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A STUDY ON FACTORS AFFECTING MOOD FLUCTUATIONS

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Abstract

The healthcare sector is among the most challenging and high-pressure work environments, where professionals, especially physicians, frequently face life-or-death decisions. The responsibilities of physicians are emotionally, cognitively, and physically taxing, characterized by extended working hours, regular encounters with crucial and stressful circumstances, and significant pressure to deliver good patient care. The arduous conditions under which physicians operate frequently result in considerable emotional and psychological turmoil, a notable expression of which is mood fluctuations. The swift fluctuations in emotional states might adversely impact a physician's professional efficacy and personal life. The Rigorous Demands of the Medical Profession. Physicians are integral to society, tasked with diagnosing and treating patients, often in high-pressure situations. The obligations imposed on physicians may include prolonged shifts, little rest, and emotionally burdensome engagements with patients and their families. Consequently, physicians often encounter excessive workloads that afford less opportunity for rest or recuperation. In hospitals, especially inside critical care units and emergency departments, physicians encounter heightened stress while navigating intricate medical scenarios in high-pressure settings. Alongside the physical fatigue resulting from extended hours, physicians frequently

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encounter considerable emotional and psychological difficulties. They must maintain equanimity and poise when confronting challenging circumstances, such as communicating dire prognoses to patients and their families or conveying distressing information after a traumatic incident. Over time, this emotional burden can result in mental health issues, such as anxiety, sadness, exhaustion, and mood fluctuations.

Keywords:

Mood, Fluctuations, Stress

Introduction

Mood swings are defined by abrupt and profound fluctuations in emotional states, oscillating between episodes of high joy or exhilaration and instances of severe irritation, melancholy, or rage. In the medical profession, mood swings may arise from a confluence of circumstances including sleep deprivation, a high-stress environment, interpersonal difficulties, and emotional fatigue. Studies demonstrate that mood fluctuations adversely impact the personal welfare of physicians and significantly influence patient care, decision-making, and workplace relationships. (Dyer, 2021)

Mood swings are significant because they can hinder a doctor's capacity to perform effectively in their profession. A physician exhibiting impatience or frustration may have difficulties in efficient communication with patients, resulting in misconceptions or delays in treatment. A physician in an emotionally charged state may struggle to uphold the professional detachment required for making objective decisions regarding patient care.

Furthermore, emotional changes might result in interpersonal difficulties with coworkers, nurses, and other healthcare professionals, consequently impacting team dynamics. Given that teamwork and collaboration are essential for effective healthcare delivery, mood fluctuations can disrupt the overall performance of the medical team, resulting in adverse consequences for patients.

Work-related quality of life (WRQoL) refers to a term that includes multiple facets of an individual's employment environment, such as job satisfaction, work-life equilibrium, stress regulation, and emotional health. WRQoL is particularly significant for physicians

due to the profession's high-stress characteristics. An encouraging workplace that provides adequate autonomy, recognition, and resource accessibility might enhance work-related quality of life, subsequently fostering physicians' mental health and emotional resilience.

A detrimental work environment marked by heavy workloads, extended hours, and inadequate support can result in adverse mental health effects, such as mood fluctuations, burnout, and depression. Physicians burdened by their working conditions may exhibit increased impulsivity and emotional volatility, adversely affecting their interactions with patients and colleagues. The whole work environment significantly influences the emotional and psychological well-being of physicians. (Brown, 2021)

A mood swing refers to a quick alteration in emotional state, typically triggered by a specific cause. The intensity of mood fluctuations may contribute to the development of bipolar disorder. Mood swings are phenomena that can manifest at any time and location, varying from mild fluctuations to intense manic depressive oscillations, so establishing a continuum from normal self-esteem issues to depressive disorders.

Mood fluctuations may occasionally persist for an extended duration. They can endure for several hours (hyper fast) or days (long) (ultrafine). Clinicians consider a diagnosis of bipolar illness suitable when four consecutive days of hypomania and seven days of mania are present. Mood swings can persist for days or even weeks, characterized by rapid transitions between sad and euphoric emotions.

Alterations in an individual's sleep patterns, energy levels, self-esteem, concentration, or substance use may indicate the onset of a mood disorder. Mood fluctuations may result from various circumstances, including an inadequate diet or lifestyle, drug abuse or hormonal dysregulation. Additional significant causes of mood swings encompass diseases or disorders that disrupt the functioning of the neurological system, excluding bipolar disorder and serious depression.

