

Subject card

Subject name and code	Stress and burnout of the uniformed services - lecture, PG_00132834						
Field of study	Criminology						
Date of commencement of studies	October 2024	Academic year of realisation of subject			2025/2026		
Education level	Master's studies	Subject group			Optional subject group		
Mode of study	full-time studies	Mode of delivery			at the university		
Year of study	2	Language of instruction			Polish		
Semester of study	3	ECTS credits			1.0		
Learning profile	academic	Assessment form			credit		
Conducting unit	Faculty of Law and Administration -> Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		dr hab. Artur Ziółkowski				
	Teachers		dr hab. Artur Ziółkowski				
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	20.0	0.0	0.0	0.0	0.0	20
	E-learning hours included: 0.0						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	20		0.0		5.0	25
Subject objectives	To familiarize students with the mechanisms of the phenomenon of professional burnout; to illustrate the most typical symptoms; to familiarize with the specifics of professional burnout in uniformed formations; to provide practical tips for diagnosing and intervening with professionally burned-out people and applying preventive measures.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[KRYMMU2_UW01] The graduate utilizes theoretical knowledge in the field of criminology and the related scientific disciplines to analyze and interpret problems connected with widely understood crime	Upon completion of the course, the student is able to: Work independently with people affected by burnout syndrome, Care for the proper recovery process, Show creativity in determining methods of intervention, Demonstrate responsibility for the results of preventing professional burnout.	[SU4] test/exam - oral or written
	[KRYMMU2_WG01] The graduate demonstrates widened knowledge about legal science and related penal sciences, their the place in the system of sciences and mutual relation	Upon completion of the course, the student is able to: Compare selected concepts of occupational burnout, Detect individuals with occupational burnout syndrome, Identify stages and levels of burnout, Diagnose at-risk individuals and individuals with an identified problem of occupational burnout, Select methods of psychological intervention.	[SW4] test/exam - oral or written
	[KRYMMU2_KK01] The graduate is aware of the level of his/her knowledge and skills, and also understands the need of lifelong learning	Upon completion of the course, the student is able to: Define the phenomenon of professional burnout, List the main concepts explaining professional burnout, Describe the factors determining the burnout process, Characterize the consequences of professional burnout.	[SK4] test/exam - oral or written
Subject contents	<p>Ways of defining the phenomenon of professional burnout. Mechanisms of burnout and causes of its occurrence - selected models of professional burnout. Individual factors of burnout, social factors of burnout, organizational factors. Psychosocial determinants and correlates of professional burnout, psychological correlates of professional burnout syndrome - empirical studies. Course of the burnout process - stages and levels of professional burnout. Symptoms of burnout - behavioral, physical, interpersonal, attitudinal. Characteristics of sources of occupational stress in uniformed formations. Methods of measuring professional burnout. Strategies for intervention and prevention of professional burnout.</p>		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	Written exam: test	51.0%	100.0%
Recommended reading	Basic literature	Sęk, H. (1996). Wypalenie zawodowe. Psychologiczne mechanizmy i uw Tucholska, S. (2003). Wypalenie zawodowe u nauczycieli. Psychologicz Wydawnictwo KUL.	
	Supplementary literature	Babińska, B. (2005). Wpływ stresu pracy mundurowych na funkcjonowa Legionowo: Centrum Szkolenia Policji. Korczyńska, J. (2004). Temperamentalne czynniki ryzyka wypalenia zaw Osobowość a stres ekstremalny. Gdańsk: GWP. Ogińska- Bulik, N. (2006). Stres zawodowy w służbach ratowniczych. Łódź, WSHE Ogińska-Bulik, N. (2009). Stres zawodowy u policjantów. Źródła - konsekwencje zapobieganie. Łódź, WSHE. Olech, A. (1999). Wypalenie zawodowe. Remedium 2. Piotrowski, A. (2010). Stres i wypalenie zawodowe funkcjonariuszy Służ Truszczyński, O., Konopka, L., Sikora, K., Rakowski, A., Kosiorek, L. (re wykonujących zadania w warunkach ekstremalnych. Warszawa, Warsza Wojsku.	
	eResources addresses		
Example issues/ example questions/ tasks being completed	<p>What are the stages of occupational burnout?</p> <p>Organizational determinants of occupational burnout</p>		
Work placement	Not applicable		

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