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EMPIRICAL STUDY OF EMOTIONAL BURNOUT AMONG PSYCHOLOGISTS IN CRISIS CONDITIONS

У статті представлено результати емпіричного дослідження емоційного вигорання психологів в умовах сучасної соціальної невизначеності. Актуальність дослідження зумовлена зростанням професійного навантаження на фахівців психологічного профілю в умовах війни, соціальної нестабільності, збільшенням кількості кризових запитів та необхідністю надання психологічної допомоги особам із травматичним досвідом. Метою дослідження стало вивчення особливостей прояву емоційного вигорання психологів, визначення основних факторів ризику та ресурсів його подолання.

У дослідженні взяли участь 130 практикуючих психологів віком від 21 до 60 років, які здійснюють професійну діяльність у державних установах, приватній практиці та змішаному форматі роботи. Для збору емпіричних даних використано авторський опитувальник, спрямований на виявлення рівня емоційного виснаження, професійного перевантаження, тривожності, психологічної стійкості та ресурсів професійного відновлення.

Результати дослідження засвідчили, що значна частина психологів демонструє середній та високий рівні емоційного виснаження, професійного перевантаження й тривожності. Встановлено, що провідними чинниками розвитку емоційного вигорання виступають емпатійне перевантаження, перфекціонізм, труднощі встановлення професійних меж, хронічний стрес та вплив соціальної невизначеності. Водночас важливими ресурсами профілактики вигорання є супервізія, особиста психотерапія, професійна підтримка, фізична активність, відпочинок та усвідомлення сенсу професійної діяльності.

Проведений кореляційний аналіз підтвердив наявність статистично значущих взаємозв'язків між показниками емоційного виснаження, професійного перевантаження, тривожності та психологічної стійкості. На основі отриманих результатів обґрунтовано авторську модель профілактики емоційного вигорання психологів, яка включає розвиток саморегуляції, формування професійних меж, ресурсне відновлення та підвищення рівня професійної рефлексії.

Практичне значення дослідження полягає у можливості використання отриманих результатів під час розробки програм психологічного супроводу, супервізійної підтримки та профілактики емоційного вигорання фахівців допоміжних професій.

Ключові слова: емоційне вигорання, психологи, професійний стрес, невизначеність, емпатійне перевантаження, психологічна стійкість, супервізія, професійні ресурси.

The article presents the results of an empirical study of emotional burnout among psychologists under conditions of contemporary social uncertainty. The relevance of the study is determined by the increasing professional workload of mental health specialists caused by war, social instability, the growing number of crisis-related requests, and the necessity to provide psychological assistance to individuals with traumatic experiences. The purpose of the study was to investigate the characteristics of emotional burnout among psychologists, identify the main risk factors, and determine the resources that facilitate its prevention and overcoming.

The study involved 130 practicing psychologists aged 21 to 60 years who worked in public institutions, private practice, and mixed professional settings. An author-designed questionnaire was used to assess the levels of emotional exhaustion, professional overload, anxiety, psychological resilience, and resources for professional recovery.

The findings revealed that a significant proportion of psychologists demonstrated moderate and high levels of emotional exhaustion, professional overload, and anxiety. The leading factors contributing to emotional burnout were identified as empathic overload, perfectionism, difficulties in establishing professional boundaries, chronic stress, and the impact of social uncertainty. At the same time, supervision,

personal psychotherapy, professional support, physical activity, rest, and a strong sense of professional meaning were found to be important protective resources against burnout.

The correlation analysis confirmed statistically significant relationships between emotional exhaustion, professional overload, anxiety, and psychological resilience. Based on the obtained results, an authorial model for the prevention of emotional burnout among psychologists was proposed. The model includes the development of self-regulation skills, the establishment of professional boundaries, systematic resource recovery, and the enhancement of professional reflection.

The practical significance of the study lies in the possibility of applying its findings to the development of psychological support programs, supervision practices, and burnout prevention interventions for helping professionals.

Key words: emotional burnout, psychologists, professional stress, uncertainty, empathic overload, psychological resilience, supervision, professional resources

Problem statement. In the context of contemporary social transformations caused by the full-scale war in Ukraine, socio-economic instability, and a high level of uncertainty, the workload of helping professionals, particularly psychologists, has increased significantly. Continuous work with crisis situations, traumatic experiences, loss, forced displacement, and the consequences of military actions requires psychologists to maintain a high level of professional involvement, emotional resilience, and psychological resources.

