

Abstract

This dissertation presents a description of the concept of the formal caregiver's burden (for the purposes of this thesis it is the profession of a professional caregiver in direct care in a nursing home) and their possible measurement through the chosen theoretical and methodological tools. One of the research aims is to explore the characteristics of the formal caregiver in nursing homes in the Czech Republic, which may entail potential burden, stress and other attributes affecting the quality of work life.

The dissertation is divided into a theoretical and empirical part. In the theoretical part, the basic terms such as formal caregiver and formal caregiver burden are first defined and characterised, which sets the chosen subject in a theoretical-conceptual framework. It is followed by a detailed description of the Perceived Stress Scale (PSS), the Areas of Worklife Survey (AWLS) and the Professional Care Team Burden (PCTB) measuring instruments, which form the core element of the used methodology. The empirical part describes the quantitative research that was conducted in the beginning of 2022. 424 respondents, professional caregivers in nursing homes, participated in the given research.

Data analysis yielded validation and reliability of the PCTB scale, which was one of partial goals of the dissertation, as a suitable measurement tool for assessing the formal caregiver burden in the Czech Republic. The implications of this tool have overlap especially in its practical benefits, where they can serve as a first step towards a dialogue for improving the working environment, both as a primary basis for management intervention and as a measurement tool for comparison between Czech and international long-term care providers. The data analysis has also answered the research questions. These questions were explored through the proposed operational hypotheses, which pointed to certain variables that may approximate the perceptions of formal caregiver burden.

The final part of the thesis summarises and discusses the research findings. Thus, the results obtained present new insights into a not yet explored area of the burden of formal caregivers and may, among other things, contribute to raising awareness of this indispensable profession in the field of social work.

Key words

PCTB Scale, formal caregiver, professional caregiver, nursing home, burden, workload, stress, quality of work life