

# BEZPIECZEŃSTWO

## TEORIA I PRAKTYKA

*Security. Theory and Practice* [*Bezpieczeństwo. Teoria i Praktyka*] journal has been issued since 2007 (the first volume came out under the title of *Security Issues*). The periodical deals with three disciplines: security studies (main discipline), political and administration studies, and management and quality studies (additional disciplines). The papers published in the journal focus on broadly understood security, emergency response measures, information protection, and security management.

You are kindly invited to take part in the call for papers for Volume 4 of 2022, entitled **“Stress and Burnout in Uniformed Services”**, edited by Prof. Sławomir Mazur,<sup>1</sup> and Prof. Monika Ostrowska.<sup>2</sup>

The Editorial Board accepts papers in the discipline of security studies, previously unpublished, of a theoretical (conceptual) nature and of theoretical and empirical nature. Authors may publish their papers in English (preferred), German, and Russian.

Studies dealing with the issue of stress, experienced by nearly all employed individuals, in particular those representing uniformed services, have been continuously conducted by numerous authors for many years. They include both stress-inducing factors, stress reaction conditions, ways of coping with stress, as well as its consequences. The above theme has found its permanent place in contemporary times, especially as we are dealing with the state of epidemic, migration-related threats, and growing scale of other crisis situations – and to the increase in financial outlays allocated each year for the elimination of their outcomes.

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<sup>1</sup> Prof. Colonel Sławomir Mazur, PhD, Dean of the Faculty of Security Studies at the Andrzej Frycz Modrzewski Krakow University (KAAF), Member of the Editorial Board of “Security. Theory and Practice”

<sup>2</sup> Monika Ostrowska, KAAF Professor, PhD, Vice Dean of the Faculty of Security Studies at the Andrzej Frycz Modrzewski Krakow University, one of the subject editors of “Security. Theory and Practice” since 2021. Author of numerous publication on stress and burnout.

“The process of a stress reaction, having both an indirect and direct nature, diagnosed in a vast share of employees, proves a strong correlation between body and mind.”<sup>3</sup> Numerous studies also show that stress has a growing influence on the development of most diseases. The daily issues which employees need to face, including the requirements imposed by employers regardless of the profession being practised, are related to psychosocial work conditions. The observations of stressful situations among employees occupying various positions (in particular in uniformed services) prove that such persons are not able to adapt to given circumstances, and their resilience resources are being gradually depleted. Consequently, this might lead to the failure of an individual’s adaptive system, and to health disorders.

The phenomenon of stress continues to be the focus of numerous studies, and on their basis a conclusion can be made that presently most employees see their workplace as an organisation where they experience stress-inducing factors in the greatest extent. Statistical data confirms that an average employee spends 41 hours a week fulfilling their work obligations, i.e. at least a third of their day.<sup>4</sup> Research results prove that young people spend most of their time working, while their family and social life is organised around work, which means that they resign from their own needs and values for the sake of work. Data from recent years shows that a third of employees working in key industries have symptoms of stress, and due to excessive burden of stress, they were absent from work for 40 million working days in total. The growing phenomenon of stress has harmful implications both from the perspective of employees’ performance, health and well-being, and organisational effectiveness. Employers should be able to notice aggravating stress in their organisations and avoid such situations, thus protecting their employees against the negative effects of stress in their workplace. Institutions which are responsible for employees’ physical and mental health play an important part in such cases. Such institutions are meant to counteract emerging threats resulting from employees’ exposure to various types of stressors, including in particular psychosocial factors in the workplace.

Most studies of burnout conducted in Poland and worldwide so far were focused on such professions as medical staff, teachers or therapists. Around 3,000 items concerning burnout can be found in the EBSCO psychology database, out of which only several dozen publications discuss uniformed services. It is similar in respect of Polish literature on the subject.

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<sup>3</sup> N. Ogińska-Bulik, M. Kaflik-Pieróg, *Stres zawodowy w służbach ratowniczych [Occupational Stress in Emergency Services]*, Wydawnictwo Akademii Humanistyczno-Ekonomicznej, Łódź 2009, p. 12.

<sup>4</sup> A. Grygorczuk, “Pojęcie stresu w medycynie i psychologii” [“The Notion of Stress in Medicine and Psychology”], *Psychiatria*, vol. 5, no. 3, 2008, p. 111–115

***Security. Theory and Practice 2022, No. 4. “Stress and Burnout in Uniformed Services”.***

The main themes of the volume entitled include:

- the identification of contemporary security threats,
- the identification of contemporary security threats affecting soldiers and the staff of the Armed Forces,
- stress and burnout among Police officers,
- stress and burnout among the officers of the State Fire Service and Voluntary Fire Brigades,
- stress and burnout among Border Guard officers,
- stress and burnout among Prison Service officers,
- PTSD among soldiers,
- management of stress and burnout,
- the psychological concepts of burnout,
- the effectiveness of risk management mechanisms in respect of stress,
- preventive measures related to the risk of stress and burnout,
- work ethics in contemporary world, and work-related stress and burnout.

**Technical requirements:**

<https://btip.ka.edu.pl/instruction-for-authors/>

Please attach a signed author's/authors' statement to your paper (in pdf format):

<https://btip.ka.edu.pl/doc/contributors-statement.pdf>

**Submission (with the paper's working title): by April 30, 2022**

**Complete paper (electronic version only) should be sent by June 30, 2022**

Authors are not charged any fees for the publication of their articles.

Subject editor responsible for Volume 4 of *Security. Theory and Practice*  
Sławomir Mazur  
e-mail: [smazur@afm.edu.pl](mailto:smazur@afm.edu.pl)

Articles should be sent to the address of the Editorial Board's secretary:  
Kamil Jurewicz  
e-mail: [kjurewicz@afm.edu.pl](mailto:kjurewicz@afm.edu.pl)

We are looking forward to cooperating with you.