

## ABSTRACTS

UDC 19.947.5

*O.A Dneprova, A.R. Kogut*

### **THE ROLE OF INTRINSIC MOTIVATION IN PREVENTION OF EMOTIONAL BURNOUT**

The purpose of the article is to study theoretical views on the role of motivation in professional activities and, in particular, the meaning and functions of intrinsic motivation. In addition, the article considers labour peculiarities of socio-economic professions.

The article analyses approaches which study root causes of the problem and the development of the emotional burnout syndrome, as well as the structure and dynamics of emotional burnout. The emotional burnout syndrome is considered as the result of prolonged impact of stress, and it is a defense mechanism of the "helping" type professions, due to the specificity of labour – numerous emotional contacts with people. Existential psychology considers emotional burnout as a consequence of non-existential orientation to work, formal and not substantive motivation in professional work.

The study results based on the interrelation of intrinsic motivation with the level of emotional burnout have been described. The strength of inner motives correlates with the level of the emotional burnout syndrome development. Thus, intrinsic motivation can be considered as the factor which contributes to the burnout prevention.

*Key words: intrinsic motivation, extrinsic motivation, emotional burnout, emotional exhaustion, depersonalization, reduction of professional achievements.*