

Abstract

The topic of this diploma thesis is the issue of burnout syndrome in correlation to meaningfulness and interpersonal values in a population of general nurses at psychiatric wards and subsequently in the population of unemployed people.

Main goal of this research was to determine the degree of correlation between meaningfulness and individual dimensions of burnout syndrome and to identify which interpersonal values correlate with individual dimensions of burnout syndrome in a positive or negative way.

Theoretical part of this thesis is devoted to definition of burnout syndrome, meaningfulness and interpersonal values.

For empirical part of this research we have used Maslach Burnout Inventory recognizing the degree of burnout syndrome in following dimensions: emotional and physical exhaustion, depersonalization and personal accomplishment.

Furthermore, Scale of life meaningfulness (Škála životnej zmyslupnosti) has been used to assess a degree of meaningfulness and SIPO inventory to assess interpersonal orientation and values.

Results of this study prove the relation between burnout syndrome and meaningfulness. The degree of meaningfulness shows statistically significant positive relation to personal accomplishment and negative relation to degree of emotional exhaustion and depersonalization. Manifestation of dominance and manifestation of altruism have been identified as protective factors to burnout syndrome. Values of requiring recognition and understanding as well as manifestation of conformity have been identified as risk factors.

Key words: burn-out syndrome, meaningfulness, values, nurses, unemployed people