

The relationship between leisure Engagement and self-efficacy of healthcare professionals – A Rapid review.

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KEYWORDS

Leisure Engagement,
Self-efficacy, healthcare
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ABSTRACT

Purpose - This study examines at the relationship between leisure engagement and self-efficacy among healthcare professionals, with a focus on doctors. Healthcare professionals are essential in society because medical professionals the ones who provide crucial healthcare services to patient. In this manner, it is important to explore the association between leisure Engagement and self-efficacy of healthcare professionals.

Design/methodology/approach - The research technique included a thorough literature evaluation using databases such as Scopus journals, Web of science journal, PubMed, Google Scholar, and Dimensions.ai. Target population were healthcare professionals. Students and laboratory employees were excluded. This methodology ensured a wide and relevant selection of studies on the association between leisure engagement and self-efficacy in the healthcare professionals.

Findings - The selection of eight research studies, which incorporate both quantitative and qualitative techniques, contributes to a broader awareness of the relationship between leisure engagement and self-efficacy among medical care professionals. Additionally, while these antecedents have previously been explained independently, the two together is uncommon. The lack of studies investigating their link highlights the significance of the present research subject matter.

Practical implications - This relationship can provide insightful information into improving healthcare practices and supporting healthcare professionals in their roles.

Originality/Value - This research provides a novel approach to "The relationship between leisure engagement and self-efficacy of healthcare professionals." It looks into how leisure activities and self-efficacy affect healthcare professionals mental well-being. The study adds new insights and practical applications to improving doctors mental well-being. The study underlines the importance of balancing work and leisure time for healthcare professionals overall health.

INTRODUCTION

Healthcare professionals are essential in society because they are the ones who plan and provide crucial healthcare services to patient. They play a critical role not only in delivering medical care but also in making important decisions about treatment and patient well-being. Moreover, doctors frequently work closely with patients, one gets frequent interaction with the doctor-patient relationship in which the doctor offers support, advice and even treatment during times of distress. It is important to comprehend how personal well-being and time usage is linked to their professional self-efficacy. Understanding the relationship between how healthcare professionals spend their free time. Since healthcare professionals have such a massive impact on people's lives, it's vital to understand how leisure activities may influence their self-efficacy and therefore, effectiveness in the medical field. Furthermore, healthcare professionals also possess a different workplace culture from the other workers, something that determines how they carry out their work or even time off. Thus, researching of this relationship can contribute to the enhancement of healthcare practices and supporting healthcare professionals in their roles.

In a recent research paper exploring factors affecting the mental health of doctors in the UK, it was found that doctors face significant risks of experiencing work-related stress, burnout, and mental health challenges like depression & anxiety (Kinman et al., 2018). One important finding involves the fact that many doctors continue to work even when they are not well. This behaviour can be attributed to various reasons such as inadequate staffing, a sense of duty towards patients, fear of disappointing colleagues or it can be worries about their career prospects. However, working while sick can have negative effects for the well-being of doctors (McKevitt et al., 1997 ; Thun et al., 2014). Kinman et al. (2018) indicated several common causes contributing to the mental health challenges faced by doctors. These include an immense amount of accountability, the complexity and importance of their work and a lack of support and control.

Furthermore, healthcare professionals mental health is affected by the conflict stem from their professional responsibilities and personal life. It is essential for healthcare professionals to have enough time to recover both mentally and physically from their challenging jobs to stay healthy and perform at their best. When doctors struggle to balance work and personal life, they miss out on valuable opportunities to enjoying time with family & friends and participate in activities that help them to recharge. This imbalance influences not only their well-being but also their capacity to give quality care to their patients (Walsh, 2012).

Leisure Engagement is defined as engaging in enjoyable activities during recreation time (Pressman et al., 2009). Existing research indicates that leisure activities can decrease tension and positively impact Mental wellbeing (Lee et al., 2020). Leisure engagement is really important for healthcare professionals. It is like a reset button, especially after helping people all day. Playing sports, painting or just hanging out with a friend also helps the healthcare professionals to relax and stress at bay. This relaxation is important for their own emotional and mental well-being. Which in turn makes them better at their jobs. Healthcare professionals deserve much-needed rest time to support work-life balance. It helps them avoid burnout and to ensure they are working in a sustainable way, resulting in professional productivity as well as personal fulfilment. This will prevents burnout and keeps them feeling fulfilled both professionally and personally. According to Macaskill (2017), engaging in leisure activities might help in the development of psychological resources, therefore decreasing tension.

