

ISSUE OF EMOTIONAL EXHAUSTION AMONG PHYSICIANS

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Abstract : The problem of emotional weariness among doctors is examined in this study, along with its signs and root causes. The essay was based on research that uncovered emotional tiredness syndrome in students and doctors across many specialties. Burnout, its manifestations, and its etiologies within the realm of medical practitioners. The paper originated from a research that investigated the recognition of emotional tiredness syndrome among students and doctors across various specialties.

Keywords: Emotional exhaustion, healthcare, doctors, syndrome

Annotation : Medical practitioners endure persistent psycho-emotional stress, leading to professional personal distortions, including emotional fatigue syndrome. In 1974, American psychiatrist H.J. Freidenberg introduced the term "emotional burnout" to describe the psychological condition of healthy persons engaged in emotionally intense interactions with clients and patients. Initially, the word "emotional burnout" was used as a synonym for "exhaustion" and "sense of futility." Emotional tiredness is acknowledged as a condition marked by physical, emotional, and mental weariness, often seen in social activities. Emotional burnout syndrome, like to any illness, is characterized by distinct symptoms, including emotional breakdowns, feelings of despair and futility, mood deterioration, and the absence of emotions and experiences. Burnout manifests as both a psychological disorder and physical distress. A person afflicted by this condition is oblivious to their symptoms and incapable of understanding their situation. The condition advances progressively via three successive stages: Stage I ("tension") is characterized by the regulation of emotions, the attenuation of intense sentiments, worry, and sadness. Stage II ("resistance") is characterized by anger, aversion, and resentment towards coworkers, along with a

decrease in professional obligations. Stage III ("exhaustion") - decline of professional aspirations, emotional detachment, psychiatric problems, and psychovegetative abnormalities. In addition to emotional symptoms, a "burnout" expert has physical traits like chronic weariness, less energy, reduced strength, and decreased efficiency. Awareness of the symptoms associated with emotional tiredness, a condition of depletion, is essential. Currently, five categories of symptoms are recognized: depression; physical manifestations (fatigue, weight variation, insomnia); emotional manifestations (apathy, irritability); behavioral manifestations (disinterest in food, accidents, injuries); cognitive state (reduced interest in life, longing); social manifestations (disinterest in recreation, feelings of isolation, lack of empathy towards others). The disorder is more common among persons susceptible to emotional instability, heightened experiences, and perception. Individuals of diverse ages and varied degrees of professional experience may be affected by emotional tiredness syndrome. This syndrome is often seen among senior students engaged in clinical practice. This ailment is cumulative; thus, while addressing professional burnout in doctors, it is crucial to take into account their emotional well-being starting from their student years. The study was based on the results of a survey administered to 60 sixth-year pediatric students at Saratov State Medical University. The poll findings revealed two separate categories of pupils. The I group, with 45 people, constituted one-quarter of the overall surveyed student population. This group is profoundly influenced by conditions that adversely damage their general health and ability to engage in research. We asked them to assess their stress tolerance on a scale of 1 to 5, where a greater score indicates a diminished capacity to endure stress. The majority of this cohort of students rated their stress tolerance at 5, indicating that they are fatigued, despondent, and indifferent. Group II had 15 students, constituting one-fourth of the responders, the smaller segment. The students in this cohort had a stress tolerance rating of 2 points, indicating their appropriate preparation for challenging conditions. The survey findings suggest that stress-related problems and reduced self-regulation arise from the university academic experience. Emotional depletion often emerges between the ages

of 30 and 40, when people start to critically assess their achievements and experience a diminished enthusiasm in their professional endeavors. A research was undertaken by I.A. Berdyaeva and L.N. Voyt to ascertain the prevalence of emotional fatigue syndrome among doctors across different specialties. The poll included 500 doctors, with women representing 77.4% and males 22.6% of the cohort. The research used the "Emotional Burnout" questionnaire developed by V.V. Boyko, including 84 items. Boyko consists of 84 questions. The findings are interpreted via three phases: "tension," "resistance," and "exhaustion," along with four symptoms. The following results pertain to the thorough analysis of emotional exhaustion. 35.4% of responders display ERS, with 8.6% exhibiting fully developed ERS throughout all stages. During the resistance phase, the majority of doctors have developed, with $58.2 \pm 2.5\%$ of women and $55.9 \pm 4.7\%$ of men affected. A tension phase was seen in $18.4 \pm 1.9\%$ of women and $18 \pm 3.6\%$ of males. The fatigue phase was seen in $19.4 \pm 2.0\%$ of females and $18 \pm 3.6\%$ of males. Moreover, gender discrepancies were seen in the overall indices of emotional fatigue. Women have a markedly elevated resistance phase index (70%), whereas males are only at the development phase of the resistance phase.

Conclusion: Physician burnout must be regarded from dual perspectives: as both a medical and social concern that diminishes the integrity of specialists, and as a determinant of deteriorating medical care quality, stemming from physicians' disinterest in patient welfare and the disruption of the doctor-patient relationship. These features result from elevated standards.

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