



## Emotional Reactivity, Self-Compassion and Well-being in Rescue 1122 Personnel: The Mediating Role of Hardiness and Social Support

**1. Ayesha Sadiqqa**

ayeshasaddiqa45@gmail.com

Clinical consultant and Behavior Technician at Special Education Needs Department Cornerstone School

**2. Syed Messum Ali Kazmi\* (corresponding author)**

messumzkazmi@gmail.com

Assistant Director Colleges, Government of the Punjab,  
Higher Education Department

**3. Syed Shahzaib**

C.E.O, Non-Serious Solutions, The Question Mark Productions

**4. Fatima Ayub Chaudhry**

Child Therapist, Cornerstone School

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### Abstract

The present study aimed to assess the relationship among emotional reactivity, self-compassion and wellbeing in rescue 1122 personnel: and the mediating role of hardiness and social support. It was hypothesized that there would be a significant negative relationship among the emotional reactivity, self-compassion and wellbeing, Self-compassion, hardiness and social support would predict wellbeing in rescue 1122 workers. Correlational research design along with purposive sampling technique was used for the study. The sample of the study included (N=200) male rescue workers. Data collection was done by using demographic form, Perth emotional reactivity scale (PERS), Neff's self-compassion scale, Warwick mental wellbeing scale (WEMWBS), Multidimensional scale of perceived social support (MSPSS) and Hardiness. Data analysis was done through demographic analysis, correlation, stepwise regression, and mediation analysis. The results revealed that emotional reactivity has negative relationship with self-compassion and wellbeing results also found that self-compassion, wellbeing, hardiness and income are the predictors of wellbeing in rescue 1122 workers.

**Keywords:** emotional reactivity, self-compassion, wellbeing, Rescue 1122 Personnel

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### Introduction

Pakistan has endured a pestilence of blasts and brutality that has slaughtered thousands of individuals, with various physically harmed and incalculable born mental impacts of awful encounters (Waseem et al., 2011). It was during the 2000s that the government of Parvez Elahi in Punjab felt the need for a rescue service under the 2006 Punjab Emergency Service Act to provide management and recovery from crisis; for example, fire and medical services in an emergency and rescue. Hence, the service was found to provide services initially in big cities like Lahore that have now been extended to all of the districts of Punjab (Imran et al., 2019). The Rescue 1122 administration of Punjab is obligated to go to every caring injury's essential and optional casualties. Rescue 1122 spared more than 1,740,652 casualties of crisis reaction groups (Muchinsky, 2006).

Rescue personnel such as first responders, firefighters, and medical personnel are exposed to a variety of traumatic situations on a daily basis (Behnke et al., 2019). This can lead to heightened emotional reactivity, which can have a detrimental effect on mental and physical health. Self-compassion can be a helpful tool for these personnel to better manage their emotional responses and



increase their overall well-being (Obuobi-Donkor et al., 2022). Self-compassion involves treating oneself with kindness and understanding during difficult times and recognizing that one's experience is not unique (Zhao et al., 2020). Through self-compassion, rescue personnel can learn to be more mindful of their emotions and to respond to them in a more positive and productive way. This can help to reduce emotional reactivity and increase overall wellbeing. Rescue workers inspire to support the general population and decrease harm in perilous conditions (Imran et al., 2020). However, due to the nature of their work, unpleasant occasions are frequently experienced by firefighters and rescue workers in the demonstration of their set obligations. As a result, they suffer from physical as well as mental hardships. Several rescue workers have died in the line of duty, mentioning only one on that occasion; 13 firefighters were martyred in Ghakhar Plaza Rawalpindi (Hyman, 2005). Apart from this, it is essential to know that these workers perform their duty under immense pressure and stressful conditions, directly impacting their mental health. Moreover, rescue workers are additionally liable to encounter hierarchical pressure and relational issues business related to personal satisfaction (Durkin & Bekerian, 2000).

Naz et al. (2011) studied the effects of trauma on Rescue 1122 workers. The research investigated the development and severity level of Posttraumatic Stress Symptoms (PTSS). 165 workers from Lahore participated in this study. Analysts gave respondents the everyday issues influenced by Foa's PDS scale (1995) and indications of posttraumatic stress. Factor analysis disclosed three factors of PTSD that are Avoidance, Heightened Arousal, and Re-experiencing symptoms. Outcomes pointed out that about 60% of Rescue 1122 laborers have encountered well-known Posttraumatic Stress indications. In 45% of laborers, side effects extended from "modest to "extreme." Among them, 80% feel that the nature of the job generally influences their lives.