Leisure activities serve a variety of purposes, such as relaxing, enjoying, acquiring skills, and contributing to society (Kleiber & Nimrod, 2009).

Self-efficacy refers to an individual's trust in their capability of dealing with different life's difficulties and troubles, overcoming them actually. Self-efficacy refers to an individual's trust in their ability to oversee stressful situations successfully and adaptively (Salas et al., 2017). Self-efficacy to a great extent determines an individual's thought process, feels and acts, and it shows that this is a positive feeling that furnishes a capacity to manage different forms of stress. It indicates confidence in one's capacity to guide inspire, lead and social environment (Bandura,1977). The study “ ‘Promoting Nurses’ Self-efficacy : A Leadership Strategy to Improve Practice” by Manojlovich (2005) addresses the importance of self-efficacy in improving nurses' job performance, satisfaction, and care for patients. Self-efficacy might function as a mediator in the relationship between structural empowerment and nursing practice according to these results. This mediation suggests that employees self-efficacy plays an vital part in the way individuals cope with job assignments and demands. High self-efficacy is associated to better job management and low self-efficacy can result in absenteeism, turnover, and unproductive effort. Furthermore, healthcare professionals lack consensus on the relationship between leisure engagement and self-efficacy. It is therefore, imperative to tap into this gap as it may lead to understanding deeper insights related how levels of leisure engagement contribute towards self-efficacy and thus work productivity. This understanding can lead to improved healthcare practices and better support for healthcare professionals. As a result, the purpose of this literature review is to identify literature supporting the relationship between leisure engagement and self-efficacy. The research question is: "What is the relationship between leisure engagement and self-efficacy among healthcare professionals?"

METHOD

The study is conducted using an adapted adaptation of Tricco et al. (2017) rapid review approach. Rapid reviews are considered a subset of systematic reviews. Their process is designed to provide transparency, broad scientific interaction and replicable for others. This approach allows others to replicate the review, assuring that the findings are accurate and trustworthy, regardless of their accelerated timeline (Moher et al., 2015). Rapid reviews are frequently used for health innovation evaluation, clinical care, and comparative adequacy research nowadays. They are becoming more prominent in health policy making and the enhancement of global health programs. These evaluations are valuable for quickly synthesizing information, which is necessary for making prompt policy and system decisions in critical situations (Polisena et al., 2015 ;Harker and Kleijnen, 2012).

ELIGIBILITY CRITERIA

The study intends to examine the relationship between leisure engagement and self-efficacy, or the belief in one's ability to do tasks, among medical professionals, particularly doctors, who are essential in providing patients with medical treatment. The targeted population includes physicians, doctors and other medical professionals who closely work with patients. Where students and medical laboratory staff are not included.

SEARCH AND INFORMATION SOURCES SEARCH

On February 15, 2023, an in-depth review was conducted for this study using resources including Scopus, Web of science, PubMed, Google Scholar and Dimensions.ai. The study, which focused on medical professionals which including doctors, nurses, and clinical staff who

handled patient care, did not include students or laboratory workers. The keywords for the search were "leisure engagement," OR "leisure activities" OR "activities" OR "free time" AND "self efficacy" "belief" OR "capacity" AND "medical" OR "doctors" OR "medical trainees" OR "healthcare professionals." The study ensured that there was a large and relevant selection of studies on the association between leisure engagement and self-efficacy in the healthcare professionals. 35,732 results total; 31 studies from Scopus, 42 studies from Web of science, 40 studies from Google Scholar, 12,300 from Dimensions.ai and 23,319 from PubMed were obtained from the search. After applying inclusion criteria based on relevance to healthcare professionals, only 8 studies were selected for inclusion.

