

## EDITORIAL

# *Intersections of Health, Psychology, and Occupational Challenges* \_\_\_\_\_

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Physical health, mental health, and professional roles are deeply interconnected and influence one another. According to the biopsychosocial model it is important to understand and address human well-being holistically. Understanding this interconnectedness enhances professional competence, the overall well-being of health care professionals and empathy in practice.

In this issue of the journal, there are mainly included the following topics of occupational challenges such as mental health in the workplace, professional development, personality and work-related strength and weaknesses.

- *Mental health in the workplace:* Stress, anxiety, and depression are common occupational issues that affect employee well-being and performance. Chronic stress at work can lead to burnout. Burnout is a psychological syndrome caused by chronic workplace stress leading to exhaustion, cynicism, and reduced professional efficacy. Psychological resilience, social support, and adaptive strategies can mitigate occupational stress impacts. Two of the following articles are related to this issue: “Occupational Health and Safety among Nurses: Assessing the Level of Stress in Nurses in Infectious Resuscitation during COVID-19” and “Burnout Among Nursing Staff: An overview of Causes, Consequences, and Management Strategies”.
- *Professional development:* Clinical practice plays a crucial role in shaping the professional development of students. One of the articles titled “The Impact of Clinical Practices on the Professional Approach of Imaging Students” shows that the transition from theoretical learning to hands-on experience in clinical environments helps students to acquire technical skills, as well as to cultivate professional attitudes, ethical standards, and effective

communication abilities. This practical exposure strongly influences how students perceive their roles, how to interact with patients and colleagues, and adaptation to the demands of healthcare setting.

- *Personality and work-related challenges*: One of the articles “The Application of the Personality Inventory in the Recruitment of Police Officers” point out that understanding personality can improve tailored recruitment. It is known that personality affects coping mechanisms for both health issues and work challenges, influencing coping strategies at work, communication styles, and conflict resolution. Certain traits can predict how well a person handles workplace stress, job demands, and interpersonal challenges. High conscientiousness often relates to better job performance and persistence. High neuroticism may lead to higher perceived stress and burnout risk. Extraversion can help with social roles but might struggle in isolated or highly structured environments. Another article assesses the challenges of the triad doctor-pharmacist-patient in preventing medical errors.

The other articles of this issue include health topics such as herbal medicine, the cell cycle in cancer and the influence of lifestyle factors on a chronic illness.