

Title: Job and Career Satisfaction is Related to Physical, Mental, and Relational Well-Being of Occupational Therapists

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Research shows that Occupational Therapists (OT) demonstrate significant stress and emotional exhaustion. This study assessed the relationship between subject variables and the physical, mental, and relational well-being of OT. The validated survey instrument was administered to OT throughout the United States. Subjects (Age = 43.87 ± 13.57 years) included 96 women and 5 men, who provided informed written consent. The study was approved by the Institutional Review Board. The survey resulted in 404 pages of data. Answers to open-ended questions were content-analyzed. Pearson's correlation coefficients were used to determine the relationship between subject variables and measures of job satisfaction and their physical, mental, and relational well-being. These questions assessed the subject's perception of their job and career satisfaction, and the role that their work has in compromising their physical and mental health, and relationships. Satisfaction in their current position was negatively correlated with physical ($r = -0.25$, $p = .019$), mental ($r = -.26$ $p = .012$), and relational ($r = -0.25$ $p = .018$) well-being. Career satisfaction was negatively correlated with their physical ($r = -.27$, $p = .009$) and mental ($r = -.31$, $p = .003$) well-being. No correlations were found ($p > 0.05$) between subject's sex, education level, age, years work experience, salary, hours/week worked, time of day they started/ended, and their physical, mental, or relational well-being. Job and career satisfaction were related to variables including subject physical, mental and relational well-being. These wellness variables were not related to other variables including age, experience, gender, and salary.

Biography

Alicia Thone is a research intern in the Exercise Science Research Laboratory at Lakeland University. She has presented several research studies at a variety of peer-reviewed scientific conferences including the International Society of Biomechanics in Sports Annual Symposium, as well at regional meetings of the National Strength and Conditioning Association and the American Occupational Therapy Association.

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