Research has shown that emotional reactivity, social support, and rescue personnel are all important factors in the psychological well-being of those affected by traumatic events (Lowery et al., 2022). Those who experience a traumatic event often experience feelings of shock, sadness, anger, fear, guilt, and grief. Having social support and access to rescue personnel can help to buffer the emotional effects of a traumatic event, providing individuals with the strength and resources to cope and heal. Social support can provide a sense of comfort and security, as well as access to resources and assistance in overcoming the trauma (Shahsavarinia et al., 2022). Rescue personnel, such as first responders, can provide physical and psychological support to those affected by trauma, helping to reduce the impact of the event and providing the necessary resources for recovery (Oginska-Bulik et al., 2021). Research has also shown that emotional reactivity, or the ability to recognize and respond to one's own emotions, can also be beneficial in the aftermath of a traumatic event. Emotional reactivity can help individuals regulate their emotions, allowing them to process the trauma and eventually heal. Additionally, those who are able to recognize and respond to their own emotions are more likely to seek out and accept help from others, providing an additional source of support in their recovery.

### **Aims and Objectives**

- To evaluate the role of emotional reactivity, self-compassion, social support, and hardiness in impacting the well-being of rescue 1122 workers.
- To contribute to the gap in the literature on this area and develop a model that comprehensively estimates the role of these factors in determining the well-being of rescue 1122 workers.
- To provide recommendations on how the well-being of rescue 1122 workers can be enhanced.
- To determine the need to provide better and more informed counseling interventions and how these therapeutic interventions can be beneficial in minimizing emotional reactivity for rescue 1122 workers.

### **Purpose of the Study**



On a routine basis, rescue workers have to face traumatic events and provide immediate support to the victims as it is the demand of their job (Oginska-Bulik et al., 2021). As a result, rescue workers risk suffering from negative psychological consequences and social issues due to disasters' unpredictable and overwhelming nature (Brooks et al., 2020). This study explored the impact of Emotional reactivity, Self-compassion, and Well-being in rescue workers and how Hardiness and Social support help rescue workers reduce the negative impacts of traumatic experiences. The researcher reviewed and synthesized the existing literature and assessed the gaps. To fill those gaps, the current study will promote the inductive training of rescue workers, and family therapeutic intervention will conduct to promote social support among rescue workers.

### **Hypotheses**

- There would be a significant negative relationship between emotional reactivity, self-compassion, well-being, social support, and hardiness.
- There would be a significant positive relationship between self-compassion, social support, hardiness, and well-being.
- Self-compassion, hardiness, and social support would predict well-being in rescue 1122 workers.
- Social support and self-compassion mediate the association between emotional reactivity, hardiness, and well-being.

### **Method**

The research design used in this study to assess the role of emotional reactivity, self-compassion, well-being, hardiness as well as social support in the lives of rescue 1122 workers was a Correlational research design. The primary purpose behind using this method was to reveal if any relationship exists between all constructs mentioned above.

### **Sampling Strategy**

The sampling method used for this study was purposive sampling, and only those participants who gave their consent for participation in the research project were selected. Purposive sampling is the researcher selecting the sample based on whom he thinks would be appropriate for his study and their specific characteristics (Zechmiester & Shaughnessy, 1996).

### **Inclusion Criteria**

- Male rescue workers were involved.
- Rescue workers in different operations, such as emergency medical services and firefighters, were included.

### **Exclusion Criteria**

- Workers not working in any operation, such as those in an executive positions like peons and guards, were excluded.

### **Participants**

In order to see the impact of emotional reactivity, self-compassion, and well-being, the sample size for the study consisted of 200 rescue workers (N=200) selected from the Rescue 1122 stations. The participants were included from each group of Rescue 1122, namely the Fire rescue team, Disaster emergency response team, and Ambulance Service. The sample size was determined using G Power Analysis with confidence intervals of 95 %. Normality checks were also performed on the data and as a result, the sample size was viewed as being justified to achieve sufficient effect sizes.

### **Operational Definitions**

#### **Emotional Reactivity**



Preece et al. (2018) define emotional reactivity as the emotional trait level. It shows the typical ease level of activation, intensity, and duration of one's positive or negative emotional responses.

### **Self-Compassion**

Neff (2011) defines self-compassions as, instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means being kind and understanding when confronted with personal feelings. It measures three different aspects self-kindness, common humanity, and self-judgment.