At the same time, prolonged emotional tension, a high degree of professional responsibility, constant empathic engagement, and insufficient opportunities for recovery create conditions that contribute to the development of emotional burnout. This phenomenon negatively affects not only the psychological well-being of specialists but also the quality of psychological services they provide, their professional effectiveness, and their ability to establish constructive relationships with clients.

The issue of emotional burnout becomes especially relevant under conditions of ongoing uncertainty, where psychologists experience the consequences of crisis events both as professionals and as direct participants in social processes. Under such circumstances, the risk of secondary traumatization, empathic overload, professional exhaustion, and a decline in psychological resilience increases substantially.

Despite the considerable number of scientific studies devoted to emotional burnout, the specific features of its manifestation among practicing psychologists working in conditions of war and social instability remain insufficiently explored. Furthermore, the role of psychological resources in preventing and overcoming burnout requires further empirical investigation. This creates a need for research aimed at identifying risk factors, mechanisms of burnout development, and effective resources for its prevention and management.

Therefore, the relevance of this study is determined by the necessity to preserve the psychological well-being of mental health professionals, enhance the effectiveness of their professional activities, and develop evidence-based programs for the prevention of emotional burnout under contemporary social challenges.

Analysis of recent studies and publications. The issue of emotional burnout is one of the most extensively studied topics in contemporary psychological science and is considered a complex multidimensional phenomenon resulting from prolonged occupational stress. This problem is particularly relevant for helping professionals whose work involves intensive interpersonal interaction, a high level of emotional involvement, and responsibility for the psychological well-being of others.

The first scientific approaches to studying emotional burnout are associated with the work of the American psychiatrist Herbert Freudenberger, who in 1974 introduced the term *burnout* to describe a state of emotional exhaustion among professionals working in social services. Freudenberger viewed burnout as a consequence of prolonged occupational overload accompanied by a loss of energy, motivation, and emotional engagement in professional activities [4].

The further development of the burnout concept is linked to the studies of Christina Maslach and Susan Jackson, who proposed the three-component model of burnout consisting of emotional exhaustion, depersonalization, and reduced personal accomplishment. This model has become the most widely used framework in contemporary empirical research and serves as the basis for the majority of burnout assessment instruments. In the works of C. Maslach, W. Schaufeli, and M. Leiter, emotional burnout is interpreted as a consequence of a prolonged imbalance between occupational demands and personal resources.

A significant contribution to the development of stress theory was made by Hans Selye, who substantiated the concept of the General Adaptation Syndrome and demonstrated that prolonged exposure

to stressors gradually depletes the adaptive resources of the organism. His resource-based approach became one of the theoretical foundations for contemporary burnout research.

In modern psychology, burnout is increasingly examined through the lens of resource-based theories. Particular attention should be paid to the work of Stevan Hobfoll, the author of the Conservation of Resources Theory, according to which psychological exhaustion results from the loss of personal, emotional, and social resources or from the threat of such losses. Within this framework, insufficient resource recovery is considered one of the key mechanisms underlying emotional burnout.

Special attention in contemporary research is devoted to the phenomena of secondary traumatization and empathic exhaustion among psychologists. Charles Figley was among the first scholars to describe the concept of *compassion fatigue* as a state of emotional exhaustion resulting from continuous exposure to clients' traumatic experiences. According to Figley, mental health professionals face not only occupational stress but also the accumulation of secondary traumatic experiences that gradually deplete their psychological resources [6].

Within the framework of humanistic psychology, the works of Carl Rogers are of particular importance. Rogers considered empathy to be the central mechanism of psychological assistance. However, contemporary studies indicate that excessive empathic involvement without adequate recovery may become a significant risk factor for professional burnout.

Among contemporary international scholars who have contributed substantially to burnout research are W. Schaufeli, M. Leiter, A. Pines, R. Burke, J. Greenberg, and T. Jackson. These researchers conceptualize burnout as the result of interactions among personal, organizational, and social factors. They emphasize that professional exhaustion cannot be explained solely by individual characteristics, as working conditions, organizational support, and broader social contexts play a crucial role in its development [1; 4].

In Ukrainian psychological science, the issue of emotional burnout has been investigated by T. Tytarenko, O. Melnyk, S. Rusanovskyi, I. Shakhov, I. Zhdanevych, N. Holovko, O. Tsarkova, O. Prokofieva, and others [3; 8; 9; 10]. Their studies focus on the impact of prolonged social instability, professional uncertainty, crisis situations, and war on the psychological well-being of helping professionals. Particular attention is paid to professional identity, psychological resilience, professional adaptation, and burnout prevention [7].

