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PSYCHOLOGICAL FACTORS OF PREVENTION OF EMOTIONAL BURNOUT SYNDROME IN FUTURE PRACTICAL PSYCHOLOGISTS

Emotional burnout is a syndrome that develops against the background of chronic stress and leads to depletion of emotional, energetic and personal resources of a working person [2].

Any worker can become a victim of burnout. This is due to the fact that various stressors are present or may appear at work in each organization. Burnout develops as a result of a combination of organizational, occupational stress and personal factors. The contribution of one or another component in the dynamics of its development is different [1].

The most prone to emotional burnout are people who work in the field of "Human-human", which includes the profession of psychologist. They are forced to communicate a lot and intensively with different people, mostly strangers, and these people are not always friendly. In such situations, workers with introverted individual psychological characteristics suffer the most, which, in most cases, do not coincide with the profession, which is aimed at communicating with others. This is due to the fact that the amount of life energy in such people is much lower. They are more prone to isolation, shyness and concentration on the subject of professional activity, which contributes to the accumulation of emotional discomfort without "dropping" negative experiences into the environment.

Also, it should be noted that for students who have just graduated from university, the cause of emotional burnout may be a change in the situation in which the level of harassment and responsibility is much higher than in the university. Specialists whose competence is much lower than required by, for example, a certain organization are especially prone to this.

Actions aimed at preventing burnout include both self-help and external professional assistance. In the first case, employees need to learn to recognize and cope with psychological stress, master a wide range of techniques of self-regulation and overcoming the first symptoms of stress at work. If such help is not enough for oneself, then professional and psychological help will be needed to prevent and overcome the burnout syndrome [3].

Psychological assistance should be focused on optimizing work motivation, reducing or increasing the importance of meeting the requirements of a particular area: professional, job, status-role, etc. In other cases, psychological assistance can be aimed at improving the adequacy of employees' perception of situational (actual) requirements, taking into account job status and self-confidence, resources, abilities [3].

Thus, factors in preventing emotional burnout in future practical psychologists are awareness of psychological stress, trying to manage the same stress, developing self-regulation to overcome the first symptoms of burnout or seeking psychological help if circumstances require. Directly, the psychological work itself is to determine the cause of emotional burnout, study the factors influencing the problem, eliminate these factors, increase self-confidence and the development of motivation for further success.

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THE CANISTHERAPY INFLUENCE ON PRIMERY SCHOOL AGE CHILD

The child development in the primary school period age is special, it needs considerable attention from parents and teachers, and therefore needs more thorough research. One of the effective means (methods) of influencing the socialization level of a child, the knowledge acquisition, skills and abilities to communicate in the animal world, and later in society is canistherapy.

The initial period of school life is in the age range from 6-7 to 10-11 years (I-IV grades of school). Early school age is called the peak of childhood. During this period, the child retains many childish qualities - frivolity, naivety, looking at an adult from the bottom up. At the same time, the early school age is the time when the child has a