

Abstract

The development of mind-body healing program for emotional labour

Objectives: The aims of this study were to development the mind-body healing program for emotional labour and to prove its effects on stress and coping strategy, Interpersonal Reactivity, anger, emotional regulation and emotional intelligence, positive affect, self-esteem, and Resilience.

Methods: 51 healthy women practiced mind-body healing program regularly for 8 weeks and 49 healthy control women did not participate in the program. Self-report psychological questionnaires were investigated before and after 4 and 8 weeks of the program. Data were analyzed using repeated measures ANOVA and Student's t-test between the mind-body healing group and control group.

Results: The subjects who practiced the mind-body healing program showed the increase of the stress resistance and the enhancement of coping strategy, the reduction of anger, the improvement of emotional regulation and emotional intelligence, the decrease of negative affects and the increase of resilience, compared with the control group.

Conclusions: The developed mind-body healing program is considered to be very effective for mind-body healing with the reduction of stress which is induced by emotional labour, improving the function of the frontal lobe and the limbic system of brain and promoting various psychological ability.

Keywords : mind-body healing program, stress, emotional labour, emotional intelligence