Recent studies indicate that during the full-scale war in Ukraine, psychologists experience a dual burden: they simultaneously provide psychological assistance to individuals affected by war and remain direct participants in the same social reality characterized by anxiety, uncertainty, loss, and chronic stress. Such circumstances significantly increase the risk of secondary traumatization, moral distress, and emotional burnout.

Thus, the analysis of scientific literature demonstrates that emotional burnout among psychologists is a complex multifactorial phenomenon shaped by occupational stress, empathic overload, resource depletion, and social uncertainty. At the same time, the specific manifestations of emotional burnout among practicing psychologists in contemporary Ukraine remain insufficiently explored, highlighting the need for further empirical research on this issue [9].

The purpose of the article. In order to investigate the characteristics of emotional burnout among psychologists under conditions of contemporary social uncertainty, an empirical study was conducted involving 130 practicing psychologists. The study aimed to identify the levels of emotional exhaustion, professional overload, anxiety, psychological resilience, as well as the resources and risk factors associated with emotional burnout. The professional activity of psychologists belongs to the category of "person-to-person" professions, which are characterized by intensive interpersonal interaction, the necessity of emotional involvement, constant decision-making, and the ability to cope with significant psychological demands. Under conditions of war and social instability, these requirements become even more pronounced, creating additional risks for the psychological well-being of professionals.

The first stage of the study focused on examining emotional exhaustion as the core component of burnout syndrome. The results showed that the mean score for emotional exhaustion was $M = 3,07$. Only 2,3% of respondents reported no signs of emotional exhaustion, whereas 35,4% demonstrated a moderate level, 27,7% a high level, and 6,2% a very high level of exhaustion.

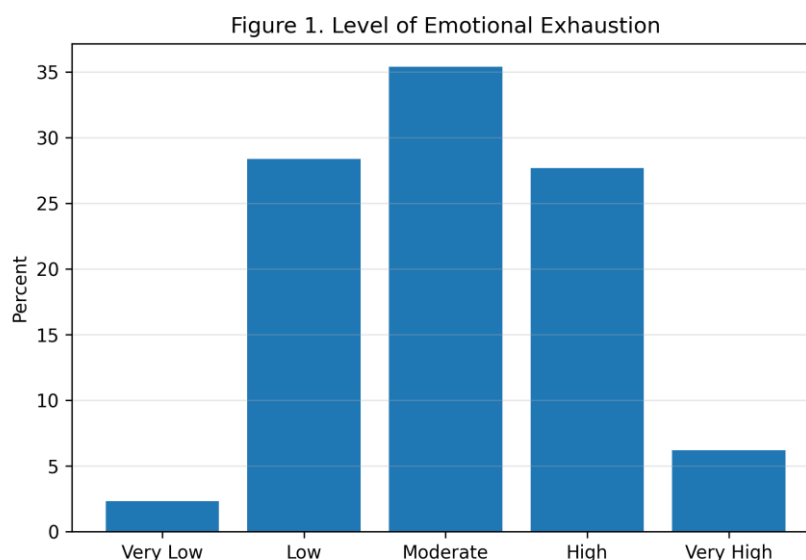


Figure 1. Level of Emotional Exhaustion Among Psychologists

Figure 1 presents the distribution of respondents according to their level of emotional exhaustion, which is considered one of the central components of burnout syndrome. The results indicate that the largest proportion of psychologists demonstrated a **moderate level of emotional exhaustion (35,4%)**, suggesting that emotional fatigue has become a common experience for many professionals working under conditions of prolonged stress and uncertainty.

A considerable percentage of respondents reported a **low level of emotional exhaustion (28,4%)**, indicating that these psychologists still possess sufficient emotional resources and coping capacities to manage professional demands effectively. However, a similarly large proportion of participants (**27,7%**) demonstrated a **high level of emotional exhaustion**, while an additional **6,2%** reported a **very high level**. Consequently, a total of **33,9% of respondents** can be classified as experiencing severe manifestations of emotional exhaustion.

Particular attention should be paid to the fact that only **2,3%** of psychologists reported a very low level of emotional exhaustion. This finding suggests that emotional strain has become a widespread phenomenon among mental health professionals, regardless of their professional experience or work setting.

The obtained results may be explained by the specific nature of psychological practice, which requires continuous emotional involvement, empathy, active listening, and responsibility for supporting clients experiencing psychological distress. In the context of war, social instability, and increasing numbers of trauma-related cases, psychologists are frequently exposed to emotionally demanding situations that gradually deplete their psychological resources.

