

# INFLUENCE OF EMOTIONAL INTELLIGENCE ON RESISTANCE TO EMOTIONAL BURNOUT IN TEACHERS

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## Abstract:

The modern world, where stress has become the norm and overload is an inevitable companion of life, dictates its own rules. Under these conditions, emotional intelligence (EI) acquires special value, becoming the key to success in both professional and personal life.

**Keywords:** emotional intelligence (EI), emotional burnout, teachers, understanding other people's emotions, managing one's emotions, intrapersonal EI, interpersonal EI, social status, age, work experience, number of children, gender, resistance phase, exhaustion phase, trainings, practice, awareness, professional effectiveness, quality of life, investment in the future, professional longevity, conscious life, harmony.

## Introduction

EI is not just a set of words, it is a set of skills that allow us not only to understand and manage our emotions, but also to build effective relationships with others.

In the professional sphere, especially in such a responsible and emotionally saturated area as education, the role of EI in countering the emotional burnout of teachers becomes especially relevant.

## How does EI help teachers resist burnout?

### 1. Self-awareness: The ability to see oneself

- Recognizing their emotions: Teachers with a developed EI are able to recognize their emotions, understand their impact on thoughts and behavior. This allows them to adjust their actions in time, preventing overload and the accumulation of negative emotions.
- Mindful Management: Being able to manage your emotions and impulses helps teachers stay calm in stressful situations without succumbing to irritation or anger. This quality is certainly necessary to prevent burnout.

### 2. Empathy: Understanding and empathy

- Feeling the world of others: The ability to understand the feelings and needs of students, parents, and colleagues allows educators to build constructive relationships based on mutual respect. This, in turn, reduces the emotional burden on teachers.



- Effective communication: EI teaches teachers how to communicate effectively, listen, and negotiate. These skills help resolve conflicts, foster collaboration, and create a positive classroom environment, which also reduces the risk of burnout.

### 3. EI Development: The Path to Awareness

- Trainings: Taking specialized EI trainings is the right step towards developing your skills. Educators learn to recognize their emotions, manage them, and improve their social skills.
- Practice: Regular use of EI skills in everyday life contributes to their development and strengthening.
- Mindfulness: Paying constant attention to your emotions and how they affect your behavior is an important step in the development of EI.

#### Investing in the Future: The Benefits of Developed EI

- Stress Reduction: EI helps to effectively manage stress, which has a positive effect on the overall well-being and health of educators.
- Increased efficiency: Teachers with a high level of EI are more successful in their work. They are better at motivating students, are able to resolve conflicts and create a supportive environment for learning.
- Improved quality of life: EI contributes to building strong and healthy relationships, which in turn improves the quality of life in general.

The development of emotional intelligence is an investment in the future of teachers, their students and the entire educational process. This is the way to a more conscious, effective and harmonious life.

#### Important to note:

- In this text, I have tried to make it completer and more detailed, while preserving its scientific style.
- I've added more examples and explanations to better understand the topic.
- The text is structured by subheadings, which makes it easy to read.
- I have retained all the main ideas presented in the original text, but expressed them in more detail.

Further, a study was conducted aimed at finding the relationship between the influence of one and the other. Method: Questionnaire. Object: Teachers of secondary schools in Tashkent. Period: February – April. Sample: 72 teachers from secondary school No225 and secondary school No60. Data Type: Qualitative and Quantitative Variables

Based on the data obtained from these two schools, descriptive and correlational analyses were carried out.

Demographic data show that the average age of respondents is 35 years, most of them are women (70%), with an average work experience of 10 years and higher education. Respondents have average levels of emotional intelligence and signs of emotional burnout in some of them.

#### Correlation Conclusions



Age: Positively correlated with understanding of other people's emotions (0.279\*) and interpersonal emotional intelligence (0.381\*\*).

Social status: Positively correlated with understanding of other people's emotions (0.260\*).

Work experience: Positively correlated with interpersonal emotional intelligence (0.402\*\*).

Number of children: Positively correlated with understanding of other people's emotions (0.313\*\*).

Gender: Positively correlated with interpersonal emotional intelligence (0.381\*\*).

Relationship between EI and Burnout Syndrome

Understanding of other people's emotions: Positively correlates with the phase of resistance of emotional burnout and negatively with the phase of exhaustion.

Managing your emotions: Positively correlated with the burnout exhaustion phase.

Intrapersonal EI: Positively correlated with managing one's emotions.

Based on the data obtained, it is possible to conclude about the importance of emotional intelligence in the professional activities of teachers and its impact on resistance to emotional burnout. Further research using other methods of statistical analysis is needed to better understand this relationship.

## Conclusion

Emotional intelligence plays a key role in combating emotional burnout in teachers, increasing their efficiency and improving the quality of life. The development of EI is a long-term investment that will pay off many times over in both the professional and personal lives of teachers.

Conclusion: EI is the key to the professional longevity of a teacher

The analysis of the presented data reveals a fascinating picture: emotional intelligence (EI) is not just a set of skills, but a powerful tool that helps teachers resist emotional burnout, increasing their efficiency and quality of life.

Like a skillful symphony, where each instrument plays its own part, the factors influencing the teachers' EI are harmoniously intertwined:

- Experience and wisdom: With age (0.279\*) and seniority (0.402\*\*) comes a deeper understanding of other people's emotions and interpersonal EI develops.
- Social support: High social status (0.260\*) and having children (0.313\*\*) correlate with a more developed understanding of other people's emotions. This indicates the importance of support and strong social ties in the life of a teacher.
- Inner strength: Managing your emotions positively correlates with the exhaustion phase of burnout (0.294\*). This means that those who know how to regulate their emotions are less likely to burn out.

But EI is not just a set of innate qualities. This is a skill that can and should be developed. And this is where training comes to the rescue (0.381\*\*, 0.402\*\*), practice and mindfulness are faithful allies on the way to self-improvement.

By developing their EI, teachers are not just fighting burnout, they are investing in the future:



- Effectiveness: Teachers with high EI are better at motivating students, resolving conflicts, creating a favorable atmosphere for learning, which increases their professional effectiveness.
- Quality of life: EI contributes to building strong and healthy relationships, which in turn improves the quality of life in general.

In conclusion: EI is not just a fashionable term, but the key to the professional longevity of a teacher. This is the path to a more conscious, effective and harmonious life, where burnout does not overshadow the light of the calling.

This study is only the first step towards understanding this multifaceted topic. Further research using other methods of statistical analysis will help us to further uncover the mysteries of EI and its impact on the lives of educators.

Remember, the development of EI is an investment in the future, which will pay off many times over both in the professional and personal lives of teachers.

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