

Abstract

The bachelor thesis deals with professional self-care and self-care in general from the perspective of social workers. The aim is to clarify the function and influence of self-care on social workers working in hospice care, to give an insight into what workers perceive as burdens in the exercise of their profession.

The theoretical part first defines the basic concepts that are used throughout the thesis. Then, the areas of self-care and professional self-care are introduced in more detail in the context of ethics, as well as the risks of the absence of self-care.

The practical part deals with qualitative research, which was conducted using the method of semi-structured interviews with social workers employed throughout the Czech Republic. The aim was to find out how they approach self-care and how their employer facilitates it. In order to gain a better understanding of the respondents, the specifics of social work in hospice care were first identified and then further worked with. The method of data analysis was thematic analysis.

The results showed that respondents were more general about self-care and perceived risks of neglect. In particular, respondents mentioned administration and limited capacity of the hospice facility as burdens.