

The Mediating Role of Psychological Well-Being on the Relationship between Mindfulness and Wisdom in Health Advocates Fighting the Coronavirus Crisis

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Introduction

Capabilities that can be formed from experiences, lessons learned, and training can affect the perception of one's own and others' feelings and relationships in the workplace. These capabilities are known as mindfulness. But these abilities, or mindfulness, can affect the wisdom of individuals, which is directly the result of their behavior and actions. Therefore the importance of psychological well-being will lead to more dynamism and activity. Then, it can be said that psychological well-being can affect the wisdom of employees and thus the present study has been conducted to structurally investigate the mediating role of psychological well-being on the relationship between mindfulness and wisdom in health advocates fighting the coronavirus crisis.

Method

The research is descriptive-correlational. The statistical population is all health defenders in Bam, Jiroft, and Kerman, and the statistical population includes nurses between 27 and 45 years old with more than 8 years of experience and active in the coronavirus inpatient department. The research sampling method is a census of community members. Data were collected using the Kentucky Mindfulness Questionnaire, the Reef Psychological Well-Being Questionnaire, and the Ardelit Wisdom Scale (D-WS3). The questionnaires were distributed and collected among 130 individuals. Finally, the obtained data were analyzed using structural equation modeling

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with partial least squares approach in Smart PLS software version 3. In this approach, using PLS test, algorithm, and bootstrapping test, by measuring reliability and validity, path coefficient, significance coefficient and t-statistic, the relationships and effects of variables have been determined.

Results

The internal reliability of the research was assessed using the classical Cronbach's alpha coefficient and two new composite reliability coefficients and the rho-A coefficient. The standard value approved in these coefficients is 0.7. The EVA coefficient was used to measure the convergent validity with a value higher than 0.5 and the Fornell-Larker matrix was used to measure the divergent validity. According to the results, welfare ($\beta = 0.35$, $P = 0.04$) and mindfulness ($\beta = 0.22$, $P = 0.02$) are directly related to wisdom and psychological well-being ($\beta = 0.27$, $P = 0.04$) mediates the relationship between mind. Awareness and wisdom have a direct impact. Thus, the results at the level of t-statistic of 1.96, and significance ($P \leq 0.05$), confirmed the relationships of the hypotheses.

Discussion

Finally, strengthening the minds of health advocates by using psychological well-being improves their wisdom; Therefore, due to the prevalence of mental disorders during the epidemic of emerging diseases without definitive treatment such as Covid-19, psychological interventions such as mindfulness program training cause conscious behaviors and wise responses of health defenders to such a challenge.

Keywords: Coronaviruses, Health defenders, Mindfulness, Psychological well-being, Wisdom.

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