

## Abstract

**Introduction:** Numerous studies address the mental health of the Polish population. Significant attention, particularly following the COVID-19 pandemic, has been devoted to the mental condition of teachers in Polish schools. Unfortunately, little attention is still paid to the mental well-being of school vocational counselors, who play a crucial role in supporting young people in designing their educational and professional careers. The doctoral candidate's professional counseling experience and practice indicate that this is a significant issue requiring research in this area. This study aims to assess the sense of self-efficacy, the level of resilience, the level of occupational burnout, and the general mental well-being among school vocational counselors, and subsequently to formulate recommendations relevant to the development of professional support strategies and well-being within this occupational group.

**Method:** The study was conducted in 2024 among 105 school vocational counselors using four questionnaires: Carol Ryff's Psychological Well-Being Scales (polish adaptation by Ciecuch and Karaś), The Oldenburg Burnout Inventory (OLBI) (polish adaptation by Chirkowska-Smolak), The Scale of Self-Efficacy and the Counseling Process (SSWPD) by Bańka, and The Resilience Measurement Scale (SPP-25) by Ogińska-Bulik and Juczyński. Additionally, a demographic survey was prepared concerning gender, age, education, total length of service, length of service as a school vocational counselor, and the type of school where the respondent is employed.

**Results:** The obtained results indicate that the higher the respondents' level of perceived self-efficacy, the less exhausted and more engaged in their work they were. Counselors with a higher level of resilience experience burnout syndrome significantly less frequently. School 5

vocational counselors experiencing higher levels of occupational burnout demonstrate a lower level of general mental well-being, whereas resilience was found to have an impact on the general mental well-being of school vocational counselors.

**Discussion:** The results confirm the validity of conducting research related to self-efficacy, resilience, occupational burnout, and mental well-being among school vocational counselors. The conducted study provides significant conclusions regarding factors affecting the well-being and professional functioning of school vocational counselors. Perceived self-efficacy and the level of resilience act as a resource, protecting against exhaustion and strengthening work engagement.

**Keywords:** school vocational counselor, mental well-being, occupational burnout, self-efficacy, resilience