

व्यवसायिक जीवनको गुणस्तर सम्बन्धि अध्ययन :
भावनात्मक सहयोग प्रदानबाट हुने सन्तुष्टि तथा भावनात्मक सहयोग प्रदानबाट हुने थकान
Nepali version of Professional Quality of Life (N-PROQOL-5) Scale, 2016

जब तपाईं अन्य व्यक्तिहरूलाई सहयोग गर्नुहुन्छ तब तपाईं उनीहरूका जीवनसँग प्रत्यक्ष जोडिनुहुन्छ । तपाईंले अनुभव गर्नु भए अनुसार तपाईंले अन्य व्यक्तिलाई सहयोग गर्दा त्यसले तपाईंलाई सकारात्मक वा नकारात्मक रूपमा अवश्यै प्रभावित पार्दछ । तल केही प्रश्नहरू छन्, जुन तपाईंका सकारात्मक र नकारात्मक दुवै अनुभवका बारेमा सोधिएका छन् । एक सामाजिक कार्यकर्ता र सहयोगीका नाताले तल उल्लेखित प्रश्नहरूका उत्तरको अपेक्षा गरिएको छ ।

यहाँ तल केही बुँदाहरू उल्लेख गरिएका छन्, जसको जवाफ स्वरुप पाँच विकल्पहरू दिईएका छन् । विगत ३० दिन या १ महिना भित्रमा कति पटक ती कुराहरू अनुभव गर्नुभयो, आफूले अनुभव गरेको आधारमा कुनै एक विकल्पमा चिन्ह लगाउनुहोस ।

१) कहिल्यै भएन २) विरलै ३) कहिलेकाहीं ४) प्राय ५) धेरै जसो

	१) कहिल्यै भएन	२) विरलै	३) कहिलेका हीं	४) प्राय	५) धेरैजसो
१) म खुसी छु ।					
२) म एकभन्दा बढी सेवाग्राहीहरूको बारेमा सोचिरहन्छु ।					
३) म अरूलाई सहयोग गर्न सकेकोमा सन्तुष्टि महसुस गर्छु ।					
४) म अन्य व्यक्तिहरूसँग आत्मीयता र सहजता महसुस गर्दछु ।					
५) आकस्मिक रूपमा आएको आवाज वा होहल्लाबाट म भ्रसङ्ग हुन्छु ।					
६) मैले सेवाग्राहीलाई पुऱ्याएको सहयोगले म प्रोत्साहित महसुस गर्दछु ।					
७) मेरो व्यक्तिगत जीवन र सहयोगकर्ताको भूमिका बीचमा भिन्नता महसुस गर्न मलाई कठिन हुन्छ ।					
८) मैले आघातजन्य घटनाबाट प्रभावित हरूलाई सहयोग गर्दाको असरबाट भएको अनिद्राले मेरो कार्य प्रगतिमा बाधा भएको महसुस गर्दछु ।					
९) मैले आघातजन्य घटनाहरूबाट प्रभावित व्यक्तिहरूलाई सेवा पुर्याएकाले आफूलाई पनि असर पुगेको महसुस गर्दछु ।					
१०) मेरो सहयोगकर्ताको पेशाका कारण आफूलाई बाँधिएको वा फन्दामा परेको महसुस गर्दछु ।					
११) मेरो सहयोगकर्ताको भूमिकाको कारणले म तनाव महसुस गर्दछु ।					
१२) मलाई सहयोगकर्ताको भूमिका अत्यन्तै मन पर्छ ।					
१३) आघातजन्य घटनाबाट प्रभावित व्यक्तिका पीडाका कारण म आफूलाई निरन्तर उदास, दुःखी र खिन्न महसुस गर्दछु ।					

१४) आघातजन्य घटनाबाट प्रभावित व्यक्तिहरूलाई सहयोग गर्दा उक्त व्यक्तिको पीडा आफ्नै जस्तो अनुभव गर्दछु ।					
१५) मेरो विश्वासले मलाई कष्टहरूको सामना गर्न मद्दत पुर्याउँदछ ।					
१६) म आफूले अरूलाई सहयोग गर्न आवश्यक ज्ञानलाई सुधार गर्न सकेकोमा खुसी महसुस गर्दछु ।					
१७) म जस्तो हुन चाहन्थेँ त्यस्तै व्यक्ति भएको छु ।					
१८) मेरो काम वा सेवाले मलाई सन्तुष्टि दिलाउँछ ।					
१९) मेरो सहयोगकर्ताको कामको कारणले सहयोग गर्ने समग्र क्षमतामा ह्रास आएको महसुस गर्दछु ।					
२०) म मेरा सेवाग्राहीहरूप्रति र मेरो सेवा गर्न सक्ने क्षमताप्रति आनन्दको भावना महसुस गर्दछु ।					
२१) मेरो कामको बोझले गर्दा अर्थात् सेवाग्राही धेरै भएका कारण म मानसिक र भावनात्मक रूपमा थकित महसुस गर्दछु ।					
२२) मेरो काममा म सकारात्मक परिवर्तन ल्याउन सछु भन्ने मलाई विश्वास छ ।					
२३) म केही निश्चित स्थान, गतिविधि र अवस्थाबाट टाढा बस्छु, किनकि त्यसले मलाई मेरो सेवाग्राहीहरूका डरलाग्दा अनुभवहरूको याद दिलाउँछ ।					
२४) म अरूलाई पुर्याउने सहयोगबाट आफूलाई गौरवान्वित महसुस गर्दछु ।					
२५) मैले सहयोगको कार्य गरेका कारणले मैले नसोचेको वा डराउने किसिमका परिस्थितिहरू आइरहन्छन् ।					
२६) म अरूलाई सहयोग पुर्याउने प्रक्रिया र प्रणालीबाट निराशा महसुस गर्दछु ।					
२७)सहयोगकर्ताको भूमिकामा म सफल छु भन्ने मलाई लाग्दछ ।					
२८) मैले आघातजन्य घटनाबाट प्रभावित व्यक्तिहरूसँग गरेका केही महत्वपूर्ण छलफल र कार्यहरूको सम्झना गर्न सकिदैन ।					
२९) म अत्यन्तै दयालु र सहयोगी छु ।					
३०) म खुशी छु किनकि मैले सहयोगकर्ताको रूपमा काम गर्ने पेशा छानेँ ।					