From the perspective of Maslach's burnout theory, emotional exhaustion represents the first and most significant stage in the development of burnout syndrome. If prolonged emotional strain remains unresolved, it may lead to depersonalization, reduced professional effectiveness, and decreased job satisfaction. Therefore, the relatively high proportion of respondents with elevated emotional exhaustion indicates the need for preventive interventions aimed at protecting psychologists' mental health.

The findings presented in Figure 1 emphasize the importance of implementing strategies that support emotional recovery and professional well-being. Such strategies may include regular supervision, personal psychotherapy, peer support, workload management, self-care practices, and the development of psychological resilience. These measures can contribute to maintaining emotional balance, preventing burnout, and ensuring the long-term effectiveness of psychological practice [12].

Overall, the data suggest that emotional exhaustion is a prevalent issue among psychologists and represents one of the primary indicators of professional burnout in contemporary conditions. The results highlight the necessity of systematic prevention programs designed to strengthen personal resources and support sustainable professional functioning.

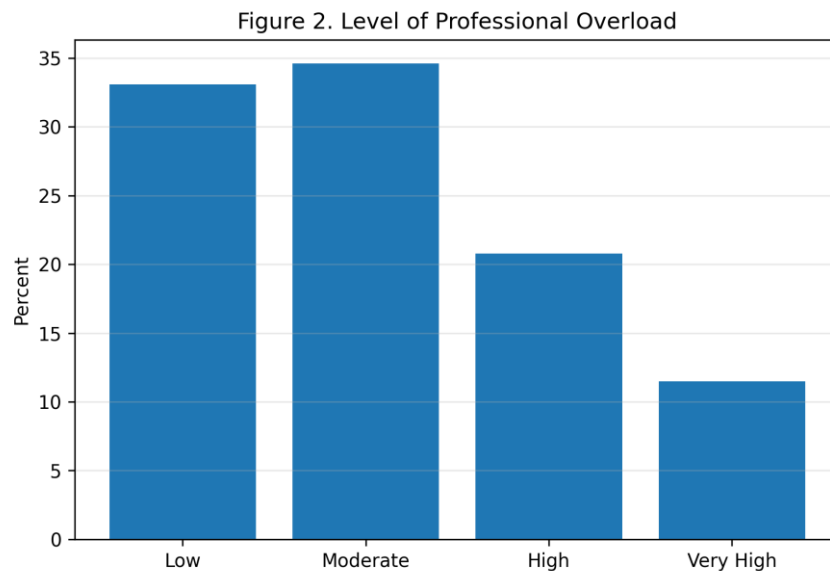


Figure 2. Level of Professional Overload Among Psychologists

Figure 2 presents the distribution of respondents according to their level of professional overload. The largest proportion of psychologists demonstrated a **moderate level of professional overload (34,6%)**, indicating the presence of a stable but still manageable workload. At the same time, **33.1% of respondents** reported a low level of overload, which may reflect the availability of sufficient self-regulation resources, well-established professional boundaries, or a less intensive work schedule.

Particular attention should be paid to the fact that **20,8% of psychologists** reported a high level of professional overload, while **11,5%** demonstrated a very high level. Therefore, a total of **32,3% of respondents** can be considered at increased risk of developing emotional burnout. This finding suggests that nearly one in three psychologists experiences excessive professional demands that may manifest through chronic fatigue, reduced concentration, difficulties in recovering after work, and emotional exhaustion.

The obtained results indicate that professional overload is one of the key risk factors contributing to emotional burnout among psychologists. It may be associated not only with the number of clients or working hours but also with the intensity of clients' problems, continuous exposure to traumatic experiences, a high level of responsibility for therapeutic outcomes, and difficulties in maintaining emotional distance after counseling sessions.

Thus, the data presented in Figure 2 emphasize the need for targeted prevention of professional overload among psychologists. Effective preventive measures may include regular supervision, the establishment of clear professional boundaries, systematic recovery planning, limiting excessive client-contact hours, and the development of self-regulation skills. These strategies can help maintain psychological well-being, professional effectiveness, and long-term resilience among mental health professionals [13].

