

## **Abstract**

This diploma thesis explores the effects of social work on a social worker. The goal of this thesis is to describe the effects regarding the worker's life and experience in depth.

The theoretical part of this paper is compiled of four parts. The introductory part explicates the definition of social work and the characteristics of a social worker. The following chapter deals with the role as well as the responsibilities of a social worker in their professional life; in addition, some potential risks a social worker may experience in their line of work are presented. Next, the private life of a social worker is explored in connection with their profession. Finally, work-life balance and psychohygiene are delved into as preventative measures, which should be implemented at, as well as outside of work.

The practical part of this paper is qualitative research, specifically, a semi-structured interview; in other words, an interview composed of open-ended questions was conducted with several social workers from a reception centre. The resulted data was analysed through coding techniques and delineated according to the theory explored in the first part of this paper.

The results show that social workers have experienced and continue to experience changes in their lives which would not have possibly happened had they had a different profession. These changes are individual in nature and influenced by several factors. Additionally, the results indicate that social workers' lives are prone to change as a direct result of a negative experience in the workplace. All of the interviewees stated they had had a at least one negative experience while working. Furthermore, it has been indicated that the effect of social work on the lives of social workers is not always negative.