



**PSYCHOLOGICAL WEL-BEING AND DEPRESSION IN AMBULANCE  
DRIVERS**

**By**

**NIRMALA DEVI**

**A thesis**

**Presented to the Bahria University, Islamabad**

**In Partial fulfillment of the requirements**

**For the degree of**

**Master of Philosophy**

**2016**

BAHRIA UNIVERSITY, ISLAMABAD

APPROVAL SHEET

SUBMISSION OF HIGHER RESEARCH DEGREE THESIS

Candidate Name: Nirmala Devi

Discipline: Clinical Psychology (M.Phil)

Faculty/Department: Institute of Profession Psychology (IPP)

*I hereby certify that the above candidate's work, including the thesis, has been completed to my satisfaction and that the thesis is in a format and of an editorial standard recognized by the faculty/department as appropriate for examination.*

Signature(s):

Supervisor:

Date: 30/05/2016

The undersigned certifies that:

1. The candidate presented at a pre-completion seminar, an overview and synthesis of major finding of the thesis, and that the research is of a standard and extent appropriate for submission as a thesis.
2. I have checked the candidate's thesis and its scope, format and editorial standards are recognized by the faculty/department.

Signature(s)

Dean/Head of Faculty/Department:

Date:

Samuel . Z. Fache

30/05/2016



## TABLE OF CONTENTS

COPYRIGHT .....	ii
APPROVAL SHEET .....	iii
AUTHENTICATION.....	iv
ACKNOWLEDGMENT.....	v
DEDICATION.....	vi
TABLE OF CONTENTS.....	vii
LIST OF TABLES.....	x
LIST OF FIGURES.....	xi
ABSTRACT.....	xiv

## CHAPTERS

### 1. INTRODUCTION

1.1 Problem Statement .....	3
1.2 Purpose of the Research.....	4
1.3 Research Objective .....	5
1.4 Research Question.....	5
1.5 Significance of the Study .....	5
1.6 Structure of Thesis.....	6
1.7 Definition of Key Terms.....	7

1.8 Summary.....	8
<b>2. LITERATURE REVIEW</b>	
2.1 Well-Being.....	9
2.1.1 WHO definition of health or wellbeing.....	12
2.2 Job Stress.....	13
2.2.1 Stressful jobs.....	13
2.2.2 Stressful Jobs in Pakistan.....	14
2.2.3 Effects of Stressful Job on health.....	16
2.2.4 Stress and Depression in Pakistan.....	17
2.2.5 Stress and Depression in Ambulance Drivers.....	18
<b>3. THEORETICAL FRAMEWORK</b>	
3.1 Hypothesis.....	25
3.2 Summary.....	25
<b>4. METHODOLOGY</b>	
4.1 Research Design.....	26
4.2 Participants.....	26
4.2.1 Inclusion Criteria of the Research Participants.....	26
4.2.2 Exclusion Criteria of the Research Participants.....	26
4.3 Ethical Consideration.....	27
4.4 Measures.....	28
4.4.1 Consent form.....	28
4.4.2 Demographic information form.....	28

4.4.3	Siddiqui Shah Depression Scale (1992).....	28
4.4.4	Ryff's Scale of Psychological well-being (1989).....	29
4.5	Procedure.....	31
4.6	Summary .....	32
 <b>5. RESULTS</b>		
5.1	Demographic Information of variables.....	34
5.2	Statistical Analyses of variables.....	54
 <b>6. DISCUSSION</b>		
6.1	Conclusion.....	63
6.2	Implications.....	64
6.3	Limitations.....	64
6.4	Recommendations.....	65
 <b>REFERENCES.....</b>		<b>66</b>
 <b>APPENDICES</b>		
Appendix A: Permission Letters		
Appendix B: Permissions for Use of Inventories		
Appendix C: Consent Form in Urdu		
Appendix D: Demographic Information Form		
Appendix E: Siddiqui Shah Depression Scale Urdu		
Appendix F: Ryff's Scale of Psychological Well-Being Urdu		
Appendix G: Turnitin Originality Reports		



### ABSTRACT

The aim of the present study was to understand the role of depression and psychological well being in ambulance driving experience, while dealing with the day to day aspects of their work. For this purpose a descriptive research was carried focusing on the correlation between the main variables of ambulance driving experience, psychological wellbeing and depression. The total sample of 55 male ambulance drivers is between the ages of 20 to 60. Through convenient sampling 36 participants were approached who were from Edhi Foundation and 19 from other different welfare organizations. Data collection was completed through a consent form, demographic form, Urdu version of Siddiqui Shah Depression Scale (Salma Siddiqui, 1992) and Ryff's Scale of Psychological Well-being (Ryff, 1987). It was hypothesized that there would be a significant relationship between ambulance driving experience, psychological wellbeing and depression among ambulance drivers. Pearson correlation value is at  $r = 0.209$ ,  $p > 0.05$  for Depression and experience;  $r = -0.131$ ,  $p > 0.05$  for experience and psychological well being; and  $r = -0.250$  for depression and well-being. After analysis of the result it was revealed that no significant relationship exists on the whole, while weak and negative correlation exists between Experience and Psychological well-being and weak positive relation exists between Depression and Experience. The results carry implications for the use of psychological interventions focusing on the psychological well being of ambulance drivers especially those with more expertise in the field. While the correlation is weak, nevertheless it does exist indicating the need for such interventions. This is of use for clinicians and in hospitals settings so that personnel needs are catered to.