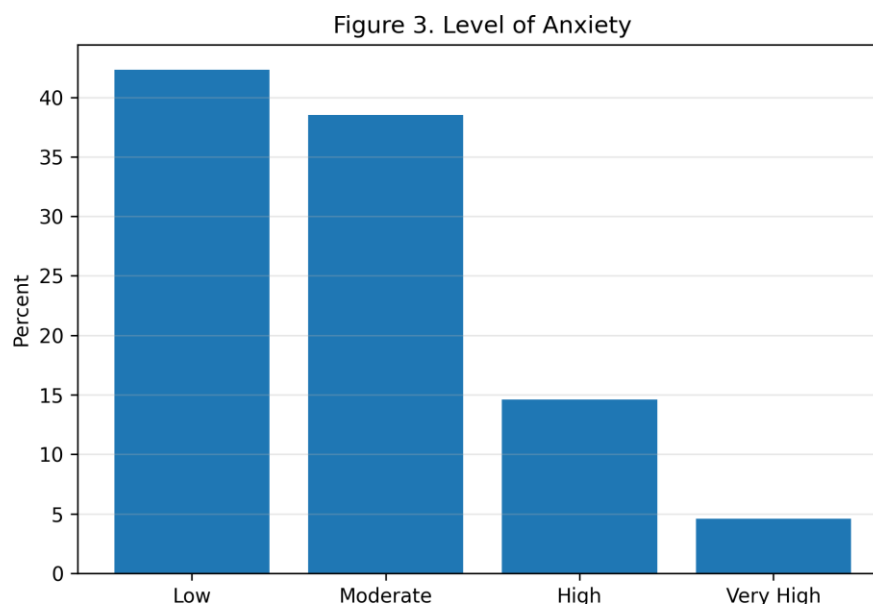


Figure 3. Anxiety Levels Among Psychologists

Figure 3 illustrates the distribution of respondents according to their level of anxiety. Anxiety is considered one of the most important psychological indicators of emotional well-being and professional functioning, particularly among helping professionals who work in emotionally demanding environments. The obtained results provide valuable insights into the psychological condition of practicing psychologists operating under conditions of prolonged social uncertainty and stress.

The analysis revealed that the largest proportion of respondents (**42,3%**) demonstrated a **low level of anxiety**. This finding suggests that a considerable number of psychologists possess effective coping strategies, sufficient emotional self-regulation skills, and psychological resources that enable them to manage professional challenges successfully. Such individuals are more likely to maintain emotional stability and adapt effectively to stressful situations.

At the same time, **38,5% of respondents** reported a **moderate level of anxiety**. Although moderate anxiety may be considered a normal reaction to challenging circumstances, its persistence over a prolonged period can negatively affect psychological well-being and professional performance. This result indicates that a substantial proportion of psychologists experience regular emotional tension associated with occupational responsibilities and the broader social context.

Particular attention should be paid to the respondents who demonstrated elevated anxiety levels. Specifically, **14, 6% of psychologists** reported a **high level of anxiety**, while an additional **4,6%** showed a **very high level**. Consequently, approximately **19,2% of respondents**, or nearly one in five psychologists, experience clinically significant anxiety symptoms that may interfere with their emotional well-being and professional effectiveness.

The findings suggest that anxiety among psychologists may be influenced by several interrelated factors. These include continuous exposure to clients' traumatic experiences, high professional responsibility, uncertainty regarding social and economic conditions, and the psychological consequences of living and working in a society affected by war and instability. Psychologists often face the challenge of supporting clients while simultaneously coping with their own emotional reactions to the same stressful circumstances.

From the perspective of stress and coping theories, elevated anxiety may contribute to the depletion of psychological resources and increase vulnerability to emotional burnout. Individuals experiencing persistent anxiety often report difficulties with concentration, emotional regulation, sleep quality, decision-making, and recovery after work. Over time, these difficulties may lead to emotional exhaustion and reduced professional effectiveness.

The results also demonstrate the importance of preventive interventions aimed at supporting psychologists' mental health. Strategies such as supervision, personal psychotherapy, mindfulness practices, stress-management techniques, peer support, and regular psychological self-care may help reduce anxiety levels and strengthen psychological resilience.

Overall, the findings presented in Figure 3 indicate that although the majority of psychologists demonstrate low or moderate levels of anxiety, a considerable proportion experience elevated anxiety

symptoms. These results highlight the importance of developing comprehensive psychological support programs that enhance emotional well-being, strengthen coping resources, and prevent the progression of anxiety into more severe manifestations of professional burnout.

