

### **Occupational burnout in caregivers working in care homes in Poland**

**W**e approach the problem of occupational burnout and the specificity of the profession of caregiver in our presentation with emphasis on the predictors of psychophysical exhaustion and work disappointment. The study part involved seventy seven employees of nursing homes and social welfare homes, sixty four women and thirteen men with different levels of education from different towns with a diverse population and the average age of participants were 38.76 years. Caregivers are understood as professionals, not dependent families. General hypothesis was verified, according to which among the carers of dependents there is a varied level of burnout syndrome dependent from the tested correlates. We verified three detailed hypotheses regarding the relationship between occupational burnout and its selected correlates like sociodemographic factors, a sense of loneliness and stress. The results obtained confirmed general hypothesis about the occurrence of a differentiated burnout syndrome among the caregivers of dependents and also hypotheses regarding the association of occupational burnout with the feeling of loneliness and stress. It

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