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Scientific research of the emotional burning out symptoms of students of different Institutes

Emotion – this is the unconscious estimation of situation – the result of prolonged evolution. Emotion is associated with mood, temperament, personality, disposition and motivation [1].

The problem of emotional burning out is a burning problem of today. Problem of emotional burning out of students was investigated by scientists in different aspects. This scientific problem had been investigated by P.K. Anohin, A. Benos, B.I. Dodonov, D. Enzmann, B.L. Fredrickson, A. Jaekel-Reinhard, P.S. Kupalov, M.P. Leiter, A.N. Leont'yev, C. Maslach, A.J. Montgomery, E. Panagopolou, I.P. Pavlov, K.K. Platonov, W.B. Schaufeli, V.K. Vilyunas, A. Weber and other scientists. Problems of readiness of a specialist to professional activity were examined by such scientists as K.M. Duray-Novakova, S.S. D'yachenko, L.A. Kandibovich, L.M. Karamushka, S.D. Maksimenko and others. It did not find a system reflection in works of researchers and still remains uninvestigational both in theoretical and practical aspects.

An observational working place study was conducted at 'KROK' University of Economics and Law, Kiev, Ukraine. 'KROK' University of Economics and Law is one of the first private educational institutions of Ukraine and has the highest IV accreditation level. The research of students' emotional burning out syndrome and its principal reasons and symptoms were described during the investigation. The experimental research and comparative analysis of students' emotional burning out syndrome symptoms were given.

The purpose of this article is the scientific research and comparison of the emotional burning out symptoms of students of different institutes, namely students of Educational and Scientific Institute of Psychology and also Educational and Scientific Institute of Information and Communication Technologies of 'KROK' University of Economics and Law.

Burnout is a syndrome of emotional exhaustion, depersonalization and reduced of personal accomplishment occurring especially in people-oriented and service work [2; 3; 4; 5; 6].

During the research three types of people subjected to the syndrome of the emotional burning out syndrome were selected. The first type is pedantic. Basic descriptions of it are: honesty, exactness, aspiration to obtain an exemplary order

(even in harm for oneself). The second type is demonstrative. People of this type want to be the first in everything, prefer to be constantly in the public eyes. The emotive people belong to the third type. Such people are infinitely, unnaturally sensible and impressionable. People of the third type suffer from insomnia and increased anxiety. Researchers select five key groups of symptoms that are characteristic features of the emotional burning out syndrome. They are physical, emotional, behavioural, intellectual and social symptoms. During the research three basic factors which play a substantial role in the emotional burning out syndrome were selected. These factors are personal, role and organizational.

It was discovered that the students of Educational and Scientific Institute of Psychology have higher indexes of depression than the students of Educational and Scientific Institute of Information and Communication Technologies. It is concerned with the character of specialization and activity. Psychologist is a profession of cooperation of a man with another man who can cause the negative emotional states, such as depression and emotional burning out. At the same time the students of Educational and Scientific Institute of Information and Communication Technologies cooperate with technique.

Work of professional psychologist in the certain spheres of human activity has some features. The objects of psychologists' professional attention are pilots of air ships, controllers, engineers of aeronavigation equipment and others. They are responsible for safety in air space. The strong emotional and physical loadings create pre-conditions for the origin of psychical, somatic disorders. At such extreme terms of professional activity important is coping with stress, because of potential danger of the emotional burning out. Consequently, the important task of a psychologist in the field of aviation is assistance.

Polarization of emotional displays, incident to modern civilization, stimulates the active search of rational receptions of adjusting of emotions, the runaway of which threatens to internal psychological firmness of a person, and stability of his public connections.

References

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