

عنوان مقاله:

The Mediating Role of Self-transcendence in the Relationship Between Psychological Vulnerability

محل انتشار:

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خلاصه مقاله:

Background and Objectives: Nurses often face many challenges in life which negatively affect their well-being. This study aims to investigate the mediating role of self-transcendence in the relationship between psychological vulnerability and work-related well-being of nurses in Birjand City, Iran. **Methods:** The present study was a descriptive correlation with the structural equation modeling (SEM) approach. The statistical population included ۷۹۵ public hospital nurses in Birjand City, Iran in ۲۰۲۰. The research sample included ۴۴۰ people selected using the convenience sampling method. Data collection tools included the psychological vulnerability scale, the subscale self-transcendence and character questionnaire, and the work-related well-being scale. The data were analyzed using the SEM approach, SPSS software, version ۲۲ and LISREL software, version ۸.۸. **Results:** The results showed that the direct path of psychological vulnerability to spiritual acceptance, creative self-forgetfulness and transpersonal identity was negative and significant ($P < 0.01$). The direct path of self-forgetfulness, transpersonal identity, and spiritual acceptance to work-related well-being was positive and significant ($P < 0.01$). Also, the indirect route of psychological vulnerability to work-related well-being through spiritual acceptance, self-forgetfulness, and transpersonal identity was significant ($P < 0.01$). **Conclusion:** The results of the study indicate that self-transcendence can play a significant indirect role in reducing the adverse effects of psychological vulnerability on nurses' work-related well-being. Therefore, using the self-care training program based on the theory of self-transcendence, it is possible to improve the three dimensions of self-transcendence of nurses, increase their work well-being, and reduce their psychological vulnerability.

کلمات کلیدی:

Self-transcendence, Frailty-psychology, Psychological well-being, Nurses

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