### **Well being**

Tennant et al. (2007) defines well-being as a state that allows individual to access their capabilities, cope with the everyday stress of life, work productively and make a contribution to their society.

### **Social support**

Social support refers to the experience of being valued, respected, cared about, and loved by others. It may be from a friend's family and others. (Zimet et al., 1988).

### **Hardiness**

Personality hardiness can be a powerful resiliency resource, protecting some individuals against the ill effects of stress on health and performance. Hardy persons have a strong feeling of life and work a feeling of control, and they tend to interpret stressful and painful experiences as a part of life (Bartone et al., 2007)

### **Measures**

#### **Demographic Form**

Semi structured form was prepared to determine age, education, monthly income, family system, marital status and previous history of psychological or physical illness.

#### **Perth Emotional Reactivity Scales**

The Perth Emotional Reactivity Scale-Short Form (PERS-S) (Preece et al., 2020) is a 12 item self-reported measure. This scale basically measures the intensity and duration of different emotions, and significantly does as such for negative and positive feelings independently. On ratings ranging from (1. Never – 5. Always). (*Cronbach's*  $\alpha = .94$ ) the participants had to give their responses.

#### **Neff's Self Compassion Scale**

Neff's Self Compassion Scale (2011) was utilized to calculate the following factors such as degree of self-kindness, common humanity, the usage of self-judgment etc. The surveys trait level of self-compassion consisted of 12 item scale. Participant were asked to rate the items based on a 5 point Likert scale (1= Never, 2=rarely, 3=sometimes, 4=often, 5=Always). For the computing of the total scores of self-compassion the negative subscale items self-judgment, isolation and also over identification were reversed (i.e. 1=5, 2=4, 3=3, 4=2, 5=1). Next the total mean scores were summed to compute final self-compassion scores. (*Cronbach's*  $\alpha = .81$ ).

#### **Warwick Mental Well-being Scale**

WEMWBS consisted of a 14-item scale which was created for empowering the checking of mental prosperity in the overall public and also in the assessment of projects, and strategies which



were expected to improve the mental prosperity (Tenant et al., 2007). The items are all worded positively and they spread both emotions and working parts of mental prosperity, subsequently making the concept increasingly available (Tennant et al., 2007) Participants had to tick the option that ranged from (1. None of the time - 5. All of the time) that best describes their emotions and thoughts. (*Cronbach's*  $\alpha = 0.89$ ).

### **Multidimensional Scale of Perceived Social Support**

In order to calculate the perception of social support the Multidimensional Scale of Perceived Social Support (Zimet et al., 1988) was utilized. This scale comprised of 12 items that were divided into various factors, for example, friends (Fri), family (Fam) and significant others (SO) and each factor have further 4 subscales. Participants had to select the option on 7-point Likert scale (1= very strongly disagree, 2=strongly disagree, 3=mildly disagree, 4=neutral, 5=mildly agree, 6=strongly agree, 7= very strongly agree). (*Cronbach's*  $\alpha = 0.74$ ).

### **Hardiness**

A concise, 15-items hardiness scale was created from a long version that previously showed up in 1989 known as the Dispositional Resilience Scale (DRS) (Bartone et al., 2007). This tool measures the feeling of challenge, commitment, and control. This short scale was presented to the participants and they had to complete it by choosing best answer from five options that were given (0= Not at all true, 1= A little true, 2= Quite true, 3= Completely true) independently.

### **Analysis**

Data analysis was performed using Pearson product-moment correlation, mediation analysis, stepwise regression, and reliability analysis.

### **Ethical Consideration**

For the conduction of the present study, the following ethical considerations were kept in mind. Permission for data collection was taken from the concerned department of the University of Lahore. Permission was taken from the Head Office of Rescue 1122 for data collection. Informed consent was given to participants to clarify this research's purpose and guarantee confidentiality and privacy before administering the tools. The participants were assured that their data would be only for this research work; it would be kept confidential and will not be utilized for some other work.

### **Procedure**

The topic of the study was approved by the Institutional Ethics Review Board of the University of Lahore, Pakistan. Tools were selected, and then permission was taken from the authors to use their tools. The sample comprised 200 Rescue 1122 workers; the data collection permission letter was taken from the Psychology department of the University of Lahore and the Rescue head office. Time slots given by the Rescue head office were followed strictly. Then the data was collected by visiting different rescue 1122 stations. Informed consent was given to each participant in whom they were informed about the research topic, ensured about their confidentiality and their willingness to participate in the study. Only those participants that fulfilled the inclusion criteria and were willing to participate in the study were included. Then they were asked to fill out the demographic form and questionnaires (PERS-S, WEMWBS, MSPSS, Neff's Self-Compassion scale, and Hardiness scale). The data was analyzed on SPSS.



