## References

- 1) Asa, Sand (2003). Nursing related qualities, personality and work satisfaction – Assistant Nurses in a ten-year perceptive, Sweden: Studentlitteratur.
- 2) Boey, K. W. et al. (1997). Work stress and psychological wellbeing among nursing profession in Singapore, The American Journal of Nursing, 18(11), pp. 625-628.
- 3) Jansari, A., (2015). Introvert-Extrovert Personality Inventory (IEPI). Bharati Manoman Centre, Ahmedabad.
- 4) Tayal, Ajay (2015). Positive Psychological capital performance and risk-taking behaviour of nurses working in a government and private hospitals, Indian Journal of Health and Wellbeing, pp-66-71.
- 5) Zahra, Fallahengejad and Ramjan Hassarizadah (2015). The Relationship between nurses 'personality type and job satisfaction, Journal of Nursing and Midwifery Sciences: 2(2): 42-47.