

PEDAGOGY

Patimat Z. Abdulaeva, Tatyana N. Shestakova

(Dagestan state medical university of Russian Ministry of Healthcare. Makhachkala, Russian Federation; Southern federal university. Rostov-on-Don, Russian Federation)

Reasons and prevention of psychoemotional burnout of a teacher

It is attempted to analyze the causes of psycho-emotional burnout of teachers, discussed the need to create additional conditions to preserve the health of participants in the pedagogical process. The study examines the factors (stress, professional) affecting the mental and physical health of teachers and students. Areas that contribute to the strengthening of the professional health of the teacher along with the health of students are studied. The article recommendations for the prevention of psycho-emotional burnout of teachers are presented.

Key words: prevention of occupational diseases of a teacher, psycho-emotional burnout of a teacher, stress factors, psycho-physiological literacy, conditions for maintaining the health of participants in the pedagogical process.

November 07, 2019