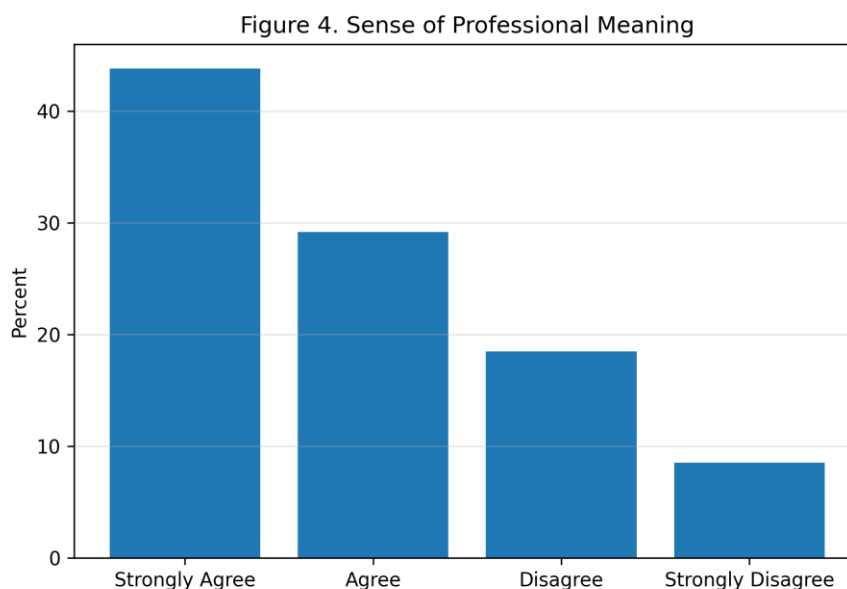


Figure 4. Sense of Professional Meaning

Figure 4 presents the distribution of respondents according to their perceived sense of professional meaning. This indicator reflects the extent to which psychologists view their professional activities as valuable, purposeful, and personally significant. In contemporary psychological research, a strong sense of meaning is considered one of the key protective factors against occupational stress and emotional burnout.

The results demonstrate that the largest proportion of respondents (**43,8%**) *strongly agreed* that their professional activity is meaningful and significant. In addition, **29,2%** of participants *agreed* with this statement. Therefore, a total of **73,0% of psychologists** expressed a positive perception of the meaning and value of their professional work.

These findings indicate that despite considerable professional challenges, emotional demands, and exposure to clients' psychological difficulties, most psychologists maintain a strong commitment to their profession. They continue to perceive their work as socially important and personally fulfilling. Such attitudes contribute to professional engagement, motivation, and resilience when facing occupational stressors.

At the same time, **18,5% of respondents** reported disagreement with the statement regarding the meaningfulness of their professional activity, while **8,5%** strongly disagreed. Consequently, approximately **27,0% of participants demonstrated** a reduced sense of professional meaning. This finding may indicate emotional fatigue, professional disappointment, decreased job satisfaction, or difficulties in maintaining motivation under prolonged stressful conditions.

From the perspective of Viktor Frankl's theory of meaning, individuals who perceive their activities as purposeful and valuable are more likely to demonstrate resilience in the face of adversity and stress. A strong sense of meaning enables professionals to interpret challenges as opportunities for growth rather than as threats, thereby reducing the negative psychological consequences of occupational demands.

The obtained results suggest that professional meaning functions as an important psychological resource that helps psychologists cope with stress and maintain emotional stability. Individuals who experience a high level of meaning in their work are generally more capable of sustaining professional motivation, preserving psychological well-being, and preventing the development of burnout symptoms.

Furthermore, the findings support contemporary models of occupational well-being, which emphasize that burnout prevention involves not only reducing professional stressors but also

strengthening positive psychological resources. A strong sense of purpose, professional identity, and commitment to helping others may significantly contribute to maintaining long-term professional effectiveness.

Overall, the data presented in Figure 4 indicate that most psychologists continue to perceive their profession as meaningful and socially valuable despite working in highly demanding conditions. This finding highlights the protective role of professional meaning as a factor that enhances resilience, supports psychological well-being, and reduces vulnerability to emotional burnout.

