

Abstract:

The first part of this thesis is focused on the literature review that is concerned with Burnout syndrome. The work analyses the development of the burnout concept from the early start in 70th of the 20th century till present-day.

It covers major topics that include the definition of the Burnout Syndrome, the difference among Burnout Syndrome and other mental states, signs, symptoms, diagnostics and phases of the Burnout Syndrome and last but not least the analysis of the factors, that contribute to formation of the Burnout Syndrome. The factors are divided into two categories, the first are external and the other are internal.

The second part of thesis consists of the empirical research. The research examines the difference in coping with Burnout Syndrome between the two groups, where the first group represents psychiatrists, psychologists, psychotherapists who work with clients and the other group, that represents IT specialists, who minimally need to deal their job with people. The empirical part provides the differences between scores of these two groups in SMBM (Shirom-Melamed scale), LET (Life Engagement Test) and ICL (Interpersonal Check List). The goal of this part is to test assumption, that claims the relationship among Burnout Syndrome and intrapsychic or interpersonal context.

Keywords:

Burnout Syndrome, Shirom-Melamed Burnout Measure (SMBM), Life Engagement Test (LET), Interpersonal Check List (ICL), different work categories.