

The sense of orientation in life and reasons for choosing the profession of paramedic

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Received: 2012.12.21 • Accepted: 2013.03.13 • Published: 2013.03.30

Summary:

Introduction: An important aspect of the work constitute reasons for choosing the profession, which is particularly important for health care workers.

Aim: Understanding and analysis of why this profession and to present the relationship between these themes, and the sense of coherence affect the choice of a career paramedic.

Materials and methods: The study was conducted among 362 paramedics. The study was a questionnaire consisting of the general and life orientation questionnaire SOC-29.

Results: Paramedics chose their profession mainly because of the desire to help (35%), the desire to be needed (16%), accident (11%) and the ability to act independently (10%). The average value of coherence was 149.4 (SD 23.46).

Conclusions: Among the reasons to choose TO BE A paramedic prevailed: the desire to help and the desire to be needed. There is a statistical relationship between the designs, the profession and the global sense of coherence in seven of the nine factors ($p < 0.01$).

Key words: motivation, paramedic, personality, choice of profession.

Introduction

It is a well known fact that the choice of field of study, and thus future work is extremely a difficult choice. It is usually preceded by a number of thoughts engaging the needs of individuals, including felt its functional deficiencies (for a specific type of action), as well as the lack of symptoms (ie, the needs of specific things). Human development is a gradual process and proceed with satisfying the needs specific to the ontogenetic stage of development [1,2].

Emergency medical services is a relatively new profession in which personal values compatible with the values of unions is a necessary condition for maintaining mental health, and thus reduces the symptoms of burnout. Paramedic profession like nursing profession is a profession “stressful” because as defined prof. Kazimierz Obuchowski group these occupations may include occupations related to the mission, servitude and requiring a personal commitment to the values of the parent [3]. The profession of a paramedic, as already mentioned, requires reconcile personal values

with professional - then saving lives is a passion and the meaning of life. If both values are in opposition to each other, paramedic instead derive strength from their profession, gradually becomes entangled in described by Stephan Karpman triangle "dramatic" [4]. This triangle is unconscious, alternating entering in relation to the role of the Victim, Savior (Trustee) and persecutors. A person who in the role of victim (helpless and dependent) comes from "I am helpless, you're better than me." Rescuer by Karpman is a person who "under the hood obliging man, yes he saves others from oppression, but at the cost of their dependence on each other, or the one who is going to show that others are without it will celebrate". Persecutor, however, teases and orders others to strengthen their conviction that it is better than them. These roles can reverse and apply a variety of relationships, such as paramedic — the patient.

The study of motivation is one of the sources of knowledge and social psychological mechanisms regulating human aspirations. [5] It is, therefore, to carry out research on the evaluation of motives to choose an occupation. Among the most frequently mentioned in the literature, one can find such themes as interesting future work, the specifics of future work, wages, or the influence of the family [2]. Different people react differently to the work performed, the key here seems to be an indication of the orientation of a human life, that sense of coherence, which under the salutogenesis Antonowsky'ego, I generalised, emotional — cognitive way of looking at the world, including inextricably linked together three components: clarity, resourcefulness and wisdom. [6] According Antonowsky'm clarity indicates the degree to which the incoming stimuli man perceives both environments external, as well as internal, as understandable, clear, consistent and orderly. A person with a high level of comprehensibility expects that stimuli that come into contact in the future will be predictable. In the worst case, when it comes into contact with a stranger stimulus, it will be able to explain and to assign something. The controllability (resourcefulness) refers to the degree to which a person perceives the available resources, as sufficient to meet the demands posed by coming to the stimuli. Among these resources are both own resources as well as resource persons to whom this unit trusts and who can always count on. A person with a high rate of self-help, in the best case, when there are ad-

verse stimuli will count that everything will work out well enough, as far as could be expected. At worst, the consequences have occurred that will give incentives to bear. Motivate individuals to act is, however, expressed as wisdom. For a person with a high level of meaningfulness - their problems are seen as challenges. It can therefore be assumed that the reasonableness of the degree to which a person believes that life has meaning in terms of emotional distress. Sense of coherence is a global orientation and the life of man, which is shaped in the whole of human life [6, 7].

Unfortunately, the literature does not meet the reports dealing with the problem of themes to choose an occupation and a sense of orientation in life in a group of professional paramedics. Research carried out by the author of an initiation test cycle of psychological determinants of labor paramedics.

The aim of work

The aim of this study was to present the relationship between sense of coherence and motives which had guided a person choosing a paramedic profession.

Materials and methods

The study included 362 emergency medical technicians working in the State Emergency Medical System in Poland.

Among the respondents were mostly men - 244 persons (67.4%) women were 118 (32.6%). Among the most numerous paramedics were people aged 20-29 (43%), and least of all people over 40 years of age (8.0%). Mean age was 27 ± 9.7 years.