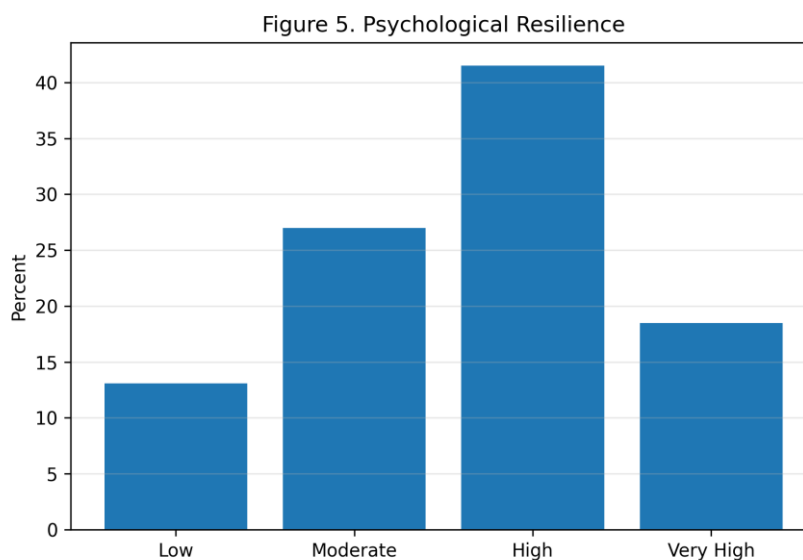


Figure 5. Psychological Resilience Among Psychologists

Figure 5 presents the distribution of respondents according to their level of psychological resilience. Psychological resilience is generally defined as an individual's capacity to adapt successfully to adversity, maintain emotional stability under stress, and recover effectively following challenging life circumstances. Within the context of psychological practice, resilience serves as a crucial protective factor that supports professional functioning and reduces vulnerability to emotional burnout.

The results indicate that the largest proportion of respondents (**41.5%**) demonstrated a **high level of psychological resilience**. In addition, **18.5%** of psychologists reported a **very high level of resilience**. Therefore, a total of **60.0% of participants** can be characterized as possessing strong adaptive capacities and substantial psychological resources for coping with occupational stress and uncertainty.

These findings suggest that the majority of psychologists participating in the study are able to maintain emotional balance despite demanding professional responsibilities and prolonged exposure to stressful situations. Such individuals are likely to demonstrate greater flexibility in coping with challenges, more effective emotional regulation, and a higher capacity for psychological recovery after difficult professional experiences.

At the same time, **27.0% of respondents** reported a **moderate level of resilience**. Although these individuals possess some adaptive resources, they may be more vulnerable to prolonged occupational stress and may require additional support to maintain their psychological well-being under highly demanding conditions.

Particular attention should be paid to the group of psychologists who demonstrated a **low level of psychological resilience (13.1%)**. This subgroup may be at increased risk of emotional exhaustion, anxiety, secondary traumatization, and burnout. Lower resilience levels may limit an individual's ability to cope effectively with professional stressors and recover from emotionally challenging situations.

The obtained results are particularly significant considering the contemporary social context characterized by war, uncertainty, economic instability, and increased psychological demands. Under such circumstances, resilience becomes a key factor enabling psychologists to continue providing effective support to clients while preserving their own mental health.

From the perspective of positive psychology, resilience is not merely a stable personality trait but a dynamic psychological resource that can be developed and strengthened over time. Research suggests

that resilience is associated with optimism, emotional self-regulation, adaptive coping strategies, social support, and a strong sense of purpose. Therefore, interventions aimed at enhancing resilience may significantly contribute to burnout prevention and professional well-being.

The findings also indicate that psychological resilience may function as a protective mechanism against the negative effects of professional overload and anxiety. This conclusion is supported by the correlation analysis, which revealed a negative relationship between resilience and burnout indicators. Psychologists with higher resilience levels tend to demonstrate lower emotional exhaustion and greater resistance to occupational stress.

Overall, the data presented in Figure 5 demonstrate that the majority of psychologists possess substantial psychological resources that support adaptation and professional functioning in challenging circumstances. Nevertheless, the presence of a subgroup with low resilience highlights the need for targeted preventive interventions, including supervision, personal psychotherapy, resilience training, stress-management programs, and the development of self-regulation skills. Strengthening these resources may contribute to improved psychological well-being, greater professional effectiveness, and long-term protection against emotional burnout.

Table 1.

Correlations Between Burnout, Anxiety, Depersonalization, Risk Factors, and Coping Resources.

	1	2	3	4	5
1. Burnout	1,00				
2. Anxiety	0,64	1,00			
3. Depersonalization	0,67	0,57	1,00		
4. Risk Factors	0,44	0,47	0,49	1,00	
5. Coping Resources	-0,49	-0,47	-0,59	-0,36	1,00

Table 1 presents the correlation matrix describing the relationships among the main variables of the study: burnout, anxiety, depersonalization, risk factors, and coping resources. Correlation analysis was conducted to identify the strength and direction of associations between the investigated psychological indicators and to gain a deeper understanding of the mechanisms underlying emotional burnout among psychologists.

The strongest positive correlation was found between *burnout and depersonalization* ($r = 0,67$). This result indicates that as emotional burnout increases, psychologists become more likely to experience depersonalization, which manifests as emotional distancing, reduced empathy, cynicism, and a detached attitude toward clients. The obtained finding is consistent with Maslach’s burnout model, according to which depersonalization develops as a psychological defense mechanism against prolonged emotional overload.

