

Stress Level and Self-Esteem of Future Psychotherapists in Romania

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ABSTRACT

In the specific context of aspirants to the profession of psychotherapist, future specialists are preparing to provide support and solutions for those facing various psychological disorders and pressures. However, they are not immune to the harmful effects of stress on their own psyche. It is essential to ask how well these future Romanian psychotherapists are prepared to face this challenge and keep their self-esteem balanced in the face of professional demands. In the study we identified the main stressors and correlated the level of stress with the level of self-esteem. This research aims to directly analyze the relationship between the level of stress and the self-esteem of these emerging specialists. It is desired to examine the possibility that low self-esteem is correlated with an increase in stress levels and how this dynamic may influence their confidence and professional performance.

Keywords: analyze; confidence; dynamic; low-self-esteem; professional performance