

Key words: case-study method, team work, education, development of creative abilities, multicultural world.

Петутина Е. А., Мищенко М. Н.

ИСПОЛЬЗОВАНИЕ КЕЙС-МЕТОДА В ОБРАЗОВАНИИ

Одним из современных интерактивных педагогических приемов является кейс-метод, который объединяет в себе ряд возможностей для теоретического и практического усвоения материала. Данный метод является актуальным для изучения гуманитарных дисциплин. Кейс-метод основан на коллективной работе студентов над совместным проектом. В статье приводится пример кейса, который используют преподаватели НТУ «ХПИ» в рамках курса «История и культура Украины».

Ключевые слова: кейс-метод, командная работа, обучение, развитие творческих способностей, поликультурный мир.

УДК 159:378

*Vlasova M. D.
Kharkiv, Ukraine*

THE INFLUENCE OF THE INTERNET ENVIRONMENT ON THE PROFESSIONAL BURNOUT OF STUDENTS AS THE PROBLEM OF THE MODERN WORLD

In the modern world, more and more people have encountered such moments, when the strength are fall in couple with the mood and desire to do anything. Sometimes, depends on the level of importance some work, for the period we can ignore our inner desires and needs, but over time it makes our condition even harder.

There are a number of conditions that interfere with effective human activity:

1. Bad mood without significant reasons for this and pessimism (decrease of the positive perception events, a tendency to formulate sad outcomes of certain events);
2. Procrastination(a person's tendency to postpone important and urgent things);
3. Frustration (psychological state that appear with the lack of expected results of effort because of the person`s disability to satisfy some specific goal or needs);
4. Forgetfulness of some ordinary things like names of someone or elements of routine;
5. Apathy (this condition looks like a defense mechanism of frustration and manifests itself as a

sense of detachment and indifference, losing volitional activity and desire to any kind of activity);

6. Insomnia or another sleep disturbance or chronically tiredness;

7. High level of anxiety and illness, if these are not a inherent state for the person;

8. Disappearance of the desire to communicate and cooperate not just with society, but even with the close people as friends and parents;

9. Person can lost appetite, start to be more angry, irascible and irritable.

There could be a lot of reasons for this condition as general, but the one of them can be the emotional burnout. The question of the nature and preventing this phenomenon was observable from the different sides and pointes of views. Eventually, scientists come to the decision that emotional burnout is a complex process which goes through several stages. Some scientists suppose that emotional burnout is the result of the prolonged stress factors, another that this is the kind of stress which also appears because of stress factors.

Emotional burnout - introduced by the American psychiatrist H.J. Freudenberger in 1974 for the characteristics of the psychological state of healthy people who are in intensive and close communication with clients, in an emotionally charged atmosphere when providing professional assistance [2]. Emotional burnout is the very actual topic in the modern world because no one can exactly understands all of factor which influenced the beginning of the appearance of this state as in a general vision as in the experience of particularly person or age and professional groups of people. But there are some conclusions of the statistic researches.

Firstly, it happened because of the people`s disability to understand when it is really too difficult for them to do anything which provokes long-term physical and moral fatigue as a result of a lack of strength required to meet the achievement of certain needs of any kind of activity. Unfortunately, our society have a lot of stereotypes on the topic of success and many people is more result oriented than the way to achieve the result and effort, expended on this. Because of the fact, that some people think that it is much more important to finish some work, they could try to do the best even by ignoring such mental and physiology signals as the tiredness, lack of motivation, loss desire to do the things which were very meaningful for the person, prostration, etc.

Secondly, due to the lack of detailed coverage of phenomenon of emotional burnout, that significantly affects the life of every person, quite often people cannot explain the reasons affecting changes in their state, thereby continuing to perform actions that can only aggravate the manifestations of depletion of moral and physical strength. In fact, when a person cannot explain something, it is much easier for him to ignore the fact of some problems and disturbances in his usual way of life. That is why many people prefer to ignore their deterioration of the statement to the recognition of the fact and attempts to analyze it, which in the early stages could have a much better outcome.

Thirdly, there is also the influence of the social factor on the emergence of a person's desire to hide his inability to be as socially useful as before. This may be because of the fact that a person, due to upbringing or the impact of other life circumstances, can develop qualities and patterns of behavior that do not allow him to let down his employees, spoil the mood of his loved ones, and show his weakness. This can be caused both by a factor influencing stereotypes and by the fear of disappointing himself by letting other people disappoint. In this case, this level of patience can only have a negative effect on a person and aggravates the likelihood of early recovery.

