

**Comparative Study**

## **Perceived Threat, Emotion Regulation and Burnout Among Health Care Professionals in Government and Private Setup During Covid-19: A Comparative Study**

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### **ABSTRACT**

COVID-19 virus has impacted the whole world to a great extent resulting in millions of people losing their life battling the spread of the virus in their bodies. To combat the situation frontline workers played a crucial role by extending their services in terms of working for long hours than usual, working in day and night shifts on rotational basis, living away from their own families and more. The current study aimed to assess and compare Perceived Threat, Emotion Regulation and Burnout among Health Care Professionals in Government and Private setup during COVID-19. A sample of 60 Health Care Professionals (30 Government and 30 Private setups between age range of 23 years to 55 years. Purposive sampling was used in cross sectional study. The results were analyzed using t-test for difference between the two groups. SPSS version 22.0 was used. The results indicated that both the groups had moderate level of Perceived Threat however there was no significant difference in Perceived Threat. Both groups had Mild level of difficulties in Emotion Regulation however there was no significant difference in both the groups. Both the groups had Moderate level of Work, Personal and Client- Related Burnout however there was no significant difference in both the groups.

**Keywords:** COVID-19, Perceived Threat, Emotion Regulation, Burnout, Health Care Professionals.

COVID-19 virus was declared as a pandemic by the World health organization in the month of march 2020 when cases outside China had increased to 13 folds in a period of just two weeks. COVID 19 till October 2020 had affected more than 36.8 million people with around 10 lakh deaths. People infected with Corona virus experience mild respiratory illness and usually recover without needing any special Treatment, at the same time older people having diseases like diabetes, chronic respiratory diseases and cancer were observed to be at a higher risk to develop serious illness. As the COVID-19 virus emerged, it also impacted the mental and emotional wellbeing of the citizens along with the physical health. In order to curb the cases India had imposed a national lockdown on 22nd March

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2020. Threat perception regardless of its accuracy can predict certain adaptive responses to help an individual to protect themselves from the danger. Perceived threat hence is defined as an individual's evaluation of the presence of a threat. It is a combination of two magnitudes 1) vulnerability of contacting a disease and 2) the perceived hazard it will cause as a result. Perceived Threat is the individual's perceptive evaluation of the likelihood of any danger in their environment holding the capacity to affect them and the severity of its effect on them. Emotion regulation involves conscious or unconscious efforts to influence the experience, expression, duration and magnitude of emotions (Gross, 1998). the idea of the term burnout was traditionally addressed in the area of human services like healthcare and social work. (Fruedenberger, 1974) coined the term burnout wherein it was used to describe worker's reaction to stress, and it is widely seen in occupations concerning interactions with people.

### **METHODOLOGY**

#### *Objectives*

- To assess and compare the Perceived Threat among Health Care Professionals in Government and Private setup during COVID 19.
- To assess and compare the Emotion Regulation among Health Care Professionals in Government and Private setup during COVID 19.
- To assess and compare the Burnout among Health Care Professionals in Government and Private setup during COVID 19.

#### *Hypotheses*

- There will be significant difference in Perceived Threat among Health Care Professionals in Government and Private hospital setup during COVID 19.
- There will be significant difference in Emotional Regulation among Health Care Professionals in Government and Private hospital setup during COVID 19.
- There will be significant difference in Burnout among Health Care Professionals in Government and Private hospital setup during COVID 19.

#### *Sample*

The sample size consisted of 30 health care professionals working in Government setup and 30 Health Care Professionals working in Private setup within the age range of 23-55 years.

#### *Instruments*

Three measures were used in this study,

- **Social Psychological Measurements of COVID-19: Coronavirus Perceived Threat, Government Response, Impacts, and Experiences Questionnaires. Lucian Gideon Conway, IIShailee R. Woodard Alivia Zubrod (2020):** The questionnaire consists of 6 items, every item assessing the threat perception of COVID-19. Each item was evaluated on 7-point scale. The least possible score is 7 and probable total score is 42. The items are ranging from 1-7 from "Not true of me at all and "very true of me". There is one item which has reverse scoring.
- **Difficulties in Emotion Regulation scale (DERS) Gratz & Roemer (2004):** The scale consists of 36 items, it has 6 domains i.e., non-accept, goals, impulse, aware, strategies and clarity. The scale was found to have good internal consistency. The least possible overall score is 36 and probable total score is 180. The items scoring

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ranging from “almost never” to “almost always”. The scale has some items which needs reverse scoring.