RESULTS

A comprehensive evaluation of the literature had been done using three major databases with the aim to find studies that addressed the link between leisure engagement and self-efficacy among healthcare professionals. The complete number of studies retrieved was 35,732. The data breakdown is as follows:

Scopus journals, Web of science journal, PubMed, Google Scholar, and Dimensions.ai

Table 1: No of Database Results		
S. No.	Database	No. of Result
1.	Scopus	31
2.	Web of science	42
3.	Google Scholar	40
4.	Dimension.ai	12,300
5.	PubMed	23,319

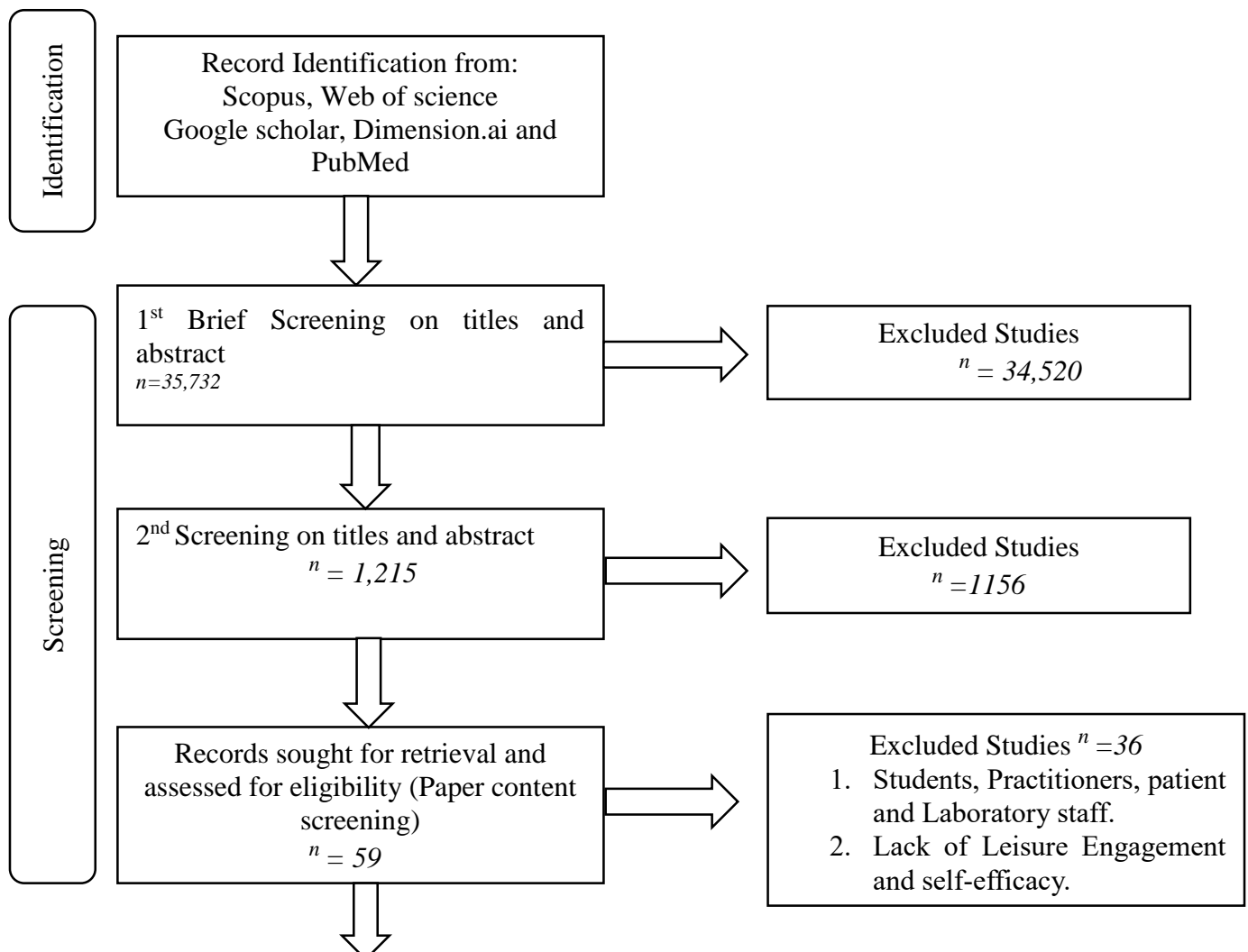
The search was purposely broad to include a wide range of relevant research. however, rigorous inclusion criteria were utilized to assure the final dataset's relevance and nature. After a thorough review, only 30 investigations were relevant to our research focus.

