OCCUPATIONAL STRESS OF MEDICAL WORKERS

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In the modern world, stress is an important psycho-social problem that affects the stability of human behaviour, professional sphere and life in a whole. Most situations that cause nervous tension are associated with physical and emotional overload in professional activities, with a high pace and volume of work. Of course, occupational stress is an extremely common phenomenon and one of the main factors affecting the decline in working capacity, staff turnover, physiological changes in the body and leads to a decrease in the quality of life. In scientific works, professional stress is considered as a complex of physiological and psychological reactions associated with working moments.

The subject of our research "Signs of occupational stress of medical workers and identification of methods for its prevention" is very relevant. A person of any profession who works in a team faces various negative feelings and experiences of other people. However, the probability of working in emotionally stressful conditions is more pronounced among people who work in "person-to-person" professions, particularly in medicine.

We chose to study the professional stress of healthcare workers because their professional duties are associated with a high level of responsibility for human lives and their health. They need to make quick decisions, to use the ability to maintain high performance in extreme conditions, self-discipline, physical and emotional output, and constant psychological and intellectual stress. The lack of adequate rest and other negative factors further contribute to the deterioration of the psycho-emotional state, the deepening of neurosis and complication of social adaptation. The specifics of the professional activities of healthcare workers are also associated with increased demands on them to maintain emotional neutrality, the ability to show empathy and compassion, to manage the excessive emotions of clients and patients, to counteract mental infection with negative emotions and the ability to control their own strong feelings. However, uncomfortable and not always pleasant working conditions, irregular schedule due to emergency circumstances, lack of modern equipment, low salaries, constant complaints from patients, unstable microclimate of the team and a number of other factors significantly affect to the psychological state of healthcare workers, which further leads to the deterioration of the quality of medical care for the population, and may create a risk of occupational diseases among healthcare workers. The analysis of the above-mentioned factors of increasing professional stress among doctors allows us to understand that they need not only to solve the problems faced by patients, but also to find personal resources

and develop self-help skills to prevent emotional burnout and depression. That is why the problem of studying the signs of occupational stress of healthcare professionals, identifying the causes of its occurrence and ways to overcome it is becoming more relevant than ever.

According to the research of many scientists around the world, the rates of occupational stress in different countries of the world among medical staff range from 31.4% to 85.8% [5, 6, 7]. In Ukraine, this index is higher than in other countries and ranges from 73% to 89.3% [2, 3].

According to the results of an empirical research in 2019 in Lviv and in 2022 in the Vinnytsia region, the mental overload and stress were identified among the surveyed healthcare workers, which are characterized by a state of resource mobilization that develops as a result of the increasing complexity of activities, with the dominance of motivation to overcome difficulties and mental overload, so the excessive influence on a person's mental state causes fatigue, loss of interest and a negative attitude towards the activities they perform [1, 4].

For a healthy, fulfilling and harmonious life, it is important to know what stress is and how to deal with it. Therefore, we consider it is important to study the subject of occupational stress of healthcare workers in more detail, especially now in Ukraine during the war. The goal of the research is to identify the signs of occupational stress of healthcare workers, their impact on the personality and physical condition of a person, their attitude to work, etc.

We should be noted that many foreign and Ukrainian scientists have studied the phenomenon of stress and occupational stress. However, with the appearance of new stressors that can lead to destructive consequences for the emotional and mental well-being of medical workers, this problem is becoming more and more relevant every year, and the number of researches is increasing.

For our master's work, we plan to use the following psychodiagnostic methods: "Professional Life Stress Scale" by T. Cox, "the Methodology for the Differential Assessment of Decreased Performance" by H. Plas and R. Richter (to identify the level of fatigue, monotony, and exhaustion), "Job Anxiety Scale", JAS by B. Mushalla and M. Linden (to identify concerns about the harmfulness of work, social anxiety, inefficiency, and job loss), and a personality questionnaire (BFI-2) Big Five Inventory-2 (O. John, C. Soto) to identify the level of depression, irritability, compassion, persistence, energy, etc. We suppose that there is a correlation between these indicators and the impact of professional stress on personality.

The obtained data will be useful for creating an effective psychological complex for the prevention of mental health of doctors which will lead to an improvement in the quality of medical services.

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