**BURNOUT STUDY AMONG MEDICAL STUDENTS**

**Pytetska N.I.**

Doctor of Medical Sciences,

professor of the Department of Propaedeutics of Internal Medicine No. 1, the basis of bioethics and biosafety

Kharkiv National Medical University

Kharkiv, Ukraine

Medical students are continuously exposed to psychosocial stressors throughout training that lead to burnout, which should be considered a syndrome, as a result of its systemic effect. In 1974 this term was suggested by H. Frendenberger to describe the demoralization, frustration and extreme fatigue among the volunteers who worked with social problems among low-income citizens [1]. The most famous description of the syndrome was given by Maslach in 1982: "Burnout is a syndrome of emotional exhaustion, depersonalization and reduced personal accomplishment that can occur among individuals who do 'people work' of some kind"[2]. Subsequently, the manifestations of this syndrome were studied in representatives of various professions: employees of medical institutions [3], teachers [4], athletes, lawyers, social workers and students [5]. Medical training is considered to have high psychological toxicity.

Burnout is characterized by physical, emotional, behavioral, mental and social disorders. This condition is manifested by various symptoms in medical students and includes three phases: tension, resistance and exhaustion. The researchers explain the appearance of these symptoms as a psychological protection to the impact of stressful factors.

The aim of our research was to define the features of burnout syndrome among foreign medical students who studied in Russian and in English and to provide a comparative analysis of these parameters.

We observed 53 foreign third year students of Kharkiv National Medical University aged from 20 to 31 years (mean age 23.03 ÷ 0.3 years), among whom 22% were women and 78% were men. There were no students who were married or had children in the group. All participants were divided into 2 groups. The first group included 22 students studying in Russian, the second one - 28 students studying in English. Assessment of burnout was conducted with V. Boyko questionnaire which allowed assessing signs of burnout comprehensively according to three phases: tension, resistance and exhaustion.

Our results show that in the general group of students all phases are in the process of formation. But the dominant symptom is the one that is part of the second phase - the reduction of professional duties. The analysis of the data showed that most students first and second groups are at different stages of burnout, but some differences were found. Tension phase was formed 18.2% of students of the first and 17.9% students of the second group, resistance phase - in 45.5% and 50% of students respectively, exhaustion phase - only 40.9% of the students first group. Tension phase in phase formation was detected in 40.9% students of first and 17.9% students of the second group, resistance phase - in 36.4% and 39.3% of students respectively, exhaustion phase - in 22.7% and 75% of students respectively.

Summarizing the results of the study it can be concluded that the formation of burnout syndrome in foreign medical students realized by forming resistance increasing stress. Thus students who study in English were more resistant to of educational loads, accompanied higher levels of resistance to increasing stress and absence of of persons formed exhaustion phase.

Foreign students of both groups tend to save their emotions to both teachers and other surrounding subjects (friends, patients). Limit emotional callousness and indifference, attempts to facilitate the duties that require emotional costs may adversely affect relationships at home, moral feeling and success

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