## Results

Data analysis was done using demographics analysis, Pearson product-moment correlation, stepwise regression, reliability analysis, and mediation analysis. The findings have provided numerous insights about the data being assessed.

**Table1**

*Psychometric properties of Variables*

Variables	A	No of items
Emotional Reactivity	.71	18
Social Support	.88	12
Self-Compassion	.70	12
Wellbeing	.81	14
Hardiness	.89	15

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*Note: M= Mean, SD= Standard Deviation,  $\alpha$ = Reliability coefficient, SCS=Self Compassion Scale*

Reliability analysis was conducted to see the reliabilities of emotional reactivity, social support, self-compassion, wellbeing and hardiness scale. Hardiness had the highest reliability of .89 followed by social support with a reliability of .88, wellbeing with a reliability of .81, emotional reactivity at reliability of .71 and self-compassion at .70.



**Table 2**

*Inter-Correlation among Scores on Emotional Reactivity, Self-Compassion, Wellbeing, Social Support and Hardiness (N=200)*

Variable	I	II	III	IV	V
1. Emotional Reactivity	—	-.34**	-.34**	-.37**	-.44
2. Self-Compassion		—	.46**	.35**	.41**
3. Wellbeing			—	.51**	.48**
4. Social-Support				—	.41**
5. Hardiness					—

*Note. \*\*p<.01.*

Pearson Product Moment Correlation was conducted to assess the association among emotional reactivity, self-compassion, wellbeing, social support and hardiness. The results showed that emotional reactivity had a significant negative relationship with self-compassion ( $r=-.34, p<.01$ ), with wellbeing ( $r=-.34, p<.01$ ), social support ( $r=-.37, p<.01$ ) and hardiness ( $r=-.44, p<.01$ ). Self-compassion had a significant positive association with wellbeing ( $r=.46, p<.01$ ), social support ( $r=.35, p<.01$ ) and hardiness ( $r=.41, p<.01$ ). It was also found that wellbeing had a significant positive association with social support ( $r=.51, p<.01$ ) and hardiness ( $r=.48, p<.01$ ).



**Table 3**

*Stepwise Regression to Assess the Predictors of Wellbeing*

Predictors	Model 1		Model 2		Model 3			Model 4			95 % CI			
	<i>B</i>	<i>SE</i>	<i>B</i>	<i>B</i>	<i>SE</i>	<i>B</i>	<i>B</i>	<i>SE</i>	<i>B</i>	<i>B</i>	<i>SE</i>	<i>B</i>	<i>LL</i>	<i>UL</i>
Constant	30.17	2.20		15.86	3.37		12.94	3.35		8.12	3.94		[.35, 15.90]	
Social Support	.34	.04	.51	.27	.04	.40	.22	.42	.32	.22	.04	.33	[.141, .304]	
Self-Compassion				.50	.09	.32	.38	.96	.25	.39	.09	.25	[.210, .586]	
Hardiness							.33	.08	.24	.33	.08	.24	[.165, .509]	
Income										2.08	.92	.12	[.264, 3.898]	

Step 1:  $F(1, 198) = 72.86, p < .001$ . Step 2:  $F(2, 197) = 55.94, p < .001$ . Step 3:  $F(3, 196) = 44.62, p < .001$ , Step 4:  $F(4, 195) = 35.44, p < .001$ , *CI*=Confidence Intervall



Table 3 indicates the level of contribution of social support, self-compassion, hardiness and income in the prediction of wellbeing. The results of regression indicate the four predictors explained 41% of the variance ( $R^2 = .42$ ,  $F(4, 195) = 35.44$ ,  $p < .001$ ). It was found that social support significantly predicted psychological wellbeing ( $B = .34$ ,  $p < .001$ ) as did self-compassion ( $B = 0.50$ ,  $p < .001$ ), common humanity ( $B = 1.61$ ,  $p < .001$ ), over-identification ( $B = 1.40$ ,  $p < .001$ ), as did hardiness ( $B = .33$ ,  $p < .001$ ) and income ( $B = 2.08$ ,  $p < .001$ ). However, age, education, family system, marital status, emotional reactivity and previous history of psychological illness.