One of the modern factors, which may cause the emotional burnout, is the Internet [1]. From the one side, Internet can be a very useful aspect in the life of all people. Using the Internet can also bring inspiration to a person to develop and find ways of self-development and self-realization. Without Internet it is very difficult or almost impossible to often communicate with the relatives or friends who live in another country or isolated each other by such reasons as disaster, weakness or some unexpected and emergency circumstances. Also, it would be very unpleasant to loss the chance to find some important information as quickly as necessary and haven't the opportunity to realize what's going in our world from different sources. Also Internet can give the ability to express the feelings for those people who can't make it in another way because of inner isolation, for example, or to find a lot of like-minded person which can be very difficult in real life sometimes.

Really, there are a lot of advantages from the opportunity to use Internet in everyday life, but there are also not less disadvantages. It is impossible to deny the conclusions of the many medical researches which demonstrate that the Internet can be harm for the health of all people, especially for those who spend the most part of time by using it. These consequences include equally serious mental and physiology diseases.

From the physiology side, there may be such deviations as the deterioration in the quality of vision, sleep, tiredness quality, ability to relax. From the mental side there are even more disadvantages that from the physiology. Firstly, it is connected with the ability to reduce the level of a person's desire to interact and communicate with people in real life. Indeed, the most negative impacts, such as condemnation, contempt, disinterest, hurt the most during direct face-to-face communication with a person. Therefore, it is much easier to do this in such a way that allows not colliding directly with an object that irritates a person and avoids many negative elements of live communication.

That's why, a lot of scientists think that it is very difficult to deny the fact that it is much easier for most people to communicate and form a social environment precisely through the use of Internet resources, for example, such as social networks and other platforms that can give a person the opportunity to compensate the communication need. What could be the consequence of this?

In addition to the above negative aspects of the impact of the Internet on human life, it is important to highlight its influence on the occurrence of emotional burnout. Indeed, long-term using

of the Internet resources can cause a decrease in the productivity of workers in various fields, however, this issue most of all concerns students, since especially this age category is most inclined to spend a long time in online sources. There are some of the most common factors that provoke the appearance of this phenomenon in the student`s life.

Perhaps the most important of them is the presence of a huge stream of informational waste, namely those things that do not have informational significance for a particular person. In that case, since the psyche of students can be called not yet fully formed, the influence of many stereotypes can cause a distorted perception of themselves and their surrounding reality. Basically, this arises as a result of a combination of different points of view that can overlap the true desires and thoughts of a person, calling him to establish and follow certain patterns of behavior of an ideal person by losing one's own uniqueness and disrupting the process of achieving individual identity.

The Internet can cause an excessive amount of emotional stress due to the possibility of a discrepancy between visible reality and global events. This may happen of the presence of a huge number of global news sources, which sometimes can be more negative than real life. Also, the Internet provides a person with the opportunity to escape from reality, which in no way contributes to the formation of his inclination to overcome life difficulties and obstacles that arise in the process of individual development. Unfortunately, people attach great importance to many information resources, such as films and TV series, which moves them away from focusing on their own needs.

This condition is very difficult to be preventing, but there are some ways to try to do it. Since emotional burnout is a process that occurs over a long time period and has a staged nature of the accumulation of the impact of depressing factors, which, as a result, affect the general state of a person, the main factor contributing to the prevention of its occurrence is the systematic monitoring of the emotional state of a person. This can be achieved in several ways.

A very important aspect of preventing emotional burnout is to have regular good rest, which can help a person recover after prolonged emotional and physical stress. In addition to having adequate sleep, while resting, it is very important for each person to find their own specific way that helps him to relax and switch from a hard productive day. For the preventing emotional burnout can also help such activities as keeping a diary of emotions, formulating one's own identity and understanding the most important independent values and being clear about what you are doing and what it can do for you in the future. It is also very important to pay a lot of attention to the issue of encouraging meaningful achievements and allocating time according to the degree of need any kind of work, which can help to understand which industries is the most important to focus at the moment and how relevant it is in the situation of a particular person.

Список літератури: 1. Пьянкова Н. Г., Матвинюк В. М. Влияние глобальной сети

Интернет на психику подростков// Концепт. 2014.- Спецвыпуск №30.-ART 14858.- 0,3 п.л.
2. Freudenberger, H. (1974). Staff burnout. Journal of Social Issues, 30, 159-165. 3. Ana-Maria Cazan, Laura Elena Năstasă. Procedia - Social and Behavioral Sciences. Volume 180 – 2015- P. 1574 – 1578. 4. Jessic Peterka –Bonetta, Cornelia Sindermann, Peng Sha, Min Zhou, Christian Montag. Addictive Behaviors-Volume 89- February 2019- P. 188 – 199.

