

MINISTRY OF EDUCATION OF THE REPUBLIC OF BELARUS
BELARUSIAN STATE UNIVERSITY
FACULTY OF PHILOSOPHY AND SOCIAL SCIENCES
Department of Social Communication

SVINTSITSKY Timofey Alexandrovich

**COMMUNICATIVE ASPECTS
OF PROFESSIONAL BURNOUT AMONG TEACHERS
(Case Study of Teachers from Secondary School No. 10
and Gymnasium No. 2 in Pinsk)**

Graduate Thesis

ABSTRACT

Speciality 1-23 01 15 Social Communications

Scientific adviser:
Olga E. Dmitrieva
Senior Lecturer

Minsk, 2023

ABSTRACT

The object of the research is the burnout syndrome among teachers in secondary education institutions. The subject of the study is the communicative aspects of professional burnout among teachers in secondary education institutions. The purpose of the work is to reveal the communicative aspects of professional burnout in the field of secondary education and to develop ways to optimize the communication process among teachers. The methodological basis of the thesis was made up of general scientific methods: analysis: the method of analysis and synthesis, the method of induction and deduction, and private scientific methods: questionnaire survey, diagnostic method of burnout syndrome (questionnaire "Professional burnout").

As a result of the project, specific features of communicative aspects of professional burnout among teachers in secondary education institutions were identified. The thesis characterized the concept of burnout syndrome, described the communication process of teachers, and conducted a survey of teachers in secondary education institutions. The work allowed for the identification of features of communicative aspects of professional burnout among teachers in secondary education institutions.

The scientific novelty of the research lies in obtaining and systematizing data on the features of communicative aspects of professional burnout among teachers in secondary education institutions. The knowledge gained can be used to optimize the communication process among teachers in secondary education institutions, develop programs to reduce their professional burnout, and as a result, increase the effectiveness of the educational process.

Keywords: burnout syndrome, methods of diagnosing professional burnout, communication process, stress, teacher.