

Hybrid PBL versus Traditional System: Are we Training Optimistic Medical Graduates?

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ABSTRACT

Introduction: Optimism is an attitude which shapes the future behavior of a physician. The determinants of optimism are not well known in context of medical education. The current study aimed to measure and compare optimism among medical students in two different educational systems i.e. hybrid problem-based learning hPBL versus traditional didactic-instructions system TDS.

Methodology: A cross-sectional study was carried out in two medical colleges i.e. one with TDS and other with hPBL system collecting data from n=150, 189. Optimism score was measured using Life Orientation Test-Revised LOT-R. LOT-R is a valid tool containing ten items to be rated on a scale from zero to four strongly agree to strongly disagree. Three items are related to optimism, three with pessimism and four are fillers. Score can range from zero to twenty-four. Higher score indicates higher value. The effects of teaching strategy, gender, future specialty preference, year of study and residence were measured.

Results : The mean optimism score for total participants, HPBL system, and TDS were 14.4 ± 3.4 , 14.1 ± 3.7 and 14.8 ± 3.01 respectively. Optimism scores lacked temporality across different years in studied population. Majority of the responders were females 227,67%, in fourth year 100,29.5% and living with family 202,59.6%. There was similar distribution of optimism score across two educational strategies $p = 0.078$. Female gender, living in hostel and preclinical years were positively associated with higher optimism score among students in TDS only. There was no difference found in both system regarding optimism even after adjustment for gender and residence. Specialty preference i.e. people oriented versus technology oriented future specialty has shown no effect on the score. $p > 0.05$

Conclusion: We are not “killing optimism in medical colleges” both educational strategies are similar in terms of optimism. Female students in their preclinical years in TDS were found more optimistic.

Key words: Medical education, Optimism, Pessimism, Life orientation, Burnout, Coping

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