
Abstract

Relationship between professional identity and self-care on burnout and job satisfaction in clinical psychologists

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This study examined the effects of professional identity and self-care on burnout and job satisfaction in professional psychologists. A total of 456 clinical psychologists and prospective licensees were analyzed and classified into three groups based on years of experience: beginning group (1-5 years), mid-career group (6-19 years), and skilled group (more than 20 years), and differences between the groups were examined. The results indicated that beginning group was the most likely to suffer from mental health problems. The results of the simultaneous multi-population analysis showed that the associations among variables did not differ by years of experience. In addition, "aptitude and competence" activated self-care strategies and increased job satisfaction, while "sense of satisfaction and fulfillment" was shown to be effective in reducing and preventing burnout. These results suggest that maturation of professional identity and enhancement of self-care are effective in reducing burnout. Therefore, ensuring continuous training opportunities for quality maintenance, rewarding clinical practice, and fulfilling human relationships are effective in improving mental health and preventing mental illness.

Keywords: burnout, professional identity, self-care, job satisfaction