Quality of Working Life (QoWL) is a theoretical construct that seeks to elucidate an individual's contentment in the job and their enjoyable experiences. The direct and indirect factors influencing an individual's Quality of Work Life (QoWL), such as job satisfaction and aspects like the office environment and relationships with subordinates, impact their QoWL. Improvements in the perceived quality of work life have been associated with numerous

advantages. Somerset County Council in the United Kingdom undertook research to enhance its employees' Quality of Working Life to mitigate workplace stress and absenteeism due to illness. The subsequent decrease in employee absenteeism was anticipated to result in a total net savings of £1.57 million across a two-year period.

Working somewhat fewer than eight shifts per month and under 80 hours weekly was identified as being associated with optimal quality of work-life (QWL). Residents and companies require enhanced management to ensure optimal working hours and to improve work-life balance, working conditions, overall well-being, and job satisfaction. Workplace stress must consistently be mitigated. Work-life balance pertains to the effective management of many responsibilities at work, at home, and in other aspects of life. This is a concern for both companies and employees. (Bishop, 2020)

Review of Literature

Wang et al. (2020): Employees' perspectives on utilizing flexible work hour programs to harmonize their professional responsibilities with personal obligations, including family, interests, art, travel, and education, rather than solely concentrating on work, are termed work-life balance. A robust work-life balance fosters activities that enhance employee satisfaction, rendering them important contributors to organizational performance. An effective work-life balance is characterized by employees' perception that they can manage their professional and personal obligations simultaneously.

McIntyre et al. (2020): Enhancing the efficacy of work-life balance services not only increases productivity but also elevates employee loyalty and satisfaction. The work-life balance affects employee attitudes towards their organizations and personal lives. The perception that the organization prioritizes employee well-being favorably impacts employee satisfaction, organizational commitment, and retention intentions.

Meyer et al. (2020): The research on work-life balance encompasses factors that promote a healthy equilibrium, the correlation between work-life alignment and job satisfaction, the advantages of maintaining a healthy work-life balance, organizational strategies for harmonizing professional and personal life, and employee awareness and preferences. favorable job satisfaction, Effective Work-Life Balance yields positive outcomes such as increased work motivation, elevated employee morale and productivity, sufficient time for familial obligations, and improved health conditions. Job stress, elevated attrition rates, work-

life conflicts, burnout, job turnover, absenteeism, workplace drinking, health issues, and other indicators are all associated with the adverse consequences of a work-life imbalance.

Marciniak et al. (2023): The phrase "work-family conflict" refers to a type of inter-role conflict in which some work and home responsibilities are incompatible, affecting many domains. This argument could impact employee productivity, turnover, satisfaction, motivation, morale, and organizational commitment.

Factors contributing to mood fluctuations

The precise causes of mood fluctuations remain unidentified. Mood fluctuations in an individual are believed to stem from chemical processes within the brain. Consequently, chemical imbalances may lead to abrupt mood fluctuations. Sleep, diet, medicine, and many lifestyle factors may influence mood, and alterations in these may impact the stability of an individual's mood.

Individuals experiencing challenging life circumstances are more prone to unpredictable and inexplicable mood fluctuations. Numerous adolescents may have frequent and unpredictable mood fluctuations. These emotional fluctuations may stem from difficulties related to identity, self-perception, and acceptance. An individual under significant stress may be more prone to mood changes. Under significant stress, even a trivial adverse event can induce abrupt mood changes.

Factors pertaining to individuals, occupational characteristics, and familial variables all affect an employee's work-life balance. Individual characteristics encompass sex, age, marital status, emotional well-being, among others. Work-related variables encompass job diversity, task autonomy, work schedule flexibility, role conflict, and total hours worked, among others. Factors associated with family include spousal support, work hours of spouses, employment status of partners, number of children, parenting obligations, and household chores. The quality of sleep is a significant determinant affecting the mood and mental health of physicians. The medical profession is infamous for requiring extended working hours, night shifts, and on-call responsibilities, all of which disturb normal sleep patterns. Chronic sleep deprivation results in physical exhaustion and diminishes cognitive performance and emotional regulation. Sleep-deprived physicians are more prone to mood fluctuations, increased irritability, and impulsive behavior.

Studies have consistently demonstrated that inadequate sleep quality is significantly linked to emotional instability and mood disorders. Physicians lacking adequate rest are more susceptible to emotional dysregulation, which might hinder their capacity to manage stressful circumstances and make judicious therapeutic judgments. Moreover, insufficient sleep heightens the risk of burnout, exacerbating mood fluctuations and emotional fatigue.

Empathy is a crucial attribute for a physician, enabling them to engage with patients profoundly, offer emotional support, and cultivate trust. The emotional labor necessary to sustain empathy over prolonged durations can be exhausting, especially in the high-pressure context of healthcare. Frequent emotionally taxing contacts with patients may result in empathy fatigue for doctors, culminating in emotional burnout and mood fluctuations.