A strong positive relationship was also identified between *burnout and anxiety* ($r = 0,64$). This finding suggests that psychologists who experience higher levels of anxiety are more likely to demonstrate symptoms of emotional exhaustion and professional burnout. Persistent anxiety may contribute to emotional strain, reduce recovery capacity, and increase vulnerability to chronic occupational stress.

The analysis further revealed a moderate positive correlation between anxiety and depersonalization ($r = 0,57$). This relationship indicates that heightened anxiety is associated with a greater tendency toward emotional withdrawal and reduced emotional involvement in professional interactions. Such a pattern may reflect attempts to protect oneself from excessive emotional demands.

Moderate positive correlations were observed between *risk factors and burnout* ($r = 0,44$), *risk factors and anxiety* ($r = 0,47$), and *risk factors and depersonalization* ($r = 0,49$). These findings suggest that the accumulation of risk factors—including empathic overload, chronic stress, perfectionism, difficulties establishing professional boundaries, and excessive responsibility—contributes significantly to the development of burnout-related symptoms.

Particular attention should be paid to the negative correlations involving *coping resources*. The strongest negative relationship was found between *coping resources and depersonalization* ($r = -0,59$). This result indicates that psychologists who possess greater personal and professional resources are less likely to experience emotional detachment and cynical attitudes toward clients.

Similarly, negative correlations were found between *coping resources and burnout* ($r = -0,49$) as well as *coping resources and anxiety* ($r = -0,47$). These findings demonstrate the protective role of coping resources in maintaining psychological well-being. Resources such as supervision, personal psychotherapy,

social support, self-regulation skills, professional reflection, physical activity, and adequate recovery appear to reduce the impact of occupational stress and emotional exhaustion.

A weaker but still meaningful negative correlation was identified between *coping resources and risk factors* ($r = -0,36$). This result suggests that psychologists with stronger coping resources tend to experience fewer negative effects of occupational stressors and are more capable of managing professional challenges effectively.

Overall, the correlation analysis confirms that emotional burnout among psychologists is not an isolated phenomenon but rather a multidimensional process influenced by anxiety, depersonalization, occupational risk factors, and the availability of coping resources. The results support the assumption that burnout develops through the interaction of psychological vulnerability factors and protective resources.

The findings highlight the importance of strengthening coping resources and psychological resilience as key components of burnout prevention programs. Regular supervision, professional support, personal psychotherapy, and the development of adaptive coping strategies may play a crucial role in reducing emotional exhaustion, preventing depersonalization, and maintaining long-term professional effectiveness among psychologists.

Conclusions. The conducted empirical study revealed that emotional burnout is a significant issue among practicing psychologists working under conditions of social instability and uncertainty. The findings indicate a considerable prevalence of emotional exhaustion, professional overload, and elevated anxiety levels among mental health professionals. The results demonstrated that more than one-third of the respondents experienced high levels of emotional exhaustion, while nearly one-third reported substantial professional overload. Furthermore, a significant proportion of psychologists exhibited elevated anxiety levels, highlighting the negative impact of contemporary social challenges associated with war, uncertainty, and continuous emotional strain.

One of the most important findings of the study was the identification of the phenomenon of **empathic overload**, which manifests itself through excessive emotional involvement in clients' experiences, difficulties in maintaining psychological distance after counseling sessions, and persistent internal tension. The obtained data suggest that empathic overload may be considered one of the primary mechanisms contributing to the development of emotional burnout among psychologists.

At the same time, the study revealed the presence of considerable personal and professional resources among most respondents. High levels of perceived professional meaning and psychological resilience indicate that psychologists retain strong professional motivation, demonstrate adaptability to challenging working conditions, and maintain the effectiveness of professional interactions.

The correlation analysis confirmed the existence of statistically significant relationships between the main variables of the study. It was found that increases in professional overload and anxiety were associated with higher levels of emotional exhaustion. Conversely, psychological resilience and coping resources demonstrated a protective effect against the development of burnout symptoms.

The findings suggest that emotional burnout among psychologists is a complex multidimensional phenomenon influenced by a combination of professional, personal, and socio-psychological factors. The major risk factors include empathic overload, chronic stress, excessive professional demands, and heightened anxiety. In contrast, the primary protective resources include supervision, personal psychotherapy, professional support, self-regulation skills, psychological resilience, and a strong sense of professional meaning.

Therefore, the results of the study emphasize the necessity of developing and implementing comprehensive burnout prevention programs aimed at preserving psychologists' psychological well-being, professional effectiveness, and personal resources in the context of contemporary social challenges.

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