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# AN ANALYSIS OF THE RELATIONSHIP BETWEEN JOB STRESS AND RESILIENCE AMONG U.S. MEMBERS OF THE ASSOCIATION OF STANDARDIZED PATIENT EDUCATORS ( 267 pp .) 

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Among higher education professionals, job stress has been associated with numerous health risk behaviors and compromised health outcomes. The purpose of this study was to examine the relationship between selected demographics, resilience, and job stress among U.S. Standardized Patient Educators (SPEs) belonging to ASPE.

Using a purposive approach, a population study of ASPE SPEs was conducted via a web-based anonymous instrument survey. The instrument contained 56 items, measuring resilience, resilience sub-dimensions, job stress, and demographic variables. Descriptive statistics, Spearman Rho Rank Order Correlation, Pearson Product Moment Correlation, and Multiple Linear Regression were used to analyze the data.

Findings revealed statistically significant correlations between resilience and job stress; resilience sub-dimension, commitment, and job stress; resilience sub-dimension, control, and job stress; and resilience sub-dimension challenge and job stress. Further, the combination of commitment, control, and challenge accounted for $26 \%$ of the variance in measured job stress. Of note, the sub-dimension commitment uniquely accounted for $16 \%$ of the variance in measured job stress.

Resilience and resilience sub-dimensions are associated with decreased job stress among U.S. ASPE members. These findings can be used by health educators to design
targeted health promotion efforts to enhance resiliency among ASPE's SPEs. Further research is warranted to better understand these relationships outside professional association members and how to positively impact health and health behaviors in other at risk higher education populations.

