

Impact of Integrated Emotional-Self Enhancement (IESE) Program on Emotional Intelligence, Intrinsic Motivation, Self-compassion, and Emotional Labour among staff nurses of a selected hospital at Mangalore, India: a quasi-experimental study

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ABSTRACT

Nurses work in an environment that is always emotionally charged. They are in constant contact with human pain, loss and suffering. In such a stressful environment, nurses must provide a holistic care to their patients which is compassionate, by sometimes compromising their own mental and emotional state and need. While previous studies have explored effects of positive psychology on nurses' emotional as well as overall wellbeing, very few studies have employed an intervention aimed at enhancing nurses' emotional well-being and, more specifically, nurses' emotional intelligence.

Objectives: 1) to develop a training program aiming at enhancing nurses' emotional wellbeing; 2) to observe the effect of the training program on nurses' level of emotional intelligence, intrinsic motivation, self-compassion, and emotional labour; 3) to observe any relationship between the study variables.

Method: A quasi-experimental, one group design was used in this study. Data were collected from the study participants between January 2021 to May 2022. A total of 38 nurses completed the study and provided their data at all time points. Data were also collected from nurse supervisors and patients to assess their perception of nursing care before and after the intervention program.

Results: The quantitative results of this study will be discussed in terms of whether the structured training program have had any effect on the study variables. The qualitative results will be discussed on the nurse participant's experience of the training program.