

# EMOTIONAL BURNING OUT AS ONE OF RISKS OF PEDAGOGICAL CAREER

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Formation of professional pedagogical career is connected, as a rule, with the big emotional pressure, communicative overloads, social vulnerability and the low status of a trade in mass perception, that to the full allows to carry teacher's work to the category difficult, stressful and the most intense in the psychological plan. It is connected with high risk of psihiho-somatic reactions of an organism on non-standard situations. The given characteristics of work of a teacher completely keep within the concept risk assesment in which for each trade and field of activity the basic kinds of risks peculiar to it are allocated. In a context of the social nature of a pedagogical trade, special interest cause social degradation risks, among which: losing professional skills, strengthening of authoritative tendencies, mental-somatic diseases. Similar risks to the full correspond to the symptoms of emotional burning out presented in the literature. Therefore article is devoted studying of a problem of emotional burning out as one of the basic risks of a trade of the teacher.

The given syndrome includes three basic components allocated Maslach C: an emotional exinaition, losing individuality and a reduction of professional achievements [11]. In article the detailed qualitative characteristic of each of components is resulted. As dynamic process a syndrome of professional burning out develops in time gradually and has certain phases or the stages defined by remedial models of emotional burning out. Now there are some models describing the given phenomenon. In article stages of development of professional burning out are presented the comparative description of the basic models and, corresponding with their structure.

Symptoms of emotional burning out are numerous enough. Article in detail shines the basic symptoms of emotional burning out and shows the approaches thought most over in the structural relation to their typology.

The general recognition of a phenomenon of professional burning out including in pedagogical activity, has naturally generated a question on the factors promoting development or, on the contrary, braking it. In article the comparative analysis of factors provoking or braking formation of the given professional deformation is resulted.

The analysis of the separate original causes underlying emotional burning out, has allowed the author of article to consider the basic strategy of the help to the teacher in a situation of development in it of the given syndrome.

**Keywords:** pedagogical career, pedagogical risks, syndrome of the emotional burning down; models, stages, phases of the emotional burning down; symptoms of the emotional burning down; prophylaxis of the emotional burning down syndrome.

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