

ANALYZE OF EMOTIONAL REGULATION STRENGTH, SPOUSE BURNOUT, PERCEIVED DAMAGE AND SELF-SACRIFICE SATISFACTION OF PSYCHOLOGICAL COUNSELORS AND SPECIAL EDUCATION TEACHERS

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Abstract

The aim of this study is to investigate the relationship between the emotional regulation difficulties, the couple burnout, perceived sacrifice harmfulness and satisfaction with sacrifice in psychological counselors and special education teachers, between the ages 25-45, working in İstanbul. Within the scope of the study, it is aimed to work with psychological counselors and special education teachers from professions with a high level of occupational worn out due to the incidents they are facing at work. A Toplam of 109 participants, including 86 psychological counselors and 23 special education teachers working in guidance research centers in İstanbul, in the guidance research centers and in schools, filled up the emotional regulation strength scale, spouse burnout scale, perceived damage scale and self-sacrifice satisfaction scale. The obtained data analyzed by linear multiple regression analysis in SPSS 16.0 program.

Keywords: Emotion regulation, perceived sacrifice harmfulness, satisfaction with sacrifice, couple burnout.