Furthermore, physicians experiencing challenges with their mental health may encounter difficulties in delivering the requisite empathy for compassionate patient care. The disparity between professional obligations and emotional resilience can intensify mood variations, resulting in a detrimental feedback loop that impacts both physicians' well-being and patient results.

Mood fluctuations may result from numerous medical and psychological conditions, including:

Bipolar disorder, borderline personality disorder, depression, schizophrenia, ADHD, and addiction are all mental health disorders.

The following tactics can assist an individual in efficiently regulating mood swings:

Monitoring moods: can facilitate a more accurate understanding of emotional variations and transitions. Keeping a written account of one's emotions and writing about them may help individuals identify patterns in mood variations and their triggers.

Exercise releases endorphins, which are stress-relieving compounds that help elevate mood. Even mild physical activity helps mitigate frequent or unpredictable mood fluctuations.

Maintaining a routine may be advantageous. Simultaneously engaging in projects throughout the day can assist in regulating your emotions.

Sleep can enhance your well-being. Sleep deprivation can affect appetite and energy levels, as well as induce sadness, irritability, and a general absence of happiness.

Nutrition is considered a significant element in mood control. Ensuring enough food intake while minimizing excessive use of sweets, alcohol, and caffeine may mitigate the frequency of mood fluctuations.

Given that mood fluctuations can significantly affect your health and well-being, particularly if the underlying cause remains unaddressed, consulting a mental health professional may be advisable. Bipolar illness, depression, and other mood disorders can be incapacitating, and therapy may assist in managing mood fluctuations. Mood swings are indicative of an underlying disorder rather than a standalone diagnosis; hence, the mental health professional will collaborate with the individual during treatment to identify the root cause. In therapy, an individual acquires techniques to regulate unforeseen emotional fluctuations. Upon completion, it may be more straightforward to tackle the underlying difficulties through techniques such as journaling, mindfulness, meditation, or breathing exercises.

A therapist can help an individual ascertain whether mood swings are indicative of a mental health disorder or a manifestation of another concern. Mood swings, whether stemming from psychological distress or situational factors, can often be addressed through therapy, which aids in identifying the causes of emotional fluctuations and the circumstances that may trigger them. Individuals may also gain advantages from treatment to cultivate coping strategies for managing emerging stresses. In therapy, the primary objective is to develop effective mood management and achieve emotional equilibrium, while also enhancing present-moment awareness.

Although DSM-IV had a section on mood disorders, DSM-5 has been revised to feature distinct categories for bipolar disorders and depressive disorders, which are frequently characterized by mood fluctuations. A consistently low mood often signifies clinical depression, however fluctuations in mood can also serve as a signal. A manic episode, characteristic of bipolar disease, can induce euphoric sensations, feelings of invincibility or grandiosity, and moods that result in reckless behavior or prolonged sleeplessness.

Fluctuations in mood from elevated to depressed may indicate bipolar illness.

One primary objective of treatment is to address or alleviate mood disorders without pharmacological intervention wherever feasible. Nevertheless, some individuals discover that a combination of medication and counseling is the most efficient method to prevent extreme mood swings from disrupting daily life and functioning. Bipolar disorder is often managed by a mix of pharmacotherapy and psychotherapy.

Impulsive behaviors are characteristic of Borderline Personality Disorder (BPD), according to the DSM-5, APA. Ultimately, it is the disorder's instability that most accurately describes BPD. Individuals with BPD often encounter feelings of inadequacy, resulting in unstable emotions, behaviors, and relationships. They may quickly respond to what they consider trivial matters and often may not recognize the irrationality or intensity of their emotions. Impulsive behaviors are inherently unsuitable in psychological contexts, whether regarding magnitude or potential danger. An individual with BPD is less inclined to contemplate the repercussions of their actions and is more prone to engage in self-harm as a coping strategy, such as binge eating or excessive alcohol consumption.

Impulsive behaviors, however, do not solely signify Borderline Personality Disorder (BPD). A diagnosis of Borderline Personality Disorder (BPD) may only be made if an individual's behavior is pervasive, detrimental, and disrupts their ability to function normally, according to the American Psychiatric Association.

Impulsivity should not be conflated with compulsion, which is defined as abnormal behavior that an individual cannot control despite awareness of it. The individual behaves spontaneously, unaware that their actions are peculiar.

Borderline Personality Disorder is not the exclusive condition that induces impulsive behavior. They are also associated with the following elements:

Physical causes of impulsivity, including brain damage or neurodegenerative disorders such as Alzheimer's or Huntington's disease;

Bipolar mania, often characterized by grandiosity and a flight of thoughts. During a severe manic episode, an individual often engages in impulsive behavior, disregarding potential repercussions. Impulsivity associated with bipolar disorder may present in several forms, such as excessive shopping and hypersexual activities.

