

## **ABSTRACT**

This bachelor thesis takes focus on the burnout syndrom prevention among pedagogic staff in selected primary and high schools. The theoretical part deals with the concept of the burnout syndrom, its causes, phases, risk of its occurrence and last but not least whether the burnout syndrom is a disease or not. The importance of social support and preventive precaution against potential occurrence of the burnout syndrom is also mentioned in this part of the thesis.

The practical part is realized through a quantitative research collecting its data in a questionnaire, addressed to pedagogic educators in selected primary and high schools. The receieved data is formed into a graphic illustration. The questionnaire data analysis has shown that the length of pedagogical practice could be in relation to a possible threat of the burnout syndrom. The research results has shown that the most threatened are pedagogues whose practice has lasted for at least 16 years. The survey research has also revealed that almost one half of the respondents experience to be under a threat of the burnout syndrom or perceive themselves to undergo its implications already.

Discussion, recommendation and conclusion are another parts of the practical section. Recommendation takes focus on the pedagogues themselves, needs of awareness about the burnout syndrom issue and its causes. According to the data comparisons, most educators are under high administrative pressure, therefore a suggestion is proposed to employ at least one extra employer to deal with all the administrative work and thus make it more comfortable for others.

## **KEYWORDS**

Burnout syndrome, Teacher, Stress, Prevention, Working load