

## **Abstract**

The present study aimed to investigate the effectiveness of Emotion Regulation Training on the Burnout and Resilience of House-Job Residents working in an Emergency Department. It was hypothesized that the level of Burnout and Resilience will be different in experimental and control group upon pre and post testing. Moreover, Emotion Regulation Training will decrease the level of Burnout and increase the level of resilience in Experimental group as compared to control group. It was also hypothesized that Females are more likely to be affected through Emotion Regulation training as compared to males. 120 participants were screened out of which 16 House Job Doctors were selected for the research which were randomly divided into experimental and control groups of equal size. Quasi Experimental design and Non-probability purposive sampling technique was used in the study. Three measures including Difficulties in Emotion Regulation Scale (DERS-16), Oldenburg Burnout Inventory (OBI-16) and Brief Resilience Scale (BRS) were administered in the study. Descriptive Statistics and Reliability analysis were calculated, for further analysis Non-parametric tests were carried out for the comparison of Experimental and Control Group. Findings of the study showed a significant difference in the level of Burnout and Resilience of Experimental group after receiving Emotion Regulation Training. The Level of Burnout and its subscales like Disengagement and Emotional Exhaustion decreased and there was an increase in the resilience level of Experimental group after training. Through Comparison between experimental and control group, the results clearly indicated no difference in burnout and resilience level of control group in pretesting and post testing of OBI and BRS. Moreover, the results of the study also indicated no significant gender differences in terms of effectiveness of Emotion Regulation Training. Findings of the present study had revealed that individuals with greater Emotion Regulation skills hold wider ranges of strategies for maintaining appropriate emotions, which helps them reduce undesirable emotions in themselves which in turn had a constructive impact on their personal and professional life.

**Keywords:** *Emotion Regulation Training, Burnout, Resilience, House Job Doctors, Emergency Department.*