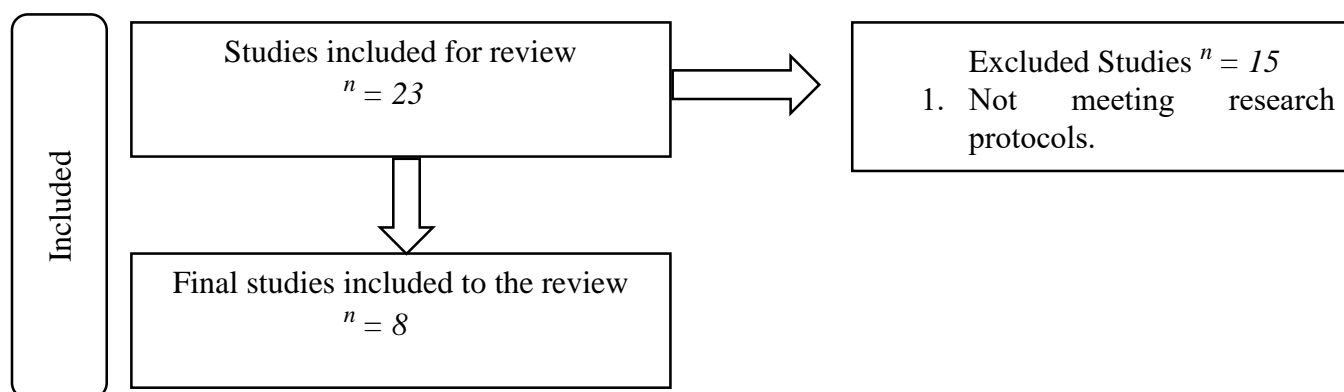
Table 2: Search Strategy				
S. No.	Databases	Search date	Search Keywords	Total no of Result
1	1. Scopus 2. Web of science 3. Google Scholar. 4. Dimensions.ai. 5. PubMed	15 February 2023	leisure engagement OR leisure activities OR activities OR activity OR leisure OR free time AND self efficacy OR belief OR capacity AND Medical OR Doctors OR Medical trainee OR Healthcare professionals.	35,732

Table 3: Inclusion and exclusion criteria.

Inclusion Criteria	Exclusion Criteria
Research which are related to relationship between Leisure Engagement and self-efficacy among healthcare professionals.	Research paper which are other than English language.
Studies involving healthcare professionals such as Doctors, Nurses and who are directly or closely involved with patient.	Students, Practitioners and Laboratory staff.
Qualitative and Quantitative Research papers which mentioning “Leisure Engagement” and “self- efficacy” in the title.	Relation between Leisure Engagement and self-efficacy not found.

Identifications of Studies





Source(s): Page et al. (2021); Baluszek et al. (2023)

Figure 1. PRISMA Flow Chart

Table 4: Included Studies

Title	Author/ Year/ Country	Aim	Population	Measurement scale of “leisure Engagement” or “Self-efficacy”
“An investigation Of healthcare professionals’ health beliefs About sportive recreational activities.”	Pense and Kasimoğlu (2022) /Turkey	“The study was aims to examine health beliefs of healthcare professionals about sportive recreational activities.”	344 medical specialists, 399 nurses and 197 health officers.	Sociodemographic Information Form and the Health-Belief Scale on Sportive Recreational Activities (HBSSRA) to measure Leisure Engagement.

“Promoting Nurses’ Self-efficacy A Leadership Strategy to Improve Practice.”	Manojlovich (2005) Michigan	“To examine the interaction between structural empowerment, nursing leadership, and self-efficacy for nursing practice.”	500 nurses.	Caring Efficacy Scale (CES) And CWEQ-II (Conditions of Work Effectiveness Questionnaire)
“A better way of life: The role of leisure activities on self-perceived health, perceived stress, confidence in stress management, and satisfaction with social support in psychiatrists and psychiatry trainees in Mexico.”	Lagunes-Córdoba et al., (2022) Mexico	“To Identify differences in self-reported health, perceived stress, confidence in stress management and satisfaction with social support among psychiatrists and trainees who engage in various leisure activities and those who do not”.	355 psychiatrists 330 trainees	Perceived Self-Efficacy Scale and Social Support Questionnaire (SSQ-6)
“The Association of Hobbies and Leisure Activities with Physician Burnout and Disengagement.”	Li et al. (2023) United States.	“To explore the relations between leisure activities and engaging in hobbies and the level of physician burnout and disengagement”.	2,563 physicians 512 trainee	Self-made survey to gather information related on leisure activities and hobbies

