

Abstract

Burnout syndrome is a topic studied since the 1970s with increasing vigour and interest. This phenomenon, characterised in particular by mental and physical exhaustion, negative feelings related to the workload and environment, or general apathy, is primarily associated with workers in the helping professions. However, to date, there has not been a single research study on burnout in short-term foster carers. Therefore, the empirical part of the thesis presents research targeting the experiences of this vulnerable group in the Czech Republic, mapping the current status, risk factors and possible prevention of burnout syndrome. The research uses a qualitative design and the method of semi-structured interviews. Despite the methodological limitations of the study, the results show that despite minor variations in personal opinions, there is rather a consensus among the respondents regarding the perceived risks of burnout syndrome. This suggests that burnout syndrome in transient foster carers is a promising area for further research and a topic for stimulating discussion.

Key words: burnout syndrome; foster family care; short-term foster carers