

EMOTIONAL BURNOUT SYNDROME

The aim of this study is to investigate the interdependence of the emotional burnout syndrome with the age, professional activity of the respondents, and the amount of time spent on rest and sleep.

Emotional burnout syndrome (further in the text EBS is a state of physical and emotional exhaustion, which is the result of excessive work, person's high self demands and constant stress[2]. The syndrome manifests itself both in the form of physical fatigue and in the feeling of psychological and emotional exhaustion.

There are many factors of emotional burnout and, mainly, they are related to the performance of professional duties: too much work without rest and communication with others, problems in relationships with loved ones, numerous duties, lack of sleep. In addition, certain character traits can contribute to the development of emotional burnout. For example, perfectionism, pessimism, the desire to control every aspect of work and life, reluctance to delegate responsibilities.

The characteristic symptoms of EBS are:

- a) Lack of motivation;
- b) Fatigue: a very bright sign;
- c) Frustration, cynicism and other negative emotions [3].

Burnout and chronic stress can interfere with person's ability to concentrate and remember information, which causes the cognitive problems, such as the lack of satisfaction with work and life along with decreasing quality of work and everyday life.

There are four stages of EBS:

1. Physical, mental and emotional exhaustion;
2. Shame and doubts;
3. Cynicism and brutality;
4. A feeling of helplessness [1;3].

During our research, 25 female respondents were interviewed. All in different professional fields: civil service, health care, IT, trade, law and security. Among the respondents there were students, a housewife, a confectioner, a psychologist, a nail designer, a store cashier etc.

To assess the of risk of developing the EBS, the following criterion was suggested: the amount of time allocated by a respondent for their rest and their usual leisure activity.

The results of the survey are:

- 36% of respondents allocate 1–2 hours for rest;
- 28% – up to 1 hour;
- 20% – more than 3 hours;
- 16% – practically do not rest.

60% of respondents spend their free time watching TV and checking smartphones;

25% for reading books, chatting with friends, and going for a walk;

10% for gym or meditation;

4% for handmade;

1% do not spend their free time in any way.

The next task was to determine how long a person sleeps.

65% of the respondents sleep for 6–8 hours;

20% of them sleep for 6 hours;

12% of the respondents sleep for more than 8 hours;

3% of the respondents have sleep disorder.

The majority of the respondents (75%) are familiar with the term "Emotional Burnout Syndrome"; also, they have individual symptoms characteristic of this syndrome. Most often, it is irritability (80%), a constant feeling of over tiredness (60%), a feeling of anxiety and fear (44%), apathy (40), disorders of the gastrointestinal tract (20%), insomnia (28%).

Since the predominant symptoms were irritability and fatigue, a survey was conducted to find out how people cope with these symptoms. Most of the interviewees cope with fatigue by various methods (physical activity, listening to music, dancing, meditation, walking, watching movies, reading books), but 20% of the respondents claim that the syndrome does not affect them.

Having conducted the research, we come to the following conclusions:

There is no clear interdependence between a person's professional activity and emotional burnout syndrome, however, there is a direct dependence on how to properly organize time for work and rest, and how exactly you spend your rest, how much time you devote to sleep and how complete it is.

Due to the society's rapid development, progress of the information technology, lack of software security, people have become hostages of telephones and televisions, they lead inactive way of life. Moreover, the media space consists of mainly negative information and, of course, everyone is affected by the war. These are factors contributing to emotional exhaustion.

Therefore, the EBS is something that can happen to everyone, so you need to allocate time correctly, be engaged in physical activity, develop positive thinking, refuse to control everything around you. Relax and try to live here and now.

REFERENCES

1. Емоційне вигорання [Електронний ресурс] // Час обирати здоров'я. Одеський обласний центр громадського здоров'я. – 2023. – Режим доступу до ресурсу: <https://healthcenter.od.ua/psychichne-zdorovya/emocijne-vygorannya/>.

2. Емоційне вигорання або синдром двадцять першого століття [Електронний ресурс] // DeltaMed. Медичний центр. – 2023. – Режим доступу до ресурсу: <https://delta-med.com.ua/emotsijne-vygorannya-abo-syndrom-dvadtsyat-pershogo-stolittya/>.

3. Чайковська О. Синдром емоційного вигорання [Електронний ресурс] / Оксана Чайковська // Львівський центр професійно-технічної освіти державної служби зайнятості. – 705. – Режим доступу до ресурсу: <https://lcptodcz.lviv.ua/news/14-33-35-07-05-2019/>.