Effectiveness of Stress Management Training on Life Quality and Occupational Burnout among Firefighters of Tehran

Anahita khodabakhshi-koolaee¹, Mohammad Reza Falsafinejad², Fatemeh Moghadam³, Marjan Mojarab¹

1. Psychology and Education Department, Faculty of Humanities, Khatam University, Tehran, Iran
2. Department of Measurement, Faculty of Psychology and Education, Allameh Tabataba'I University, Tehran, Iran
3. Department of counseling, Faculty of Human Science, Islamic Azad University, Branch of science and research, Tehran, Iran

Corresponding author: a.khodabakhshid@khatam.ac.ir

Abstract

Background & Aim: Due to hazardous working conditions, firefighters are exposed to different types of stress which might cause occupational burnout and impact their quality of life. Therefore, the present study was conducted to determine the effectiveness of stress management training on the life quality and occupational burnout among firefighters in Tehran.

Methods: Current study is a quasi-experimental study including pre- and post-tests and control group. The statistical population of the study was male firefighters of Tehran Fire Department in 2016. Thirty participants were selected through random sampling and were randomly assigned into the experimental (N=15) and control (N=15) groups. The experimental group underwent ten training sessions of stress management (90 minutes each). The control group did not receive the intervention. Two life quality scales, namely The World Health Organization Quality of Life-BREF (WHOQOL-BREF) and Maslach Burnout Inventory (MBI-22) were used to gather the data. The data were analyzed based on covariance analysis using SPSS software version 21.

Results: The results showed that there was no significant difference between the two groups at pretest, while stress management training of the experimental group significantly increased life quality components (P<0.05) and caused meaningful decrease of occupational burnout scores (P<0.05).

Conclusion: The present study showed that stress management training program can increase the life quality and decrease occupational burnout of firefighters. Therefore, managers of Fire Departments are recommended to use this program to improve the mental health of firefighters.