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THE ROLE OF SOCIO-PSYCHOLOGICAL FACTORS IN THE FORMATION OF THE PROFESSIONAL STRESS AMONG TEACHERS AND ITS INFLUENCE ON HEALTH AND ABILITY TO WORK

Introduction. Socio-psychological factors are now generally recognized as an issue of global importance, relevant for all countries and professions.

Teacher's psychoemotional health is one of the success factors of the educational system that determines the effectiveness of the training and education of students, especially during the educational reform.

Research of factors, that preserve and strengthen teacher's health, discovery of healthy and healthsaving technologies that save and improve teacher's emotional health and are ultimately successful for professional and personal development, is important and relevant. Problems of stress in the workplace, WHO and the International Labor Organization (ILO), the European Agency for safety urged all countries, all social partners to act together to prevent and neutralize the effects of stress production operations.

Main part. Nowadays particularly big problem is of saving teachers mental and physical health. Switching-over to the personality-oriented education model leads to the fact, that demands from society to the individual teacher increase, his role in the learning process, particularly the ability to relax and optimally regulate his actions when he faces difficulties in making contact with students. Not every teacher is able to withstand the emotional stress, because to the problems at work, family difficulties can be added, also personal life, problems in communicating with co-workers. Great emotional and physical stress, the need to maintain his skills, to keep up with innovative technologies, to daily contact with a limited number of people - all this complicates life of a teacher. As a result, while he is finding strength to resist internal and external influences, teacher begins to "blow up" the accumulated stress, to feel deep physical tiredness, to get "away" from students, from communicating with them. The effect of stress, even with individual teachers, affects both his own health, and the entire team activity.

In educational area there is a clear tendency towards an aging staff. The study showed that teachers with over 20 years of experience are characterized by a sharp decline indicators of emotional resistance. The longer teacher works, the older he gets, and the bigger is responsibility at work, the more tiredness he feels, he had increased feelings of anxiety, depression, vegetative and vascular disorders and behavioral disruptions. As a result teacher's psychological, physical and social health is in serious danger. Teachers represent profession which belongs to the so called "man-man" system, and the are one of the first to discover emotional exhaustion. This is due to several factors (physiological, psychological, economic and social). It was revealed that only 30% of teachers are in good emotional condition, but one or another symptom of stress was discovered by each teacher.

Analysis of the situation showed that the problem of teachers health is due not only to the objective features of the work, but also to the attitude towards their health, low levels of knowledge of risk factors and ways to prevent professional diseases and lack of legislative educators safety support.

Teacher‘s professional activity in modern conditions is not conducive to saving health, which is grooved by the following facts: 60% of teachers are constantly experiencing psychological discomfort while working; 85% - are in constant stress. In the pail of functional normal condition are only 10.4% of teachers, 29% are characterized by sharply reduced adaptation abilities, 33% have a nervous system disease, 85% of female teachers believe that their work affects the poor family relationships.

Teachers should observe and perform the necessary safety requirements to save their lives and health. The development of new technologies contributes to providing universities with new types of equipment. Computerization covers the learning process and teachers do their work using different software. A new type of distance learning, lectures, assignments via the Internet. This requires new safety skills.

Particular attention should be paid to the position of WHO. In the international classification of diseases ICD-10 socio-psychological factors that affect the health of the working part of population, given the class XXI to "Factors influencing health status and treatment to health facilities".

It is also possible to separate groups of six major socio-psychological factors that determine the state of health and performance of teachers:

1.Service and functional factors (work conditions and equipment, labor organization, work and rest schedule, etc.).   
2. Economic factors (system of payment, allowances, bonuses, etc.).   
3. Control factors (style and methods of personnel management, interaction management and executive level, etc.).   
4. Psychological factors (staff relations, the degree of socio-psychological compatibility, level of conflicts, standards of behavior, etc.).   
5. Qualification characteristics of staff (qualified personnel perspective of service and career growth).   
6. Law and right factors (requirements of modern business, the presence of official instructions, etc.).

Conclusions. State educational standard of higher teacher education should include a culture of teacher's health and teacher support services, providing knowledge for the safety of health in terms of modern school and their civil rights in this area.

Educational institutes must pay attention to the existence of objective difficulties of educational process, the need for implementation of preventive measures and analysis of risk factors for teacher to get stress. In the developed world they diagnose the emotional state of teacher, they have a well-developed system of prevention and health care. This requires not only time, but also an understanding of an institute administration that the problem is global and serious.

There is a need for additional legislative support of workers' rights to prevent professional diseases.

In developed countries people who's work is connected with communication are supported by the law and get needed preventive and medical care. In Ukraine this problem is discussed, but almost always ignored in practice.

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