



Moushastaya N.P.

## Syndrome of emotional burning out at employees of the Ministry of Emergency Measures as a parameter professional

The syndrome of emotional burning out (SEB) is one of aspects of professional deformation of the person and represents the got stereotype of emotional behaviors, more often professional.

Traditionally and in public consciousness, and in the scientific literature at studying professional work of experts trades the accent(stress) is done, first of all, on positive aspects of work with people. At the same time it is abundantly clear, what exactly work with people by virtue of high requirements showed by her, special the responsibility and emotional loadings potentially comprises danger of the heavy experiences connected to working situations, and probability of occurrence of professional stress.

In opinion of researchers, negative mental experiences and conditions can mention different sides of labor process – professional work, the person of the professional, professional dialogue, as a whole has an adverse effect on professional development of the person.

Investigating the various negative mental conditions arising owing to extreme factors: stress, фрустрация, crisis, the conflict. These conditions are characterized by domination of sharp or chronic negative emotional experiences: alarms, fear of depression, aggression, irritability. Affects arising in these conditions can reach (achieve) such degree of intensity, that they render influence on intellectual – activity of the person, complicating process of adaptation to occurring events. Intensive emotional experiences, as well as the fear, a panic, horror despair, can complicate adequate perception (recognition) of the validity, a correct estimation of a situation, preventing decision-making and a presence (finding) of an adequate output (exit) from a stressful situation.

The purpose of our research was studying influence of professional work on development SEB in employees of the Ministry of Emergency Measures.

We used a technique, estimations of a level of emotional burning out of V.V. Employees participated in anonymous research saving group of city of Novorossiysk.

In total have answered the questionnaire of 197 respondents (98,5 %). All interrogated were a male in the age of 21-65 years, from them of 74,25 % in the age of are more senior than 45 years, 63,84 % had the experience of work more than 10 years. In a basis of a choice of a place of work the majority of employees was specified with such factors as a material interest (88,1 %), the big labor holiday (92,2 %), professional interest have noted only 35,12 %.

The technique of diagnostics of a level of emotional burning out of Bojko V.V. allows to estimate formation SEB according to stages of the general adaptable syndrome



(the strain, resistance, exhaustion) and to determine expressiveness of 12 symptoms corresponding to a syndrome of burning out.

As a whole in group researched attributes of a syndrome of emotional burning out had 62,9 % interrogated, that is estimated on presence of the formed or generated phases of a syndrome.

The phase of «Pressure» («Voltage») - 55,9 % dominated. Completely this phase was generated at 11,7 % interrogated which had by quantity (amount) of points accordingly 62-78.

In this phase symptoms of experience psychotraumatic circumstances of 17,6 %, alarm and depression of 63,2 % that is shown by sensation of physical or psychological overloads, the strain at work, presence of conflicts with colleagues prevail.

Phase «Resistance» - 26,5 % is expressed enough also. In this phase symptoms of experience circumstances prevail

It appears inadequate emotional reaction to patients and the colleagues, absence of an emotional involvement, loss of ability to empathy the victim, the weariness conducting (leading) to a reduction of professional duties and negative influence of work on private life.

Anybody from interrogated had no expressed phase of «exhaustion», but nevertheless a symptom «emotional deficiency» as a developed symptom 8,8 % of respondents had, which age 51 - 60 years and the experience of work more than 10 years.

The parity (ratio) of the experience of work and degree of emotional burning out has shown, that parameters above the average had 50,2 % with the experience of work less than 3 years and 43,7 % with the experience more than 10 years whereas at other interrogated these parameters exceeded average values only in 23,7 % of cases.

The research lead (carried out) by us allows to analyses parameters of adaptation to professional work and influences of professional work on development SEB.