“Vocation and avocation; leisure activities correlate with professional engagement, but not burnout, in a cross-sectional survey of UK doctors.”	McManus et al. (2011) United Kingdom	“To investigate the relationship between doctors' engagement in leisure activities outside of work, their professional engagement, and their levels of burnout”.	4457 Doctors	Nil
“Study of the Relationship Between Self-Efficacy, General Health and Burnout Among Iranian Health Workers.”	Amiri et al. (2019) Iran	“To evaluate the relationship between self-efficacy, general health and burnout of the staff at Shahroud University of Medical Sciences”	520 staff members	Sherer self-efficacy Scale, General Health Questionnaire & Maslach Burnout Inventory.
“The relations between resilience and self-efficacy among healthcare practitioners in context of the COVID-19 pandemic – a rapid review.”	Balusze et al. (2022) Norway	“To explores the relations between resilience and self-efficacy among healthcare workers during the COVID-19 pandemic”.	Total 155 rapid literature review.	Nil
“The relationship between leisure activities and mental health: The impact of resilience and COVID-19.”	Takiguchi et al., (2022) Japan	“To explore the relationship between leisure activities and mental health”	300	Self-reported surveys.

A study conducted by Pense and Kasimoğlu (2022) examine the health beliefs of healthcare professionals about sportive recreational activities. This study is a cross-sectional study. A total

of 940 volunteers consisted of 344 medical specialists, 399 nurses, and 197 health officers. To measure leisure engagement, the Sociodemographic Information Form and the Health-Belief Scale on Sportive Recreational Activities (HBSSRA) are used. The study implied that the HBSSRA included components that assessed healthcare professionals confidence in participating in recreational sports, despite the absence of a specific self-efficacy scale. The authors aim to raise awareness about the importance of recreational activities for individual health. Ertüzün et al. (2013) developed the Health-Belief Scale on Sportive Recreational Activities (HBSSRA), a Likert-type scale with 21 questions and 5 sub-dimensions. Self-efficacy plays an vital role in encouraging leisure engagement among healthcare professionals. High self-efficacy assists professionals in grasping the major and beneficial benefits of working out, helping them to overcome recognizable challenges. Accordingly, this connection suggests that increasing self-efficacy could be an effective method for encouraging individuals to engage in leisure sports activities, ultimately contributing to their overall well-being and that of their loved ones.

Baluszek et al. (2022) conducted a rapid review aimed to explores “the relationship of resilience and self-efficacy among healthcare workers during the COVID-19 pandemic”. The study focused on healthcare practitioners, including nurses and nursing students, across a few countries including Italy, China, United Kingdom, India, Pakistan, and Spain. The rapid review study identified six relevant studies. Researchers observed that while certain studies clearly demonstrated the link between resilience and great self-efficacy, others did not. There was few research that concentrated on particular form of self-efficacy that are important for healthcare workers.

Lagunes-Córdoba et al. (2022) conducted a cross sectional study consisted a total no of 355 psychiatrists and 330 trainees in Mexico to explore how leisure activities affect the wellbeing of healthcare professionals. The results of the examination show that Leisure activities led with lower stress levels, more confidence in handling stress, and higher satisfaction with social support. Passive-solitary activities (Reading, watching movies, listening podcast or music, journaling and photography) were connected with reduced perceived stress and enhanced stress management, but active-solitary (exercise, hobbies and meditation) and social activities were associated with increased satisfaction with social support. A study conducted by Li et al. (2023) explore the relationship between leisure activities & engaging in hobbies and the degree of physician burnout and disengagement. Survey was done on a total of 3,075 US-based physicians. Researchers indicated participation in leisure activities & leisure practices had a huge association with lower levels of burnout and greater levels of engagement among doctors. The result differs with previous studies, research only found a positive connection between leisure activities and engagement, not burnout. The findings suggest that motivating doctors to participate in leisure activities could be an effective approach for increasing engagement and reducing burnout (McManus et al., 2011).

