



CHRIST
(DEEMED TO BE UNIVERSITY)
BANGALORE - INDIA

Notice for the PhD Viva Voce Examination

Ms Ishita Kaul (Registration Number: 1750076), PhD Scholar at the School of Psychological Sciences, CHRIST (Deemed to be University), Bangalore will defend her PhD thesis at the public viva-voce examination on Friday, 21 February 2025 at 11.30 am in Room No. 044, Ground Floor, R & D Block, CHRIST (Deemed to be University), Bengaluru - 560029, Karnataka, India.

Title of the Thesis : **Emotional Intelligence as a Mediator between Stress, Burnout and Coping among Medical Doctors of Himachal Pradesh**

Discipline : **Psychology**

External Examiner : **Dr Ishita Chatterjee**
(Outside Karnataka) Associate Professor
University of Calcutta
103, Bangur Avenue Block C Kolkata
West Bengal

External Examiner : **Dr Mamman Joseph C**
(Within Karnataka) Associate Professor
Department of Applied Psychology
Central University of Tamil Nadu
Thiruvarur - 610005
Tamil Nadu

Supervisor : **Dr Jayasankara Reddy K**
Professor
School of Psychological Sciences
CHRIST (Deemed to be University)
Bengaluru 560029
Karnataka

The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva-voce examination.

Registrar (Academics)

Place: Bengaluru
Date: 11 February 2025

ABSTRACT

The study sought to determine the role of emotional intelligence as a mediator in the relationship between i) stress and burnout, and ii) coping and burnout. The study also determined how emotional intelligence was related to other variables within the study which were stress, burnout, and coping mechanisms. To ensure that every district in Himachal Pradesh was covered, a total of 300 doctors were chosen using a mixed-methods design. The study employed correlation, multiple regression, and mediational analysis as statistical methods. The possibility of mediation was examined using hierarchical regression. A semi-structured interview was also conducted on the doctors, who were found high on burnout based on their raw scores. Also, the different coping strategies of these doctors, the suggestions that could help reduce burnout in doctors were explored and later the content analysis was done using QDA Miner Lite software.

The results for the quantitative study showed the association of Emotional Intelligence with burnout, stress and coping. Results for the second qualitative phase identified various themes for reasons for high burnout, different coping strategies used and suggestions to reduce burnout in doctors. For example, for reasons for burnout, theme 'work issues' included codes such as overwork load, shortage of doctors etc. For the different kinds of coping strategies, theme 'ventilating emotions' included codes such as spending quality time with friends/ family, sharing experiences with family/friends etc. For suggestions to reduce burnout in doctors, theme, 'structural requirements' included codes such as improve medical infrastructure and basic facilities, provide measures for safety/security etc. The final results of the complete study bring forth the fact that the doctors within Himachal Pradesh are burned out. Therefore, in future an intervention model would be very useful which would help the doctors of Himachal Pradesh to deal with their burnout.

Keywords: emotional intelligence, stress, burnout, coping, medical doctors, mixed-method study

Publications:

1. **Kaul, I., & Reddy, K. J.** (2022). *Relationship of Emotional Intelligence and Burnout among MBBS Doctors of Himachal Pradesh. 1*, 26–36.
2. **Kaul, I.** (2020, March). Corona virus - mental well-being is of utmost importance. *Health Vision*. <https://healthvision.in/corona-virus-mental-well-being-is-of-utmost-importance/>