Paramedic education obtained in the course of post-secondary vocational study legitimized to 186 people (51.38%), higher education had 176 people (48.62%).

Among the respondents, the largest group consisted of those living in the city from 50 to 100 thousand. population (46%). Other respondents - 18% lived in the city for 50 thousand. population, 8% lived in the city more than 100 thousand. residents, and 28% lived in rural areas.

Used for studies of diagnostic survey method using questionnaire technique using the Life

Orientation Questionnaire and the author of a questionnaire. The study was conducted in the period from 01.2012 to 09.2012 years.

The questionnaire contained 32 questions about the nature of semi-open and closed, the contents of which were focused on the factors, which are guided by the most respondents paramedics when choosing a profession.

The SOC-29 questionnaire (Life Orientation Questionnaire) consists of 29 test items, expressed as interrogative sentences. The questionnaire can be divided into three sub-scales, which correspond to the components of SOC: comprehensibility (11 claims), resourcefulness — controllability (10 statements), meaningfulness (8 statements). Results are calculated based on the relevant keys that allow you to define a global sense of coherence and the three components [7].

The research material was coded in Excel and developed using the statistical package STATISTICA 8.0. In statistical analysis methods of descriptive statistics: mean, standard deviation, analysis of variance - ANOVA. In order to estimate the relationship between sense of coherence, and factors influencing the choice of a career paramedic in the group, the following levels of significance: $p < 0.05$ — the lack of statistical significance, $p < 0.05$ - statistical significance and $p < 0.01$ — high statistical significance.

Results:

On the Figure 1 were visualized reasons for choosing the profession of paramedic by the respondents.

The above figures show that subjects have the greatest proportion of the profession as a motif showed willingness to help (35%), followed by the desire to be needed (16%), case concerned 11% of people, 10% of people indicated as a career choice motive, opportunity work independently, 8% - natural talent, 6% — the prestige of the profession, 6% chance of making the decision, 2% — a family tradition, 2% — no other options, while 4% of respondents pointed to other reasons ($p < .01$).

Table 1 shows the correlation between demographic variables of the study group of paramedics and themes to choose an occupation paramedic.

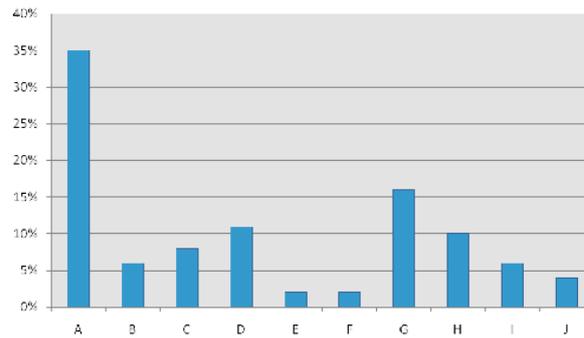


Figure 1: Themes paramedic career choice by respondents

Legend:

- A – The desire to be needed, B – The prestige of the profession,
- C – Innate predispositions, D – Contingency,
- E – Family traditions, F – No other options,
- G – Desire to be needed, H – The possibility of independent action,
- I – Able to make decisions, J – Other.

Table 1: The correlation between demographic variables and motifs to choose an occupation

The motives for occupation choice	Gender	Age	Level of education	Living place
Inner need for helping	0.29*	0.24*	0.29*	-0.25*
Sophisticated occupation	0.15	-0.05	0.09	-0.25*
Predisposed to occupation	0.12	0.07	0.03	-0.06
By accident	0.7	0.1	-0.12	-0.28*
Family tradition	0.09	-0.13	0.19	0.14
Lack of other possibilities	0.22*	0.04	-0.05	-0.26*
Inner need to feel being needed	0.055	0.29*	0.26*	0.07
Need to individual actions	0.02	0.03	-0.23*	0.03
Ability to decide by oneself	0.04	0.05	-0.22*	0.08
* $p < 0.05$				

The analysis showed the existence of statistically significant correlation between the willingness to help and the lack of other opportunities, and gender. Both factors are more important for women. In the case of the demographic variable defined as “age”, significantly correlated with it: the desire to help and the desire to be needed. The level of education of paramedics correlated with willingness to help, willing to be needed, the ability

to operate independently and the ability to make decisions. For those who have completed post-secondary technical education, more important factors are the possibility of independent action and the ability to make decisions, and in the case of people with higher education: the desire to help and the desire to be needed. Significant correlations with respect to the variable “place of residence” was observed for the willingness to help, the prestige of the profession, if no other option. All factors were more important for those living in rural areas than in the city.

