

**PERSONALITY TRAITS, WORK FAMILY BALANCE AND BURNOUT IN
PRACTICING PSYCHOLOGISTS**



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**PERSONALITY TRAITS, WORK FAMILY BALANCE AND BURNOUT IN
PSYCHOLOGISTS**

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Research Completion Certificate

Certificate that the research work contained in this thesis titled “Personality traits, Work family balance and Burnout in Practicing Psychologists” has been carried out and completed by **Ms. MARYAM JAVED, Student ID: FA14-BPSY-005**; Student BS Psychology, session 2014 – 2018, under my supervision. This study is an independent research work and carried out under given instruction and consideration.

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Declaration

I, Ms. Maryam Javed, Student ID: FA14-BPSY-005, student of BS in the subject of Psychology, session of 2014-2018, hereby declare that the material printed in this thesis titled “Personality Traits, Work Balance and Burnout in Psychologists” is original work and has not been printed, published or submitted as research work, thesis or publication in any form in any university, research institution in Pakistan or abroad.

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Signature of Declarer

Dedication

This thesis is dedicated to my beloved parents; Muhammad Javed Mukhtar and Azara Javed, and my mentor and supervisor Ms. Zainab Raza for their care, love, support and encouragement in completing my thesis.

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Abstract

The purpose of the current study is to investigate the relationship between personality traits, work family balance, and burnout in practicing psychologists. It was hypothesized that there is a relationship between personality traits, work family balance, and burnout in practicing psychologists. Moreover, personality traits would moderate the relationship of work family balance and burnout in practicing psychologists. A correlational research design was used in this study. The sample comprised of 60 psychologists; and was taken from Lahore through purposive and snowball sampling technique. The Ten Item Personality Inventory (TIPI) (Gosling, Rentfrow, & Swann, 2003); Work Family Balance Measure (Carlson & Grzywacz, 2007); and Copenhagen Burnout Inventory (CBI) (Kristesen, Borritz, Villadsen, & Christensen, 2005) were used to assess the personality traits, work family balance, and burnout respectively. Pearson product movement correlation analysis and hierarchal regression model were used to assess study objectives. The results showed that work family balance was negatively correlated with burnout. Moreover, age was negatively correlated with client related burnout. Furthermore, the findings indicated that personality trait (conscientiousness) moderates the relationship of work family balance and burnout. Limitations, implications, and future directions of the current study were discussed.

Key Words: Psychologists, Work Family Balance, Burnout, Personality