Takiguchi et al. (2022), the author aim to examine the find out correlation between leisure activities and mental health by focusing on its effect on resilience. There were 300 Japanese participants in the study. The study discovered that engaging in a variety of leisure activities develops stronger resilience in Japanese people, which is important for managing stress and maintaining their psychological well-being. The study found that leisure had a correlation with lower levels of depression through resilience, although the decrease in leisure activities did not directly cause a rise in depressive symptoms. This demonstrates how resilience serves as a safeguard against adverse impacts on mental well-being.

In a study by Amiri et al. (2019), the researcher aimed to find of the relationship between self-efficacy, burnout and general health. The study involved 249 staff members obtained by employing stratified random sampling from a total pool of 520 employees at Shahroud University of Medical Sciences. The study used a demographic questionnaire, the Sherer self-efficacy scale, the General Health Questionnaire with 28 items (GHQ-28), and the Maslach Burnout Inventory to collect the data . These instruments were used to garther data regarding the participant backgrounds, their levels of self-efficacy, their general health status, and their experiences with burnout. The Sherer self-efficacy scale measured how confident participants felt in managing tasks, while the GHQ-28 assessed their overall mental health. The Maslach Burnout Inventory helped gauge emotional exhaustion, and reduced personal accomplishment among participants. Together these tools provided a comprehensive analysis of how self-efficacy, general health, and burnout interrelate among the staff. The finding suggest that Self-efficacy is an essential aspect that influences burnout and general health. We found that among employees, Increased levels of self-efficacy are positively connected with better general wellness. However, a higher level of burnout is associated with worse general heath. These findings imply that activities focused at raising self-efficacy may enhance staff health and reduce their risk of burnout. Moving forward, companies should think about including self-efficacy-boosting techniques in their initiatives to encourage a healthier workplace and assist staff mental and emotional resilience.

A Study conducted by Manojlovich (2005), to examine how structural empowerment, nursing leadership, and self-efficacy connected with each other for nursing practice to find out if self-efficacy might lead to Higher skilled nursing interventions. Self-efficacy involves believing in the capacity of oneself to plan and carry out the strategies required to achieve the intended outcomes (Bandura, 1977). Author use a nonexperimental survey design consist of 376 nurses from Michigan to measure self-efficacy the Caring Efficacy Scale (CES), developed by Coates is used. which measures “The belief that nurses have in their ability to display empathetic attitudes, behaviors, and attitudes, and to develop compassionate connections with patients or clients.” (Coates, 1997). Increasing one's identity efficacy can significantly improve survival tactics in competitive workplaces. research show that inspiration is directly influenced by one's own self-efficacy, which illustrates how much effort one puts into workouts and how persistent one is in the face of adversity. Individuals with high self-efficacy are stronger and more powerful, making them better prepared to handle pressure. This advancement in survival strategies enhances task execution and fosters a more pleasant working atmosphere. As a result, increasing representatives self-efficacy can be a beneficial technique for firms seeking to improve overall efficiency and employee satisfaction.

Self-efficacy and Leisure engagement

Havitz et al. (2012) conducted a study which revealed that individuals who engage in a lot of leisure activities typically have high levels of self-efficacy. It indicates that people are more confident in their capacity to actively participate in active activities. However, leisure activities can also help with self-efficacy. Individuals who engage in leisure activities on a regular basis may feel more confident. This positive feedback may improve their self-efficacy by strengthening their capability to plan and maintain in the long run. Participants in leisure activities generally show higher physical activity aptitudes, higher degrees of self-efficacy, and more grounded inspirations to maintain a functional way of life.