**Table4**

*Mediating Effect of Social Support on the Association between Emotional Reactivity and Wellbeing (N=200)*

Measures	B	SE	P
<b>Step 1 (Path c)</b>			
Outcome: WB			
ER	-.20	.06	.003
<b>Step 2 (Path a)</b>			
Outcome: SS			
ER	-.55	.10	.000
<b>Step 3 (Path b)</b>			
Outcome: WB			
SS	.30	.04	.000
<b>(Path c')</b>			
Mediator: social Support			
Predictor: ER	-.16	.04	.003



Note. *SS*=Social Support, *ER*=Emotional Reactivity, *WB*=Wellbeing, *B*=standardized coefficient.

Mediation analysis was performed via the Preacher and Hayes method using 5000 bootstrapped samples. The assumptions for conducting a mediation analysis were checked and the criteria was met. The findings showed that social support had a significant and partial mediating effect on the association between hardiness and wellbeing ( $B=.18, p<.05$ ). Moreover, the findings showed that the presence of social support in rescue workers can enhance their level of wellbeing and hardiness which can further help them in showing an improved level of socioemotional and cognitive performance during emergency situations

**Table 5**

*Mediating Effect of Self-Compassion on the Association between Hardiness and Wellbeing (N=200)*

Measures	<i>B</i>	<i>SE</i>	<i>P</i>
<b>Step 1 (Path c)</b>			
Outcome: WB			
Hardiness	.48	.08	.003
<b>Step 2 (Path a)</b>			
Outcome: SC			
Hardiness	.37	.05	.000
<b>Step 3 (Path b)</b>			
Outcome: WB			
SC	.49	.10	.000
<b>(Path c')</b>			
Mediator: SC			
Predictor: Hardiness	.18	.04	.003



Note. SC=Social Compassion, WB=Wellbeing B=standardized coefficient.

Mediation analysis was performed via the Preacher and Hayes method using 5000 bootstrapped samples. The assumptions for conducting a mediation analysis were checked and the criteria was met. The findings showed that self-compassion had a significant and partial mediating effect on the association between hardiness and wellbeing ( $B=18, p<.05$ ). Moreover, the findings showed that the presence of self-compassion in rescue workers can enhance their level of wellbeing and hardiness which can further help them in showing an improved level of socioemotional and cognitive performance during emergency situations.

## Discussion

Emotional reactivity, self-compassion and wellbeing in rescue 1122 personnel were explored in this present study and the mediating role of hardiness and social support were explored. Also, the study was intended to assess and investigate the associations among these variables. Additionally, the objective of the study was to contribute to the gap in literature on this area. The results of the study provided new insights about the variables being studied.

First, it was hypothesized that there is likely to be a significant negative relationship among emotional reactivity, self-compassion and wellbeing. Based on the outcomes of this study it was revealed that there is a confirmation of this hypothesis. The relevant literature on this area was also supported by the results. Studies have revealed that rescue workers who have emotions regulation difficulties or highly emotionally reactive are low on wellbeing and also have low self-compassion. Individuals who mostly give negative emotional reactions toward different situations see themselves and their general surroundings in largely negative terms (Watson & Clark, 1984). Negative reactivity is firmly related to wellbeing. Individuals high in negative emotions will display, by and large, more elevated amounts of pain, uneasiness, and disappointment, the world, other individuals, and furthermore also bring out negative life occasions (Magal et al., 2021). The resemblance between these negative emotional attributes and wellbeing have driven a few analysts to see both positive and negative effect with life fulfillment as explicit pointers of the more extensive factors of emotional prosperity. Due to high negative reactivity, a person can face failure in regulating emotions and that can also cause mood disorders. These can join to lessen a person's capacity to institute reappraisal despite unpleasant circumstance. In such circumstances, mindful emotions coping may be act as non-evaluative methods by which to take care of negative emotional experience (Booji et al., 2018).

Secondly, it was hypothesized that there is likely to be a significant positive relationship among wellbeing self-compassion, social support and hardiness. The findings are comprehensively reliable with proof suggesting that multiple correlates of self-compassion are means of wellbeing (Knight & Ricciardelli, 2003). Self-empathy writing is a positive relationship with abstract prosperity. The literature revealed that self-compassionate people are more associated with wellbeing and have reported more life satisfaction and happiness.

