

PEDAGOGY

Yu Xian

(Armavir State Pedagogical University, Armavir, Russian Federation)

Strategy of improving the educators' emotional resilience

Emotional pedagogical activity plays an important role in the educational process, it determines the effectiveness and success of pedagogical activity. It is summarized the intrinsic and extrinsic factors that affect teacher resilience through an online questionnaire and interviews with Chinese teachers in secondary school. The results show that 12 teachers out of 20 with high emotionality have psychological states of depression and anxiety. Based on the results of an online survey, the author reveals the potential of the Technique of Emotional Freedom – EFT – in reducing anxiety and depression and suggested that EFT can be used as a strategy for increasing the emotional stability of teachers. The author concludes that this approach is promising and deserves attention.

Key words: emotional resilience, internal and external factors, educators, online survey, strategy, Emotional Freedom Technique.

May 30, 2021
