THE EFFECTS OF WORKAHOLISM, PERSONALITY TRAITS, AND BURNOUT ON MENTAL HEALTH IN HIGH-STRESS PROFESSIONS

A thesis submitted in fulfillment of the requirements for the award of the degree of **Master of Science (Clinical Psychology)** Institute of Professional Psychology

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DEDICATION

With the blessings of Allah Almighty, I express my deepest gratitude to Allah for granting me the strength, wisdom, and opportunity to embark on this journey of knowledge. This thesis is dedicated to my beloved parents, and siblings. Without their love, support, and encouragement, I am nothing. They have been my constant source of strength and motivation throughout my academic journey. Their unwavering trust and support made this thesis possible. I would also like to acknowledge my professor, Dr. Usman Rasheed CH for recognizing my unwavering determination and commitment that carried me through this entire process. Lastly, I dedicate this thesis to myself, for my steadfast resolve and dedication.

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ACKNOWLEGEMENT

Completing this thesis, **"Workaholism, Personality Traits and Burnout in High Stress Officials,"** would not have been possible without the unwavering support and guidance of many individuals. First and foremost, I wish to express my deepest gratitude to my advisor, **Dr. Usman Rasheed CH**. His constant guidance, encouragement, and invaluable feedback were instrumental throughout this process. His mentorship and patience are extremely appreciated, so I am grateful to have successfully completed this research. I also owe my mother and father a lifetime debt of gratitude due to their unconditional love, constant prayers and unchanging support to me in every area of life. I also wish to express my most heartfelt gratitude to my siblings, who has always provided strong support and motivation through encouragement and patience. This all was possible because they all believed in me.

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ABSTRACT

This research paper examines workaholism, personality types and burnout and how they interact to affect mental health among high-stress careers. Severe emotional and physical requirements associated with high-stress jobs, including jobs in the healthcare sector, police work and corporate jobs, can result in the phenomenon of workaholism, a state where an individual is involved in excessive work and cannot disengage with work. This study focuses on the impact that some personality traits, including perfectionism, neuroticism, and Type A behavior, have on the emergence of workaholism and the worsening of burnout. The paper is also exploring the connection between workaholism and burnout, and the way the two are linked to different mental health behaviors, such as anxiety, depression, and emotional exhaustion. Through the use of surveys and psychological tests, the study will find chief risk factors of mental health decline in high-stress occupations and provide prevention and intervention recommendations. The findings are expected to inform organizational policies, promote healthier work habits, and support the mental well-being of employees in high-demand work environment.

Job dissatisfaction and occupational stress in a person have many consequences, including burnout Syndrome is initially characterized by cynicism arising and emotional exhaustion from continues encounter to much demands placed on mental energy levels during continuous contact with coworker. Such position associated with the lack of pride in self, aversion to work, and a loss of interest, sympathy is often defined as a Burnout. Burnout is often associated with physical consequences like type 2 diabetes, coronary heart disease, hypercholesterolemia, musculoskeletal pain, headaches, gastrointestinal issues, respiratory problems . Several factors can be attributed to the burnout.

Key words; workaholism, burnout, perfectionism, emotional exhaustion, high demand work environment.