

PHENOMENON OF PROFESSIONAL DEFORMATION OF PERSONALITY

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Introduction. We spend most of our lives at work. And if we work for a chosen profession or a business that captures us, then we can often hear: "It's the whole business of my life." The frenzied pace of life in any of its spheres, including in professional activities, led to the need to voice such a phenomenon as a professional deformation of the individual. This phenomenon always existed, but as a matter of discussion, the search for methods of diagnosis, prevention and correction, has come to the present in the modern world. Because one of the most important tasks of the society is the formation of a harmoniously developed personality.

The urgency of considering this topic is based on at least two aspects: firstly, that the phenomenon of professional deformation affects every person; and secondly, there is not enough research on this issue. In our opinion, it is necessary to introduce methods for diagnosing professional deformation in different spheres of activity (questionnaires, interviews with specialists), to introduce different methods for the prevention and correction of these conditions.

Aim. The aim of this research is to study the phenomenon of professional deformation of the individual, analysis and selection of diagnostic methods for this problem, both for individual workers and for the team.

Materials and methods. In our research, we have used such general scientific theoretical methods as analysis, synthesis, comparison, induction and deduction.

Results and discussion. The analysis and synthesis of scientific sources allows to determine professional deformations of the person as changes taking place in the perception of personality stereotypes, behavior, ways of communication, as well as the character that occurs as a result of the long-term performance of any professional activity. Often, from professional deformation, representatives of professions such as "man-man" suffer from a professional deformation: doctors, educators, psychologists themselves, sellers, etc. Guided by the modern guidelines in pedagogy – on the identity of the applicant of education, it is natural that the need to show a sense of care to the student can lead precisely to the emergence of a syndrome of emotional burnout from a teacher.

Separate cases of professional deformation are: administrative delight, management erosion and emotional burnout syndrome. It is believed that in a team emotional burnout syndrome is an "infectious" phenomenon and can spread among other colleagues. Therefore, it is desirable to work in this aspect with the whole team.

At this stage of the study, we focused on the methods of diagnosis of professional deformation of the individual. Given that the diagnosis of a person in this state can include diagnosing various aspects of the individual, we have chosen measurements of individual parameters: emotional state, professional disadaptation, emotional burnout.

Diagnostics for each of these aspects can be done using various types of standardized questionnaires. For example, diagnosis of an emotional state – a method for diagnosing a depressive state (Zung, A. Beck) modified, a technique for measuring the level of anxiety of Taylor, the method of SAM, etc. To diagnose professional maladaptation, a questionnaire developed by O. N. Batkivshchyna, adapted for the wide application by M.A. Dmitrieva. For the diagnosis of emotional burnout most often use the technique of V.V. Boyko.

Conclusions. Summing up, we believe that the study of the issue of professional deformation is relevant, due to the pace of life, peculiarities of pedagogical work, and requires an integrated approach to both diagnosis and prevention strategies and overcome the specified state with an emphasis on the activities of the teacher.