

Abstract

Background. The ability to empathize and interact empathetically is considered a key skill for doctors. There is an assumption that helping professions possess a strong capacity for empathy, and junior doctors, in particular, can easily empathize with others. However, recent opinions suggest that, under the pressure of time constraints and administrative burdens, junior doctors are becoming mechanized, devoid of empathy. Empathy involves the ability to understand the inner world of others, and in this context, we are also interested in junior doctors' relationship with themselves. In recent years, the concept of self-compassion has emerged, encompassing how individuals respond to their emotional distress, suffering, or failures, how they cognitively understand them, and the attention they give to these aspects. Self-compassion may represent a healthy form of self-relating, and this study aims to investigate its presence among junior doctors. In the medical work environment, references to burnout are common, suggesting an individual's inability to function fully. This difficulty significantly disrupts the quality of life for junior doctors, resulting in decreased work performance and a decline in the quality of patient care. Given the high pressure for perfectionism and the inability to make mistakes in the medical profession, efforts to prevent burnout or mitigate its effects are not surprising. One of the strategies under investigation is the development of self-compassion. *Aims:* This thesis aims to theoretically analyze and subsequently empirically verify the assumed relationships between empathy, self-compassion, and burnout syndrome among junior doctors. *Data and Procedure:* Seventy-five adult respondents completed an online questionnaire consisting of demographic questions, the Jefferson Scale of Empathy for Doctors (JSPE-HP), the Sussex-Oxford Self-Compassion Scale (SOCS-S), and the Maslach Burnout Inventory - Human Services Survey (MBI-HSS). *Statistical Analysis:* Statistical analysis was conducted using the Jamovi program, providing descriptive statistics and Pearson correlation coefficients. *Results:* Findings from the research section indicate statistically significant correlations between empathy, self-compassion, and the level of burnout among the studied group of junior doctors. *Limits:* The research project primarily utilized self-report questionnaires, and participant selection was based on voluntary engagement through self-selection. The researcher was not present during the completion of the questionnaires.

Keywords: Junior doctors during preparation for a postgraduate specialty, Empathy, Self-Compassion, Burnout