Bibliography (transliterated): 1. P'jankova N. G., Matvinjuk V. M. Vlijanie global'noj seti Internet na psihiku podrostkov// Koncept. 2014.- Specvypusk №30.-ART 14858.- 0,3 p.l.
2. Freudenberger, H. (1974). Staff burnout. Journal of Social Issues, 30, P. 159 – 165.
3. Ana Maria Cazan, Laura Elena Năstasă. Procedia - Social and Behavioral Sciences. Volume 180 – 2015- P. 1574 – 1578. 4. Jessic Peterka –Bonetta, Cornelia Sindermann, Peng Sha, Min Zhou, Christian Montag. Addictive Behaviors-Volume 89- February 2019- P. 188 – 199.

Vlasova M. D.

THE INFLUENCE OF THE INTERNET ENVIRONMENT ON THE PROFESSIONAL BURNOUT OF STUDENTS AS THE PROBLEM OF THE MODERN WORLD

The materials processed and indicated in this article are intended to represent studying the problem of the influence of Internet sources on the occurrence of emotional burnout in the age group of students, whose psyche is daily influenced by emotionally depressing factors, which may be the reason for the appearance of their physical and emotional exhaustion.

Keywords: emotional burnout, internet, students, procrastination.

Власова М. Д.

ВЛИЯНИЕ ИНТЕРНЕТ-СРЕДЫ НА ПРОФЕССИОНАЛЬНОЕ ВЫГОРАНИЕ СТУДЕНТОВ КАК ПРОБЛЕМА СОВРЕМЕННОГО МИРА

Обработанные и указанные в статье материалы направлены на изучение проблемы влияния интернет источников на возникновение эмоционального выгорания в возрастной группе студентов, психика которых ежедневно находится под воздействием эмоционально угнетающих факторов, которые могут быть причиной возникновения как физического, так и морального истощения.

Ключевые слова: эмоциональное выгорание, Интернет, студенты, прокрастинация.

Власова М. Д.

ВПЛИВ ІНТЕРНЕТ-СЕРЕДОВИЩА НА ПРОФЕСІЙНЕ ВИГОРАННЯ СТУДЕНТІВ ЯК ПРОБЛЕМА СУЧАСНОГО СВІТУ

Матеріали, оброблені та зазначені в цій статті, спрямовані на вивчення проблеми впливу Інтернет-джерел на виникнення емоційного вигорання у віковій групі студентів, на психіку яких щодня впливають емоційно пригнічуючі фактори, що може бути причиною появи в них фізичного та емоційного виснаження.

Ключові слова: емоційне вигорання, Інтернет, студентство, прокрастинація.

УДК 17: 321+574

*Пономарьов О. С.
м. Харків, Україна*

ДУХОВНІСТЬ І ВІДПОВІДАЛЬНІСТЬ ЯК ЧИННИК ГАРМОНІЗАЦІЇ ВЗАЄМВІДНОСИН ЛЮДИНИ І ПРИРОДИ

З появою людини на нашій планеті розпочався принципово новий етап еволюції природи, для якого протягом надзвичайно тривалого часу характерною рисою була їхня коеволюція. Людина як невід'ємна частина природи пристосовувалася до природних змін, використовуючи їх для себе і своєї життєдіяльності. Однак людина з її свідомістю і здатністю пізнання природи поступово почала так використовувати її можливості та ресурси, що це завдавало все більш відчутної шкоди природі. З цього часу в системі взаємовідносин людини і природи почала руйнуватися гармонія, характер їхньої еволюції все більше ставав конфронтаційним. І провина за цю ситуацію цілком лежить саме на людині. Її прагнення отримувати якомога більше від природи заради задоволення своїх постійно зростаючих потреб, їх ускладнення і розширення спектру відкрило перспективу поступового вичерпання природних ресурсів.

Швидкий розвиток продуктивних сил, розробка та використання все нових і нових технологій прискорюють цей процес. Водночас відбувається забруднення навколишнього природного середовища, яке вкрай негативно позначається на біосфері планети, в тому числі й на людині. Тим більш, що забруднюються всі середовища – поверхня планети, атмосферне повітря і ґрунтові води. Сьогодні півтора мільярди людей не мають доступу до чистої питної