

MENTAL HEALTH OF SPECIALISTS: NEW FRONTIERS FOR REGIONAL LABOR ECONOMICS

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The paper deals with the problem of mental health and the emotional and psychological capital of specialists. It is especially relevant in the modern society of information and communication technologies. Emotional well-being is an essential part of mental health. It should serve as the main criterion by which one can assess the state of society. The performance of professional duties is determined by the need to meet specific professional and communicational standards, leading to professional destruction or emotional burnout. The research of professional maladjustment, or the burnout phenomenon, and preferred coping strategies among social work specialists was conducted with the involvement of the employees of the Regional State Budgetary Institution "Social Protection Department of the city of Barnaul". Specialists inevitably face stressful situations in their professional life. Considering the peculiarities of the burnout syndrome and different coping strategies, we can identify the most effective ways to overcome such situations.

Keywords: coping strategies, social work specialists, professional destruction, coping behavior emotional burnout syndrome, stresscoping strategies, mental health of specialists

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