Hyperactive-impulsive ADHD is a subtype of attention-deficit hyperactivity disorder (ADHD) characterized by a child's inability to remain seated or control inappropriate behavior. The absence of control, coupled with a constantly changing focus of interest, induces impulsivity.

Substance use disorders frequently manifest impulsivity, particularly during intoxication, cravings, or the active pursuit of drugs.

Antisocial personality disorder (ASPD) resembles borderline personality disorder (BPD) but

is distinguished by a chronic and widespread disregard for ethical principles, societal norms, and the rights and emotions of others.

Twin studies have indicated that genetics may exert a greater influence on BPD than previously assumed. A genetic abnormality on chromosome 9 is believed to be associated with symptoms of Borderline Personality Disorder, especially the heritability of impulsive aggression. These alterations can influence the production of dopamine and serotonin, neurotransmitters associated with mood and cognition, which would otherwise be normal. Research from Vanderbilt University suggests that impulsivity in the brain may be linked to dopamine receptors in individuals with Borderline Personality Disorder.

The phrase "think things through" signifies the act of considering matters thoroughly. Patients with BPD often have depressive feelings of emptiness and self-hatred, potentially attributable to the same dysfunctional receptors. The inability to effectively receive and transmit dopamine signals impairs an individual's capacity for self-control and emotional well-being.

This confluence of environmental, genetic, and physiological variables is thought to precipitate the emergence of impulsivity in individuals with BPD.

Despite the potential severity and pervasiveness of impulsive behaviors, they may generally be managed with treatment. Numerous BPD therapies incorporate elements that explicitly address impulsivity. Dialectical Behavior Therapy (DBT) emphasizes the development of skills that mitigate impulsive behavior and enhance one's ability to contemplate and evaluate before taking action. Utilizing coping strategies to manage intense emotions enables an individual with BPD to confront challenges without discord. Mindfulness is a strategy employed in Dialectical Behavior Therapy (DBT) that facilitates present-moment awareness, enhancing one's consciousness of actions and their consequences. Employing this method can facilitate thoughtful consideration of your decisions, enhancing your capacity to make more rational responses to environmental occurrences. Mindfulness meditation is a widely utilized method for enhancing training.

Certain selective serotonin reuptake inhibitors (SSRIs), occasionally in conjunction with a minimal dosage of antipsychotics, may also provide advantages. This is particularly applicable if your conduct is extreme and endangers your safety or the safety of those around you. Atypical antipsychotics, including Abilify (aripiprazole), have demonstrated efficacy in reducing impulsivity and interpersonal difficulties.

The favorability or unfavorability of the employment environment for employees is termed work quality of life. A significant transformation transpired during the period of scientific management, which prioritized specialization and efficiency. Human values have been less prioritized in conventional management practices, such as scientific leadership. Staffing requirements and objectives are evolving in the present context. Employers are currently restructuring positions to enhance Quality of Work Life (QWL).

Comprehending mood fluctuations in physicians and their association with the workplace is essential for the healthcare system and society at large. Physicians exhibiting mood fluctuations are susceptible to burnout, potentially resulting in absenteeism, diminished job satisfaction, and elevated turnover rates in healthcare organizations. Emotional instability in physicians can adversely affect patient care, leading to errors in clinical judgment, miscommunication, and diminished quality of care.

This study seeks to elucidate the elements influencing mood swings, including sleep quality, stress, and empathy, with the objective of offering insights into how work environments might be adjusted to enhance doctors' emotional well-being. Enhancing the work-related quality of life for physicians will not only improve their professional and personal well-being but also result in superior patient outcomes and a more robust healthcare system.

This study is significant due to its emphasis on a crucial yet frequently neglected facet of the medical profession: the emotional well-being of physicians, particularly concerning mood fluctuations and the workplace environment. Medical practitioners function in high-pressure, emotionally taxing settings, which can significantly impact their mental well-being and emotional equilibrium. Comprehending the elements that lead to mood fluctuations in physicians is essential for their own welfare and the overall efficacy of healthcare provision.

Conclusion

Physicians encounter extended working hours, mental stress from patient management, and high-pressure circumstances on a regular basis. These circumstances may result in mental fatigue, burnout, and emotional fluctuations, which considerably hinder their capacity to execute their responsibilities efficiently. Mood fluctuations can impact

interactions with patients, colleagues, and family members, resulting in emotional isolation, diminished job satisfaction, and a reduced overall quality of life. This study aims to analyze these processes, enhancing comprehension of the emotional and psychological obstacles encountered by physicians. This research's insights can be utilized to promote enhanced mental health support systems within healthcare environments, thus benefiting physicians' personal and professional well-being.

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