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## FACTORS THAT REDUCE THE RISK OF EMOTIONAL BURNOUT IN MEDICAL STUDENTS

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**Abstract:** Constant communication with patients and their relatives, being in a circle of complex human problems, negative emotions of fear, pain, as well as a sense of responsibility for life and recovery of patients, high competence and continuous professional development - this is not a complete list of reasons healthcare is so vulnerable to emotional burnout.

**Key words:** emotional burnout, optimism, chronic stress, emotions of fear, self-improvement, medical students.

The problem of emotional burnout is relevant to health professionals around the world. Physicians, such as teachers, educators, and social workers, belong to human-to-human occupations that are particularly vulnerable to burnout. From 25% to 75%, depending on the medical specialty, experience this problem.

In today's world, people are forced to live under chronic stress. Constant workload, high demands on the professionalism of employees, competition, perpetual lack of time, turbulent time in Ukraine (ATO), aggressive influence from the media, advertising, increasing the information load - all these factors can lead to mental balance, even the most stable and mentally balanced person. Medical students are a special group that is subject to the influence of both the above factors and the direct specific impact of the learning process on the chosen profession. Emotional burnout was first talked about abroad about 40 years ago and referred to as "burnout". The term emotional burnout was



introduced by H. Freidenberg in 1974 to describe healthy people who are socially active and work in a human-human system in an emotionally charged atmosphere. There are various definitions of burnout, such as "symptom complex of the consequences of long working hours and certain types of occupational crisis" and "developed by the individual mechanism of psychological protection in the form of complete or partial exclusion of emotions in response to electoral traumatic factors."

According to most researchers, there are three components to determine the degree of "burnout". There are the following groups of manifestations of professional burnout: psychophysiological, socio-psychological and behavioral. Psychophysiological symptoms include: constant tiredness in the morning and evening, emotional and physical exhaustion, decreased perception and reactions, general weakness, decreased activity, deterioration of blood biochemistry and hormonal parameters, frequent headaches, weight loss or loss, insomnia, constant inhibition. other. Manifestations of socio-psychological symptoms of burnout are: indifference, boredom, passivity, depression, decreased emotions, feelings of depression, increased irritability to minor and minor events, frequent nervous breakdowns (outbursts of anger or withdrawal - refusal to communicate), constant negative feelings. emotions (guilt, resentment, shame, suspicion, awkwardness), feelings of hyper-responsibility and constant feelings of fear (that "will not work"), a general negative attitude to life and professional prospects. As for behavioral symptoms, they include: feeling that work is getting easier and harder to do, feelings of futility, disbelief in improvement, decreased enthusiasm, indifference to results, failure to perform important tasks and for eating on small details, alcohol and drug abuse and tobacco.

You can also identify external and internal prerequisites for the emergence of emotional burnout. Medical students may be affected by these preconditions. Optimism is one of the personal qualities that can be developed by psychological methods, which to some extent determines a person's life and destiny. There are two main types of optimism: attributive and dispositional. Most researchers understand optimism as a feeling of confidence associated with generalized, positive expectations about different areas of life, which is manifested in different situations. According to some authors, optimism is a prerequisite not only for mental health, which is very important not only for medical students but also for doctors. According to our research conducted on the basis of one of the medical universities in our country, it was found that those students who were determined by the average and high level of optimism have a lower risk of burnout, are more successful in learning, have authority in their groups and are more motivated to medical activity.

The role of optimism in the formation of the future doctor is ambiguous. Optimism and as an antagonist - pessimism is considered an important psychological constructs of personality that express evaluative judgment to the perception of reality. Optimism and pessimism, as a component of positive thinking, affect the development of various spheres of our lives, both positive and negative, which directly affects health, including psychological. Nowadays, there are two main approaches to optimism: dispositional and optimism as an attributive style. These approaches are complementary. The main idea of the dispositional approach to



optimism is that human behavior, including the future doctor, is built around a certain goal and aimed at achieving it. This kind of optimism is closely related to the phenomenon of motivation. The attributive style of optimism is based on the postulate that people interpret events and behavior, seek to clarify certain actions. The style of attribution, formed by a certain combination of factors, underlies a person's tendency to positive or negative expectations. The expression of optimism is the main indicator of positive thinking, and the expression of pessimism - negative.

The process of forming such professionally important personality traits as optimism, initiative, confidence and motivation is one of the important problems of modern psychology. According to the analysis of literature sources, optimism is closely related to motivation, emotional and sensory spheres, initiative and confidence. On the one hand, confidence, which gives birth to beliefs in one's own rightness and courage in expressing one's convictions, optimism - provides disclosure of creative potential, development of abilities for energetic actions, as well as ease of initiative and ability to resist circumstances. On the other hand, these mental personality traits of the future doctor lead to academic success, which is part of the formation of a successful and psychologically healthy doctor, which is a prerequisite for a healthy population.

### **Conclusions.**

Psychoanalytic qualities such as self-control, self-esteem, as well as stress-resistant qualities, physical fitness, self-suggestion, optimistic ability to switch and control one's emotions are important for the prevention of this syndrome.

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