

# The Role of Emotional Burnout in Abnormalities in the Professional Adaptation and Medical and Psychological Rehabilitation of Specialists in Social Welfare Facilities.

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- **Abstract:** The relevance of studying the abnormalities processes in the professional adaptation of persons of socioeconomic professions, including social welfare facilities employees, who constantly encounter people in need of help and their problems, is currently beyond doubt. The purpose is to study the problem of professional maladjustment of social workers at several levels, including formation of professional psychoemotional burnout, psychophysiological manifestations of professional maladjustment, and sociopsychological and psychological aspects. Ninety-six employees of Lipetsk social protection institutions in the age range of 26-62 years were examined. The testing method determined the burnout level, psychological and socio-psychological indicators of professional maladjustment. The cardiovascular system state indicators were recorded. 32.1% of the surveyed workers showed symptoms of psychoemotional burnout. This is comparable to the proportion of specialists with impaired professional adaptation psychological symptoms. It was found that manifestations of socio-psychological and psychophysiological indicators of maladaptation are inherent in more than half of the surveyed social workers. The conducted correlation analysis showed significant correlations between the manifestations of psychoemotional burnout and psychological signs of maladaptive disorders. Lesser dependencies were found between psychoemotional burnout and socio-psychological indicators. There are practically no significant correlations between psychophysiological manifestations of professional maladaptation and the severity level of psychoemotional burnout of social work specialists. The study allowed concluding that, firstly, psychoemotional burnout is determined mainly by psychological manifestations of specialists' professional deformation, and, secondly, it is necessary to study the full picture of the violation of professional maladaptation in all its aspects with the subsequent development of a multifactorial system of corrective measures for medical and psychological rehabilitation.
- **Keywords:** psychoemotional, burnout, socioeconomic professions, institutions