Thirdly, it was hypothesized that there is likely to be a significant negative relationship among emotional reactivity, social support and hardiness. The results revealed that the strong negative responses towards one's feelings are very much depicted. For instance, those individuals that consider their emotional reactions as unsuitable or unseemly tend to have low degree of social support as well as hardiness and are also bound to experience the verse effects of the emotional issues (Campbell-Sills



et al., 2006; Mennin et al., 2005). Appearances of negative evaluations with respect to emotions, for example, endeavor to change or push away negative feelings. For instance, intentionally attempting to disguise emotions from others has been related to less adaptive working and a decrease in the level of hardiness (Gross & John, 2003). Though an absence of social support has been related to a risk for a person's emotional wellness. This research also demonstrates that the social support act as support to shield people from various aspects with respect to their psychological and physical wellbeing, for example, helping against certain life stressors (Guruge et al., 2015). Furthermore, social support has been related to emotional responses to whether negative or positive. Individuals with low social help report more negative emotional reactions in comparison to individuals with high social support. Additionally, individuals with low social support have a higher rate of having a major mental issue as compared to those with high support. These incorporate posttraumatic stress issue, panic disorder, (Huang et al., 2010). social phobia, major depressive disorder, (Lahey & Cronin 2008). Likewise, individuals that have low support have increasingly self-destructive ideation, (Casey et al., 2006). The role of social support in the recent research has revealed that along with hardiness in regulating emotional arousals, people who have hardy personalities and have social support can easily cope up their emotions in traumatic situations (Adriaenenssens et al., 2012).

It was also hypothesized the wellbeing in rescue 1122 workers will be predicted by self-compassion, hardiness and also social support. However, the outcomes demonstrated that income is a significant factor that predicts wellbeing in rescue workers. It has been confirmed that self-compassion is a significant source of mental prosperity. Also, different segments of social support such as friends, family and colleagues (in job setting) works as coping resources which may guard rescue workers against the negative impacts on wellbeing and it may increase prosperity (Jeon & Ha, 2012). Backing by associates, family and companions are significant assets that can encourage coping systems, which in turn can ensure against negative wellbeing impacts, particularly in unpleasant stressful conditions (Lazarus & Folkman, 1984; Laurel et al., 2013). Studies have also proved that rescue workers with more hardiness would have more wellbeing. Through hardiness distressing events can be changed into a positive reassessment and lessen the negative feelings such as disappointment and worry during a traumatic circumstance. The findings of the present study have also shown that self-compassion can be a valuable tool for rescue workers to help manage their emotional reactivity. Self-compassion involves recognizing difficult emotions, allowing them to be present without judgment, and providing comfort and care to oneself in the midst of the experience. This can involve mindful self-awareness and self-talk, such as repeating encouraging phrases or affirmations to facilitate a sense of self-support. Additionally, rescue workers can benefit from seeking out social support from their peers, colleagues, or professionals to help process their reactions to emotionally challenging situations.

### **Implications and Recommendations**

- Findings of this study will apply to Rescue 1122 workers, especially in promoting their well-being.
- The study will contribute to the gap in the literature on these constructs.
- Our findings can be used to formulate therapeutic interventions to facilitate the Rescue 1122 workers who scored low on these constructs.
- This study will contribute to extensive inductive training of Rescue 1122 workers.
- Findings of this study will also help to promote colleague collaboration.



- Our present study will contribute to implementing Family therapies for Rescue 1122 workers to improve their social support.
- In order to improve the financial condition of the workers, policies must be devised to increase their salaries.
- This study shows that there is room for inducting Psychologists in Rescue 1122 stations to manage the psychological problems of the workers.
- A comprehensive awareness campaign that may include media must be carried out to convince people to cooperate with the workers.
- Training programs must be designed to help the workers to increase their self-compassion and hardiness to improve their well-being so that they can perform their duties more efficiently.

### Conclusion

In conclusion, the findings have shown that emotional reactivity negatively affects self-compassion, well-being, social support, and hardiness. Whereas self-compassion positively relates to well-being, social support, and hardiness. This study concluded that rescue 1122 workers have emotional reactivity; managing it helps them to stay focused on their duty and avoid extra stress due to their stressful job. In the personal well-being of rescue workers, self-compassion plays an important role. This trait of workers saves them from being over-stressed. Furthermore, social support is also essential in helping the workers with their well-being. Social support from family, friends, colleagues, and the general public is significant for their well-being and better performance because it reduces stress from their work environment and helps them efficiently manage themselves in traumatic or stressful situations. Promoting hardiness, self-efficacy, and provision of social support can lead to positive mental health outcomes and impact their performance on the job, cognitive facets, and ability to use their problem-solving capabilities best.

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