

## WORK-RELATED EMOTIONAL EXHAUSTION AND ITS MANIFESTATIONS

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### Abstract:

The article contains information about work-related emotional fatigue and its manifestations, burnout syndrome, views of scientists, psychological diseases that can be caused by fatigue as a complication of work-related problems.

**Keywords:** emotional exhaustion, burnout, work, problem, health, illness, symptom, person, methods, mental, symptom, syndrome.

### Introduction

Fatigue syndrome at work, its main causes and clinical presentation. Ways to eliminate and prevent symptoms. Emotional exhaustion is a condition that shows a qualitative change in personality after long-term work with people, which requires dedication. The term "burnout" appeared in 1974 and perfectly describes the symptomatology accompanying this syndrome. After a few years, contact with other people, the work of communicating with them can lead to burnout syndrome. This phenomenon was noticed in the last century, when many able-bodied people sought psychological help after an ordeal. They say that sometimes a favorite business does not bring pleasure, it causes unpleasant associations, irritability and a feeling of inability to fulfill one's duties. Often, people in occupations that involve helping or providing services to others are prone to these symptoms. These are doctors, teachers, personnel managers and even students. It is known that this syndrome can also be formed during the years of study at school and university. This pathological process manifests itself as prolonged fatigue over time. Working with people on a daily basis requires the right attitude, emotional restraint and empathy. It is with the help of these features that you can communicate with customers, students, employees, students, visitors, patients every day. After many years of work, the inner source of personal qualities and tolerance often dries up. For some professions it happens sooner, for others - later. However, when empathy is not sufficient, a person cannot perform his duties, despite his professional qualifications. Opposite qualities begin to appear at work - intolerance, irritability, impatience. First, the relationship with the people working with him will change. For example, a doctor becomes

more indifferent to his patients, behaves pragmatically and lacks empathy. The emotional component of the profession disappears, sometimes it manifests itself as anger, hostility. Attempts to work in this mode for a long time can have a negative effect on a person's health and his work. Therefore, timely diagnosis is very important. Emotional exhaustion is a defense reaction of the body against excessive use of energy reserves and capabilities. The human psyche shuts down the emotional response if it is harmed. You can be tired not only physically but also mentally at work. Burning is a sign of overworking the emotional component. The cause of emotional exhaustion is a threshold that limits a person's ability to empathize, sympathize, and be emotionally affected. This direction makes it possible to distinguish from the norm that part of actions and manifestations that excessively consume energy resources. Simply put, one person cannot listen to a hundred people in one day, feel sincere and help, even if it is physically possible. Therefore, the protection stereotype reaction is turned on - it blocks the emotional response, and the person feels fatigue, moral fatigue. If such a reaction is repeated often over many years, if attempts to arouse an emotional reaction in a person worsen the symptoms and even show somatic symptoms, there is a possibility of a burnout syndrome. If every day he comes face to face with someone else's mood, character, character, a person begins to experience a chronic stressful situation. This has a very negative effect on his well-being, mental state and health. One of the causes of emotional burnout can be a failure to reciprocate one's compassion and kindness. Giving is important in any business, but the human factor reinforces this need. In most cases, in response to this, a person with such a case receives cold indifference, or a negative response, dissatisfaction and arguments. Another reason for professional burnout is the discrepancy between the personal parameters of the profession. Sometimes a person takes a job that does not suit his temperament at all. For example, there are executors - workers who solve predetermined tasks well and on time. Don't expect them to be creative or very fast on a deadline, but they can be given consistent work assignments. There are also other types of people who are able to actively produce new creative ideas and quickly mobilize their energy, but they often get tired and cannot do this activity for a long time. The same can be said for those who consider themselves creative. For them, any obstacles, restrictions impair their professional ability, therefore, according to the content of consciousness, such people develop burnout syndrome more often than analysts. Burning symptoms develop gradually. Fatigue and irritability are considered side effects of hard work. Over time, enthusiasm decreases, the desire to do something disappears. The manifestation of this syndrome can affect the somatic area of the human body, its behavior, as well as the psyche and emotions. Training courses are planned for many professions, and their task is not only to get acquainted with new knowledge and skills, but also to increase the level of motivation. During retraining, a reminder of the importance and relevance of the chosen profession appears, the person finds out why he chose this particular path when choosing a profession. For this purpose, seminars, trainings are often held, and after their completion, certificates, diplomas and certificates are usually awarded. This is an argument that shows the importance of the whole process and the role of one person in the overall system. It should

be understood that a well-coordinated mechanism is the work of every detail. Communication with other people of the same profession, who are not part of the usual community, can show a different point of view. Thus, you can implement the most important principles of your competence, understand how much work is being done so that everyone's work is not a waste of time. There are even special trainings that teach how to deal with emotional exhaustion. Emotional exhaustion is a state of emotional exhaustion and burnout as a result of accumulated stress in your personal or work life, or a combination of both. Emotional exhaustion is one of the symptoms of burnout. People experiencing emotional exhaustion often feel like they have no power or control over what happens in their lives. They may feel "stuck" or "stuck" in a situation. Lack of energy, poor sleep, and decreased motivation can make it difficult to overcome emotional exhaustion. Over time, this chronic, stressful condition can cause permanent damage to your health. Anyone who experiences prolonged stress can become emotionally drained and overwhelmed. Emotional exhaustion can sneak up on you during tough times, but it's never too late to get help. There is evidence that women experience emotional exhaustion more quickly than men, although this has not been confirmed in all studies. A. Pines and colleagues have established a relationship between career advancement, autonomy and level of control by management, and sense of self-importance in the workplace. The importance of work is an obstacle to the development of "feeling". At the same time, dissatisfaction with professional growth, need for support, lack of autonomy contribute to "sensitivity". V.D. Kovalchuk emphasizes the role of personality traits such as self-esteem and locus of control. A milder level of emotional exhaustion does not leave any complications and completely disappears after a few days. Signs of emotional exhaustion can be grouped into three groups:

1. As tension, depression, fatigue and a feeling of "coldness" in human communication with other people.
  2. Depersonalization refers to a negative or indifferent attitude towards training.
  3. Manifestation in the emergence of a feeling of not knowing one's professional field wellchi reduction, the realization of failure in it, a decrease in the desire for professional self-control.
- In conclusion, I would like to emphasize that emotional burnout is a very complex process, because a person prone to this syndrome often does not know its symptoms. He cannot see himself from the outside and does not understand what is happening to him. Therefore, he needs support and attention, not opposition and accusation. It is necessary to take preventive measures to prevent, weaken or eliminate the occurrence of this syndrome. Conventionally, we can say that burnout is highly contagious and rapid among employees can spread. Tendencies tend to become cynical, negative, and pessimistic, and they interact with other people in the workplace and can quickly turn an entire team into a bundle of "feelers." Therefore, prevention of professional emotional exhaustion should become an important direction in the management activities of the head of the educational institution.

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