- **Copenhagen Burnout Inventory Kristensen (2005):** It consists of 19 items having three domains i.e., Work, personal and client- related. It has been found to have Cronbach alpha 0.936. the option ranges from always to almost never. The scoring is done domain wise with “almost= 100” to “almost never= 0”. The maximum possible score in each domain is “100” and minimum “0”.

**Procedure**

The sample was taken from different cities across India through Google forms. Participants were explained the purpose of the study and after receiving the consent the tools were open for administration through Google forms.

**RESULTS**

*Table No. 1 Difference in Perceived Threat between health care professionals in Government and Private setup.*

	Government		Private		<i>t</i>	<i>p</i>
	<i>Mean</i>	<i>SD</i>	<i>Mean</i>	<i>SD</i>		
Perceived Threat	25.90	7.41	27.66	5.65	1.038	.164

*Table No. 2 Difference in Emotion Regulation between health care professionals in Government and Private setup.*

	Government		Private		<i>t</i>	<i>P</i>
	<i>Mean</i>	<i>SD</i>	<i>Mean</i>	<i>SD</i>		
Emotion Regulation	78.20	15.81	76.06	19.74	.462	.95

*Table No. 3 Difference in Work, Personal and Client-Related Burnout between health care professionals in Government and Private setup.*

Burnout	Government		Private		<i>t</i>	<i>P</i>
	<i>Mean</i>	<i>SD</i>	<i>Mean</i>	<i>SD</i>		
Work	56.91	13.21	57.26	9.17	.121	.507
Personal	51.45	15.027	50.05	8.78	.123	.508
Client-Related	56.91	15.702	57.26	16.223	1.53	.431

**RESULT AND DISCUSSION**

The aim of the study was to assess and compare Perceived Threat, Emotion Regulation, Work, Personal and Client-Related Burnout among health care professionals in Government and Private setup during COVID-19. The results of the study found that there was no significant difference in perceived threat among the health care professionals in Government and Private setup. The results could be explained under the impression of a study conducted by Deressa et al. (2020) in which they found the health professionals had high perceived threat/risk of getting infected with the virus and worry about COVID-19. Tahn le et al. (2021) also reported that the health care professionals working in the intensive care units were found to have more perceived risk of getting infected by the corona virus. They found that professionals were perceiving themselves as carriers of the virus and getting infected by the virus also contributed an increase of the perceived risk. The results showed that there was no significant difference in difficulties in Emotion Regulation among the healthcare professionals between both the groups. However, both the groups were found to have mild

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level of difficulties in Emotion Regulation which reflects that the difficulties to regulate the emotions was equally observed in Government and Private health care professionals. Similar findings were reported by Donoso et al. (2016) in which they reported that the nurses who were having difficulties in Emotion Regulation & They also found out a positive relationship between detaching from work psychologically on wellbeing of the nurses. Our study found that there was no significant difference in work, personal and client related Burnout among health care professionals in Government and Private setup. Ratnakaran et al. (2016) also found that there was a significant amount of work, personal and client related Burnout present among the residents. They also found that higher amount of patient interaction increased the level of Burnout among the residents.

### CONCLUSION

The present study emphasized upon the effect of COVID-19 pandemic on health care professionals in both government and private setup. It exhibited the impact on specific aspects like perceived threat, emotion regulation and burnout among the professionals as a result of the extremely stressful situations they had been facing from more than a year. There has not been given much importance in decreasing the psychological distress health care professionals face due to the nature of their work hence, after understanding the degree of impact the pandemic has caused on mental health of the health care professionals. the future plan should consist of providing adequate training to deal with the everyday stressors at work, counselling and tele counselling support to the most important human resources engaged in combating the virus.

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***Conflict of Interest***

The author(s) declared no conflict of interest.

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