

EMOTIONAL BURNOUT DURING WARTIME
Serhiienko S.S., Pasichnyk M.V., Sapielnikova T.S.
Ukrainian Engineering Pedagogics Academy, Kharkiv

The syndrome of emotional burnout is considered as a syndrome of our time. The consequences, which emotional burnout could lead to can be quite disappointing and include not only possible problems in the emotional, social-psychological and spiritual spheres, but also complete depletion of the physical body, loss of vitality, total dissatisfaction with life, psychosomatic problems that significantly affect the quality of life.

Wartime, which affects the emotional sphere as a whole, contributes the development of emotional burnout of people in different ages and status. During the wartime, priorities of the past life is destroying and at the same time creating of new priorities seems to be difficult due to emotional instability. The reason of the lack new priorities, the inability to build long-term plans is a common cause of emotional burnout during wartime.

Manifestation of emotional burnout symptoms during wartime divided into three stages. The first stage of emotional burnout is characterized by increasing fatigue, inattention, decreasing the level of concentration, problems in communication. The second stage of the development of emotional burnout during wartime manifests itself in the development of psychosomatic symptoms, such as: headache, gastrointestinal problems, insomnia, etc. Moreover, at this stage, people have tendency to show unsociability, irritability, alienation, depersonalization, possibility of the conflict behavior. The third stage of emotional burnout, which is considered as the last, is determined by a state of deep depression, people on this stage of emotional burnout can lose interest in life and work during wartime, the level of motivation decreases, states of apathy develops.

Having analyzed the symptoms of emotional burnout, we can talk about ways to prevent the emotional burnout. The first thing is maintaining a proper diet (to eat a balanced food and sufficient amount of vegetables and fruits) and leading an active lifestyle (physical training for at least 20-30 minutes 3 times a week). The second way that can help to prevent emotional burnout is correct breathing and performing breathing exercises, using of relaxation techniques, meditative practices. The forth way is to shift emphasis from work to personal preferences and various hobbies.

To summarize, we have to indicate that during wartime significant number of people work without days off, that disrupts the full recovery of physical and psychological resources and subsequently affects the development of emotional burnout. However, there are ways that influence the appearance and development of emotional burnout syndrome, even in emotionally difficult wartime.

References:

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