

12th International Conference on

Alzheimer's Disease & Dementia

October 29-31, 2018 | Valencia, Spain



Magdalena Turek

Care Homes Zapiecek, Poland

Occupational burnout in caregivers working in care homes in Poland

We 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 was also possible to confirm partially the validity of the hypothesis regarding the relationship of occupational burnout (in relation to some predictors) with sociodemographic factors such as age, place of residence and marital status. In contrast to most studies on occupational burnout conducted in our country, our work showed that caregivers living alone complain less about the lack a sense of professional effectiveness and psychophysical exhaustion than people in relationships.

Biography

Magdalena Turek experienced manager with a demonstrated history of working in care homes for the elderly who suffer Alzheimer's disease and dementia. A specialist in the field of Alzheimer care with relentless curiosity, intellectual and creative personality. Strong professional with a Master's degree in Psychology from SWPS University of Social Sciences and Humanities, BA (Hons) degree in Tourism Management from Bournemouth University and course in Psychology of Addiction from Oxford University. Member of British Psychological Society BPS.

magdazapiecek@gmail.com

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