

ABSTRACT

The aim of the dissertation was to identify the specificity of professional burnout among professional probation officers and to assess the possibility of using the mindfulness method in the prevention of this phenomenon. Solving the main research problem required determining the level of professional burnout among probation officers, defining what sociodemographic factors significantly correlate with professional burnout, what opinions on the mindfulness method are expressed by people practicing mindfulness and how their level of mindfulness changed as a result of this experience. The research was carried out in two stages. In the first stage the level of professional burnout was diagnosed and the opinions of probation officers regarding the phenomenon were recognized. The second stage allowed for the assessment of changes in the level of mindfulness of the respondents as a result of practicing mindfulness. The project used survey research methods: in the first stage of the study 503 respondents participated, in the second stage - 19 people. The research technique was a questionnaire. The research tools were original survey questionnaires and standardized psychological tools: Oldenburg Burnout Questionnaire (OLBI) - Polish adaptation by T. Chirkowska-Smolak and Freiburg Mindfulness Inventory (FIU-14) - Polish adaptation by S. Radoń. The project used a two-factor concept of burnout according by E. Demerouti et al. - creators of the OLBI tool. The obtained results showed a high level of exhaustion and a moderate level of disengagement of probation officers, and proved the relationship between the dimensions of professional burnout and sociodemographic variables such as: seniority in probation, gender, and probation department. The data obtained from the second stage of the study showed that through the mindfulness practicing the following increased: the level of mindfulness of probation officers, the degree of coping with stress at work, and the degree of distancing from work. The vast majority of study participants assessed the mindfulness method as useful for dealing with symptoms of burnout. The inspiration for taking an interest in the issue of burnout among professional probation officers was own professional experience of the author.