DISCUSSION

The Literature review, which combines both quantitative and qualitative methods, contributes to a understanding of the relations between leisure engagement and self-efficacy among medical care professionals. Furthermore, these elements have previously been studied independently, the two together is uncommon. The lack of studies investigating their link highlights the importance of the present research subject matter. Analysing the results of these studies reveals that leisure engagement and self-efficacy have significant contribution to well-being of others. leisure activities was reported to develop social networks and support (Fancourt et al., 2021; Caldwell, 2005), the participants indicated a high level of satisfaction with their perceived availability of social support which might have limited engagement in subsequent activities. Nonetheless, participants who did engage in leisure activities were more satisfied with the social support. Despite the variety of leisure activities, A variety of factors have been linked to lower level perceived stress and greater satisfaction with social assistance. This shows the many advantages of leisure engagement for people's mental and social functioning. Chevan and Haskvitz (2010) had earlier concluded from an American study indicating that physical therapists, occupational therapy assistants and student professionals were more engaged than the average adults for their age group. Nearly two years ago, a Medscape (2012) concluded that physicians are far more inclined to exercise regularly than the average American. Surprisingly, this report found that as the physicians aged their frequency of physical activity continued to rise. The results may suggest that healthcare professionals, physical therapists and physicians alike are more inclined to be active since they have knowledge of how good physical activity could do. The increase in physical activity may also demonstrate a commitment of staying healthy that is needed for such demanding professions and to maintaining personal health and well-being. A study including 180 healthcare professionals examined the influence of physical activity on quality of life. The findings revealed that the primary reasons for most healthcare professionals to exercise are not only to keep fit (61.7 %) but also strengthen their mental wellbeing due in part as an attempt at stress relief and reduce illness or disease(55.7%). Participants reported that the main purpose for exercising was to control body weight (62.8%). Prevention of musculoskeletal conditions were next (40%), followed by improved respiratory function (24%), prevention of osteoporosis(18.6%), control for blood sugar management, and exercise to manage high blood pressure accounting 11% and 8.7% respectively as a key motivator. Healthcare organizations should acknowledge these varying motivators in order to promote greater physical activity. Taking into account the actual reasons that healthcare professional were exercising may help interventions be more successful in promoting general wellbeing and quality-of-life among health professions (Saridi et al. 2019). In addition, the findings line up with bigger research on the benefits of self-efficacy in a variety of contexts, including healthcare and professional environments. Individuals with higher levels of self-efficacy have been proven in studies to be more resilient, adaptive, and proactive in dealing with problems and obtaining desired results. Organizations that promote healthcare personnel self-efficacy may be able to reduce burnout, increase job satisfaction, and improve overall performance. Furthermore, the inclusion of both quantitative and qualitative studies improves our understanding of this relationship by offering different views and insights. Quantitative research give empirical evidence for the links between leisure engagement, self-efficacy, and various well-being outcomes, whereas qualitative studies provide detailed interpretations and contextual knowledge.

CONCLUSION

This rapid review aims at understanding the complex nature of leisure engagement and self-efficacy among the healthcare workers especially the doctors. Analyzing numerous works, including quantitative and qualitative ones, I have achieved deep insights into the identified factors cross-sectional effects on the healthcare workers. The current study's findings emphasize how leisure activities might make healthcare professionals feel more capable. Engaging in leisure activities not only lowers stress levels but also raises feelings of satisfaction with both official and informal social support systems and perceived self-efficacy in managing stress. This relationship is crucial, particularly in fields like health care where staff members exposed to lots of stressors and needs to be able to adapt to them without being affected. Furthermore, the use of both quantitative data like leisure engagement scale and self-efficiency, alongside qualitative data from the accessible examinations enhances the information on this relationship. In turn quantitative data offer the evidence of relations of leisure activity, self-efficacy and well-being while qualitative data add the richness of context and interpretation. Therefore, primary constraint of current research is the lack of studies focusing on the combined effect of leisure engagement and self-efficacy. There's a noticeable gap in research regarding the interactions between self-efficacy and leisure engagement activates. It is crucial to close this gap to promote development in positioning approaches. In this respect, we can conclude that our results imply the necessity for healthcare organizations to provide their employees with leisure to enhance their self-efficacy. Organizations support of self-efficacy can therefore be a way of heading off burnout levels and enhancing the general performance; a move which will benefit healthcare providers and patients.

AUTHOR CONTRIBUTION

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CONFLICT OF INTEREST

There were no conflicts of interest regarding the writing or publication of this article.

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