

PRACTICAL RECOMMENDATIONS FOR PREVENTION OF LECTURER'S BURNOUT SYNDROME DURING COVID-19 PANDEMIC

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During the Coronavirus Disease 2019 lecturers have high workload and are exposed to multiple psychological stressors. Several months after universities closed nationwide, many lecturers are experiencing burnout from having to adapt to new methods of education. S. Kumar has evaluated that the psychological influence which was caused by the COVID-19 pandemic is like that of a collapse: one in five people will declare depressive and anxious symptoms. This study aims to evaluate the impact of the Covid-19 pandemic on burnout experienced by lecturers.

As C. Maslach emphasized, burnout is a psychological syndrome that takes place in reply to constant stressors at work. Such scientists as M. Denning, E. Giusti, L. Luceno-Moreno, G. Manzano, S. Nochaiwong, A. Soto-Rubio have analyzed the connection between the COVID-19 pandemic and burnout. These studies reveal that stress at work, overload, feeling tired, sleep disorder, fear, anxiety, depression are coherent precursors. Recent studies investigated burnout among health care workers. Relatively little is learnt, however, about lecturers' burnout caused by the COVID-19 pandemic.

So, the influence of the COVID-19 pandemic on lecturers is still tremendous. Furthermore, recent researches showed that burnout is experienced by the lecturer with high level of physical, psychological and emotional fatigue at work. It is significant for all lecturers to experience that they are heard, respected and are being taken into consideration. Lecturers are always in a state of heightened emotional and physical stress. Thus, they have to manage stress and anxiety during these unpredictable times. Practical recommendations for prevention of lecturer's burnout syndrome are the following: relaxation, meditation, time management. Lecturers should try to calculate, thoughtfully share all their workload, learn to switch from work to home atmosphere,

deal with conflicts at work easier, master the skills and abilities of self-regulation, control emotions that arise after the completion of the planned activities.

Key words: burnout, COVID-19, lecturer, pandemic.