The average value of coherence for paramedics examined was 149.4. The results of the evaluator (SOC-29) in the group are shown in Table 2.

Table 2: The mean values obtained in the scales SOC-29

Scale SOC-29	N	Avarage	SD
Global sense of coherence	362	149.4	23.46
Sense od understanding	362	56.4	11.32
A sense of resourcefulness (controllability)	362	50.3	12.69
Sense od importance	362	46.5	8.65

Table 3: The correlation between the results of the Life Orientation Questionnaire and themes to choose an occupation as a paramedic Correlations between sense of coherence and themes to choose an occupation paramedic is shown in Table 3.

Motive for occupation choice	coherence	understanding	resourcefulness	sensfulness
Need for helping	0.36**	0.31**	0.41**	0.37**
Prestige	0.39**	0.49**	0.27**	0.29**
Heredity predisposition	0.12	0.49	0.14	0.107
By case	0.32**	0.43**	0.31**	0.5**
Familly tradition	0.43**	0.15	0.32*	0.65
Lack of other possibilities	0.44**	0.38**	0.41**	0.47**
Need to be needed	0.3**	0.39*	0.12	0.36**
Ability for independent actions	0.1	0.23*	0.13	0.42**
Able to take decisons	0.26*	0.31	0.19	0.27**

* p<0.05; ** p<0.01

Based on the results shown in Table 3, it can be concluded that there is a high statistical correlation between sense of coherence and its components (a sense of clarity, a sense of resourcefulness and sense of meaningfulness), and: a willingness to help, the prestige of the profession, the selection of case studies, the lack of other possibilities. In addition, a statistically significant correlation was also found in the case of a global sense of coherence and family tradition, a desire to be needed, or the ability to make decisions.

Discussion:

Choosing a profession involves deciding on further substantial part of human life. It should therefore be a process of consciously realized in the long term. Choosing a profession is regarded as a sign of professional maturity of man. Professional decision is not only the result of the processes of development and training. It is the result of them occurring at the same time the educational process and evaluation situation in which the choice is made future profession. Conscious choice of profession means that the decision-making person is aware of the social significance of the profession, he knows, understands and appreciates its requirements psychophysical systems known characteristic of professional tasks and the resulting requirements, including the necessary professional skills. The test will be the correct choice of specialties in the future, the level and extent of identification with the profession, satisfaction with work and forms of social relations-union [8].

In 2006, under the Law on State Emergency Medical Services, a new profession - paramedic. It is therefore a relatively new profession of medical professionals. Just as the medical profession, is associated with a specific area of activity and specific activity undertaken by a person engaged in this profession. Is inextricably linked with the saving of human life in different, often adverse conditions work [9,10,11]. Since paramedics are required characteristics for influencing the patient to ensure the best execution of all tasks associated with the profession as a result of biological, psychological and social distinctiveness patient [12].

In the scientific literature does not meet the reports dealing with issues of due sense of coherence of designs to choose an occupation paramedic. Therefore, the author of the results can only be compared to the results for other related professional groups (doctors, nurses).

Answers were provided by all health care providers who have received the forms. Among the most important reasons to choose an occupation as paramedic can replace the desire to help other people. This result confirmed the findings of other authors: Sobczak [13], Binkowska-Bury et al [14], Waszkiewicz et al. [15] According to T. Szafranski one of the important roles played by the cognitive motives, a desire for social status or vocation. [16] In a study conducted in a group of paramedics, the prestige of the profession he was only sixth. Based on the analyzes, it seems that an important factor in choosing a career paramedic is sex. For women, an important motivation is the interest of man, the desire to help,

the desire to be needed and a natural talent. But for most men, motive is the possibility of independent action and the ability to make decisions. These results are confirmed in clinical Neittaanmaki et al [17].

The questionnaire for the study of SOC does not have clear standards. The analysis of the results is based on a comparison of the results of the study authors with the results of other authors. The average value of a global sense of coherence in a group of rescue workers was 149.4 (SD 23.46). This result is higher than that obtained by other authors: Bińskowska-Bury— 147.0 (SD 28.64) [14], Bińskowska-Bury— 137.0 (SD 23.2) [18], Gruszczyńska — 131.95 (SD 20.27) [19].

With regard to the reasons to choose an occupation paramedic with a sense of coherence, carried out the analysis showed in the global sense of coherence and its components (a sense of clarity, a sense of resourcefulness and sense of purpose) dependence statistically significant in seven of the nine factors at the level of $p < 0.01$. The results may suggest that sense of coherence motivated to take active in the profession paramedic.

Results

- 1) Among themes to choose an occupation as a paramedic prevailed: the desire to help and the desire to be needed.
- 2) There is a statistically significant correlation between the experience of stress and gender, age, level of education and the workplace paramedic ($p < 0.1$).

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