

## DIFFICULTIES WITH EMOTIONAL EXHAUSTION IN PHYSICIANS

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**Annotation:** Comprehending the indicators and manifestations of emotional exhaustion, a state of depletion, is crucial. Depression is currently classified into five categories of symptoms: physical symptoms (fatigue, weight fluctuations, insomnia), emotional symptoms (apathy, irritability), behavioral symptoms (disinterest in food, accidents, injuries), cognitive symptoms (diminished interest in life, yearning), and social symptoms (disinterest in recreation, feelings of isolation, lack of empathy towards others).

**Keywords:** illness, physicians, pharmaceuticals, and psychological fatigue

**Materials and methods :** The research was conducted using the findings of a survey administered to sixty sixth-year pediatric students at Samarkand State Medical University. The survey findings indicated two distinct student groupings. The I group, with 45 individuals, constituted 25% of the total students surveyed. This group is significantly impacted by circumstances that adversely influence their overall health and capacity to participate in research. We requested that they evaluate their stress tolerance on a scale from 1 to 5, with a higher number signifying a diminished capacity to withstand stress. The majority of students in this group rated their stress tolerance as 5, indicating apathy, despondency, and fatigue. Fifteen students, or one-fourth of the respondents, comprised Group II, the lesser percentage. The students in this cohort demonstrated a stress tolerance rating of two points, indicating their proficiency in managing challenging situations. The research results indicate that the academic process at university contributes to stress-related issues and a decline in self-regulation.

**Results of the research :** Of the 500 physicians that participated in the survey, 77.4% were female and 22.6% were male. Among the respondents, 35.4% exhibited ERS, whereas 8.6% had fully developed ERS throughout all phases. A majority of physicians ( $55.9 \pm 4.7\%$  of males and  $58.2 \pm 2.5\%$  of females) have evolved during the resistance phase.  $18.4 \pm 1.9\%$  of females and  $18 \pm 3.6\%$  of males had a stress period.  $18 \pm 3.6\%$  of males and  $19.4 \pm 2.0\%$  of females underwent the exhaustion phase. Moreover, disparities between the sexes were seen in the comprehensive assessments of emotional tiredness. Males are now in the development stage of the resistance phase, whereas females have a much greater resistance phase index of 70% compared to males.

**Conclusion:** Consequently, physician burnout must be regarded from two perspectives: as both a medical and social issue that undermines the integrity of professionals, and as a determinant of declining quality in medical care, stemming from physicians' neglect of patient welfare and the erosion of the doctor-patient relationship. These characteristics stem from heightened expectations.

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