

Professional Burnout of Lecturers in the Conditions of Distance Learning

Perizat Parmankulova , Zauret Kabylbekova, Amangeldi Saipov, Aliya Tlemissova, Talshyn Mustapaeva

PhD, director Department of scientific projects and programs M. Auezov South Kazakhstan University, Shymkent, Kazakhstan.

Dr. psych., Professor of the Department of Pedagogy M. Auezov South Kazakhstan University, Shymkent, Kazakhstan.

Doctor of Pedagogical Sciences Doctor of Pedagogical Sciences, Professor of the Department of Vocational Training M. Auezov South Kazakhstan University, Shymkent, Kazakhstan.

Vocational training Department M. Auezov South Kazakhstan University, Shymkent, Kazakhstan.

Vocational training Department, Ahmed Yasawi International Kazakh-Turkish University, Turkestan, Kazakhstan

[https://doi.org/10.35609/gcbssproceeding.2024.1\(40\)](https://doi.org/10.35609/gcbssproceeding.2024.1(40))

ABSTRACT

In this article, the professional burnout of lecturers in higher education institutions in the conditions of distance learning during the pandemic is considered. The social changes brought about by the pandemic have profoundly affected the well-being of faculty staff. The drastic change in the context of uncertainty, the transition from the face-to-face teaching style to distance teaching, significantly increased the stress of lecturers, which led to professional burnout. In this article the results of a study that determines the level and causes of professional burnout of lecturers of higher education institutions in the city of Shymkent of the Republic of Kazakhstan are presented. The obtained data showed that the majority of the respondents were in an ambiguous emotional state, the majority of the respondents had anxious tension, dissatisfaction with themselves, a feeling of being “locked in a cage”, and depression. It was also revealed that the majority have certain difficulties in their professional activities. To prevent professional burnout, a recommendation is given to properly distribute the load, not to strive for perfectionism. This study aims to contribute to research on the topic of well-being of faculty.

Keywords: professional burnout, distance learning, pandemic, stress.