



Emotional Exhaustion Among Physicians

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Abstract: This study looks at the problem of emotional weariness among doctors, including its signs and root causes. The study that identified emotional tiredness syndrome in doctors and students from a variety of specialties served as the basis for the essay. The causes, signs, and consequences of burnout in the medical field. The essay was based on a research that looked at how doctors and students from a range of specialties could identify the symptom of emotional tiredness.

Keywords: Syndrome, doctors, medicine, and emotional exhaustion.

Introduction: Physicians experience ongoing psycho-emotional stress, which leads to personal and professional deformities, such as emotional fatigue syndrome. The phrase "emotional burnout" was first used in 1974 by American psychiatrist H.J. Freidenberg to describe the psychological condition of healthy people who spoke with patients and clients in an emotionally charged setting. At the beginning, "emotional burnout" was used interchangeably with "exhaustion," "exhaustion," and "feeling of uselessness." Nowadays, emotional fatigue is recognized as a syndrome that manifests as mental, emotional, and physical tiredness in social jobs. Like any other illness, emotional burnout syndrome is characterized by certain symptoms, such as emotional collapses, a sense of futility and despair, a reduction in mood, and the loss of feelings and experiences. Burnout manifests as both physical misery and mental sickness. A person with this condition cannot understand the circumstances underlying their symptoms and is not aware of them. The condition develops progressively over the course of three successive stages: The taming of emotions, the loss of acuteness of sentiments, anxiety, and sadness are the hallmarks of stage I ("tension"). Stage II ("resistance") is marked by a decrease in professional obligations as well as anger, distaste, and resentment toward coworkers. Stage III, or "exhaustion," includes psychiatric problems,

psychovegetative disturbances, emotional estrangement, and a decline in professional aspirations. However, a "burnout" expert has physical traits including a persistent feeling of exhaustion, a loss of energy, a decline in strength, and a drop in efficiency in addition to emotional symptoms. It is important to recognize the signs and symptoms of emotional weariness. Depression, physical symptoms (fatigue, weight fluctuations, insomnia), emotional symptoms (apathy, irritability), behavioral symptoms (disinterest in food, accidents, injuries), cognitive state (diminished interest in life, yearning), and social symptoms (disinterest in recreation, feelings of isolation, lack of empathy towards others) are currently recognized as the five categories of symptoms. People who are prone to acute experience, perception, and emotional instability are more likely to have the disorder. Emotional tiredness syndrome may affect people of different ages and job experience levels. Senior students who practice in clinical sites often meet this issue. Since this sickness is cumulative, it is crucial to take into account doctors' mental state starting in their student years when talking about professional burnout. The results of a survey given to sixty sixth-year pediatric students at Saratov State Medical University were used to produce the study. Two different student groups were identified by the survey data. The I group, which consisted of 45 people, made up 25% of all the students that were polled. Situations that negatively influence this group's general health and ability to take part in research have a substantial effect. We asked them to rate their level of stress tolerance on a scale of 1 to 5, where a greater number indicates a worse ability to resist stress. Most of the students in this group gave their stress tolerance a score of 5, which suggests that they are apathetic, dejected, and exhausted. Fifteen students, or one-fourth of the responses, made up Group II, the smaller percentage. With a stress tolerance rating of two, the students in this cohort showed that they were sufficiently equipped to handle stressful circumstances. According to the study findings, the academic process at university is the cause of stress problems and a loss of self-control. In essence, emotional exhaustion appears between the ages of 30 and 40, when people start to doubt their own achievements and start to lose interest in their jobs. I.A. Berdyaeva and L.N. Voyt performed a research to find out how common emotional fatigue syndrome is among doctors in different specialties. 500 doctors participated in the poll; women made up 77.4% of the sample, while males made up 22.6%. The 84-item "Emotional burnout" questionnaire by V.V. Boyko was used for the study. Boyko consists of eighty-four questions. Four symptoms and three phases—

"tension," "resistance," and "exhaustion"—are used to interpret the findings. The results of the thorough analysis of emotional fatigue are as follows: ERS is present in 35.4% of responders, with 8.6% exhibiting fully developed ERS throughout all stages. Most doctors have developed during the resistance period ($58.2 \pm 2.5\%$ of women and $55.9 \pm 4.7\%$ of men). $18.4 \pm 1.9\%$ of women and $18 \pm 3.6\%$ of males had a stress phase. $18 \pm 3.6\%$ of men and $19.4 \pm 2.0\%$ of women experienced the fatigue phase. Furthermore, differences between the sexes were seen in the overall measures of emotional fatigue. Males are just in the formation phase of the resistance phase, whereas women have a far greater resistance phase index (70%).

CONCLUSION

As a result, physician burnout should be seen from two angles: as a medical and social problem that damages specialists' personalities and as a contributing factor to the deterioration of medical care quality, which results from the doctor's disinterest in patient care and the breach of the doctor-patient relationship. These traits result from the increased standards.

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