

Müdigkeitsgesellschaft

Angst bei der Arbeit - Angst um die Arbeit Personalität in Schule und Lehrerbildung Müdigkeitsgesellschaft Rainer Gross Edwin Hübner Byung-Chul Han

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burnout und depression sind inzwischen weit verbreitete phänomene in der arbeitswelt doch meist geht ihnen eine lange geschichte voraus eine geschichte der angst viele menschen sorgen sich den ständig wachsenden anforderungen der beschleunigung und optimierung dem druck an allen fronten nicht mehr gewachsen zu sein sie haben angst vor dem scheitern vor exklusion sozialem abstieg vor kündigung oft fällt es schwer zwischen äußeren belastungsfaktoren und individuellen befindlichkeiten zu unterscheiden rainer gross analysiert die verschiedenen formen der angst in der arbeitswelt und hilft betroffenen die fähigkeit zur selbstreflexion zu stärken was sind innere muster die diesen ängsten zugrunde liegen was hat es z b mit dem zwang zum erfolg auf sich warum können sich manche menschen gegen überforderung besser wehren als andere und welche rolle spielt dabei die resilienz anhand von fallbeispielen und eines praxisteils bietet das buch betroffenen auch bewährte hilfstellungen z b zur selbststeuerungsfähigkeit zur achtsamkeit und empathie dennoch so rainer gross sei am ende die frage erlaubt reicht es wirklich unser verhalten zu ändern oder braucht es auch eine andere arbeitswelt

soziale und technologische veränderungen stellen auch in der pädagogik scheinbare sicherheiten in frage welche bedeutung kommt etwa lehrerinnen in zeiten digitaler lernhilfen noch zu vor dem hintergrund von phänomenen wie sozialer beschleunigung ökonomisierung und digitalisierung gehen die autorinnen der relevanz der lehrerpersonalität in der pädagogischen beziehung nach und untersuchen die

voraussetzungen und möglichkeiten der persönlichkeitsentwicklung in der lehrerbildung aus unterschiedlichen perspektiven werden dabei grundlagen aspekte und möglichkeiten einer personalen pädagogik skizziert und diskutiert

derzeit vollzieht sich unbemerkt ein paradigmenwechsel die gesellschaft der negativität weicht einer gesellschaft die von einem Übermaß an positivitàt beherrscht ist ausgehend von diesem paradigmenwechsel zeichnet han die pathologische landschaft der heutigen gesellschaft zu der neuronale erkrankungen wie depression aufmerksamkeitsdefizitsyndrom borderline oder burnout gehören sie sind keine infektionen sondern infarkte die nicht durch die negativität des immunologisch anderen sondern durch ein Übermaß an positivitàt bedingt sind so entziehen sie sich jeder immunologischen technik der prophylaxe und abwehr hans analyse mündet am ende in die vision einer gesellschaft die er in beabsichtigter ambivalenz müdigkeitsgesellschaft nennt

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