Individual factors that cause professional burnout syndrome in social workers, employed in community rehabilitation centre for addictive diseases

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Objectives

Research object is individual factors that cause professional burnout syndrome in social workers, employed in community rehabilitation centres for addictive diseases. The aim of the article is to reveal individual factors that cause professional burnout syndrome in social workers, employed in community rehabilitation centre for addictive diseases. Tasks: 1) to provide theoretical assumptions about individual factors that cause professional burnout syndrome; 2) to reveal individual factors that cause professional burnout syndrome in social workers, based on experiences of social workers, employed in community rehabilitation centre for addictive diseases.

Materials and Methods

Research methods: academic literature analysis, document analysis, qualitative research type was chosen for the study. In the study, the method of a semi-structured interviews quality (content) analysis, summarizing method was used.

Results

Empirical research revealed that individual factors that cause the occurrence of professional burnout syndrome in social workers, employed in community rehabilitation centres for addictive diseases, are related to employees' feelings of inferiority and an excessive imposition of requirements on themselves (distrust, self-devaluation; feeling of guilt; lack of self-evaluation skills and an excessive imposition of requirements on oneself); to personal qualities (too much: empathy, attachment to clients or doubts about the meaning of work); individual factors related to the environment (having nobody to talk to about problems, inability to change the environment, prolonged stress, narrowing of interests outside work, and forced abandonment of activities that previously preventively helped to combat professional burnout syndrome)

Conclusions

Individual factors related to clients (collapse of hopes to help the client and exaggerated responsibility of the social worker for the client's life). Participants of the research became "inaccessible" to family members, were unable to distance themselves from work stress (worries outside work, obsessive thoughts that hinder dissociation from work, inability to relax, use of free time for work activities); felt a lack of general and professional competencies.