

Adversity Quotient, Dispositional Empathy and Helping Behavior of Helping  
Professionals

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## INTRODUCTION

Study aims to investigate the relationship of Adversity Quotient and Dispositional Empathy to the Helping Behavior of Helping Professionals. The researchers would like to know the level of dispositional empathy of the helping professionals and how their empathic responses lay the basis for altruistic motivation or helping behavior. The theories supporting the study are the theory of the stages of empathy by Martin Hoffman's (1979) and the Adversities Quotients Theory by Dr Paul Stoltz. The study is conducted to determine if there is a relationship between Adversity Quotient and Dispositional Empathy of selected Helping Professionals. The said theories explained the concepts of Adversities Quotients, Dianne Empathy and Helping Behavior. The study is guided by the The Adversity Quotient Theory by Dr Paul Stoltz and the Theory of the Stages of Empathy by Martin Hoffman. The ARP was comprised of four different dimensions: Control, Ownership, Reach and Endurance. The study focuses on three variables: Adversity Quotient, Dispositional Empathy, and Helping Behavior. It is a gauge or measure of how you respond and deal with everything, from everyday hassles to the big adversities that life can spring on you. The study is limited to helping professionals in the area of Metro Manila. It will help them increase their knowledge about the factors that can affect helping professionals? helping behavior with their job. It may help them adjust their self-esteem and adjust their behavior to help others. The adversity quotient is an index of how well an individual may respond when misfortune occurs. The more resilient you are, the more effectively and constructively you respond. Empathy is an important goal to work towards; a key to unlocking concern and communicating support for patients. Many times these dedicated professionals neglect their own care to the detriment of themselves and their patients. This painful reality may take its toll on these professionals and can lead to compassion fatigue, burn out, professional distress and severe emotional exhaustion.

## METHOD

The study was conducted in the hospitals, institutions and organizations around Metro Manila. 120 helping professionals from selected hospitals and clinics around the city were surveyed. The researchers used a correlation method to determine the relationship of the following: dispositional empathy and adversity quotient, helping behavior, and empathy. The study used Descriptive Statistics which includes the Mean and Standard Deviation. It also presents the respondents and the sampling technique, the location of the research, the instruments, the data gathering procedure, and the statistical analysis of the data. The Adversity Response Profile (ARP) Quick Take was developed by Paul Stoltz. The ARP Quick Take will be used to measure and interpret the AQ of special education teachers. The four scales of the ARP measure different, but somewhat related aspects of AQ. The IRI was tested and validated with over 1000 college students. The PT subscale measures one's capacity of taking the mental perspectives of others. The concurrent concern and perspective taking subscale was associated with high personal-esteem and healthy interpersonal functioning. The empathy measure was the Interpersonal Reactivity Index (IRI), which measures empathic concern. The Helping Behavior Questionnaire was tested with over 60 nursing students. It includes twenty hypothetical situations with four options that represent the responses of the subjects. The researchers used purposive sampling because there are limited licensed helping professionals in hospitals and clinics. Evidence from three validity studies indicates that the ARP is measuring some personal characteristics that relate to job performance and financial success (Best andahn (1998), as cited by Panique (2017)

## RESULTS

Problem V: Is there a significant relationship between the level of adversity quotient and

the level of helping behavior of the helping professionals? Problem VI: Is there a significant relationship between level of dispositional empathy and level of adversity quotients of the help professionals? The result of the study revealed that the fourth year Paulinian students were found to be moderately helpful when taken as a whole group. No significant differences were noted in the empathy level of the Helping professionals. ity Quotient and Helping Behavior The data is presented in textual and tabular form for the specific problems stated in Chapter 1. The empathy level of the helping professionals is generally average Level of Helping behavior among the helping professional. Helping professionals got a neutral dispositional empathy which obtained a mean score of 11.24 with 11.15 standard deviation. The helping professionals got a moderate AQ which obtained 136.2 with 19.09 standard deviation of Adversity Response.

## **DISCUSSION**

For helping professionals should be aware of the possible relationship of. their adversity quotient and dispositional empathy to their helping behavior. The media should help promote the value and importance of helping. The level of adversity quotient of the participants allows them to cope effectively with the challenges, difficulties, and crises they encounter in their lives. The researchers think and feel that anything lower than a moderate level of dispositional. empathy and helping behavior may undermine the participants? effectiveness in their job.