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Your Scores on the N-ProQOL-5

Based on your responses, place your personal scores below. If you have any concerns, you should discuss them with a physical or mental health care professional.

Compassion Satisfaction _____

Compassion satisfaction is about the pleasure you derive from being able to do your work well. For example, you may feel like it is a pleasure to help others through your work. You may feel positively about your colleagues or your ability to contribute to the work setting or even the greater good of society. Higher scores on this scale represent a greater satisfaction related to your ability to be an effective caregiver in your job. The average score is 50 (SD 10; alpha scale reliability .88). About 25% of people score higher than 57 and about 25% of people score below 43. If you are in the higher range, you probably derive a good deal of professional satisfaction from your position. If your scores are below 40, you may find problems with your job, or there may be some other reason— for example, you might derive your satisfaction from activities other than your job.

Burnout _____

Most people have an intuitive idea of what burnout is. From the research perspective, burnout is one of the elements of Compassion Fatigue (CF). It is associated with feelings of hopelessness and difficulties in dealing with work or in doing your job effectively. These negative feelings usually have a gradual onset. They can reflect the feeling that your efforts make no difference, or they can be associated with a very high workload or a non-supportive work environment. Higher scores on this scale mean that you are at higher risk for burnout. The average score on the burnout scale is 50 (SD 10; alpha scale reliability .75). About 25% of people score above 57 and about 25% of people score below 43. If your score is below 43, this probably reflects positive feelings about your ability to be effective in your work. If you score above 57 you may wish to think about what at work makes you feel like you are not effective in your position. Your score may reflect your mood; perhaps you were having a “bad day” or are in need of some time off. If the high score persists or if it is reflective of other worries, it may be a cause for concern.

Secondary Traumatic Stress _____

The second component of Compassion Fatigue (CF) is secondary traumatic stress (STS). It is about your work related, secondary exposure to extremely or traumatically stressful events. Developing problems due to exposure to other’s trauma is somewhat rare but does happen to many people who care for those who have experienced extremely or traumatically stressful events. For example, you may repeatedly hear stories about the traumatic things that happen to other people, commonly called Vicarious Traumatization. If your work puts you directly in the path of danger, for example, field work in a war or area of civil violence, this is not secondary exposure; your exposure is primary. However, if you are exposed to others’ traumatic events as a result of your work, for example, as a therapist or an emergency worker, this is secondary exposure. The symptoms of STS are usually rapid in onset and associated with a particular event. They may include being afraid, having difficulty sleeping, having images of the upsetting event pop into your mind, or avoiding things that remind you of the event. The average score on this scale is 50 (SD 10; alpha scale reliability .81). About 25% of people score below 43 and about 25% of people score above 57. If your score is above 57, you may want to take some time to think about what at work may be frightening to you or if there is some other reason for the elevated score. While higher scores do not mean that you do have a problem, they are an indication that you may want to examine how you feel about your work and your work environment. You may wish to discuss this with your supervisor, a colleague, or a health care professional.

WHAT IS MY SCORE AND WHAT DOES IT MEAN?

In this section, you will score your test and then you can compare your score to the interpretation below. To find your score on each section, total the questions listed on the left in each section and then find your score in the table on the right of the section.

Compassion Satisfaction Scale:

3. ____ 6. ____ 12. ____ 16. ____ 18. ____ 20. ____ 22. ____ 24. ____ 27. ____ 30. ____

Total: ____

The sum of my Compassion Satisfaction questions	So My Score Equals	My Level of Compassion
22 or less	43 or less	Low
Between 23 and 41	Around 50	Average
42 or more	57 or more	High

Burnout Scale:

Note: Reverse the scores for those that are starred (0=0, 1=5, 2=4, 3=3, 4=2, 5=1)

*1. ____ = ____ , *4. ____ = ____ 8. ____ 10. ____ *15. ____ = ____ *17. ____ = ____ 19. ____ 21. ____
26. ____ *29. ____ = ____

Total: _____

The sum of my Compassion Satisfaction questions	So My Score Equals	My Level of Compassion
22 or less	43 or less	Low
Between 23 and 41	Around 50	Average
42 or more	57 or more	High

Secondary Trauma Scale:

2. ____ 5. ____ 7. ____ 9. ____ 11. ____ 13. ____ 14. ____ 23. ____ 25. ____ 28. ____

Total: ____

The sum of my Compassion Satisfaction questions	So My Score Equals	My Level of Compassion
22 or less	43 or less	Low
Between 23 and 41	Around 50	Average
42 or more	57 or more	High

Citation:

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