

ABSTRACT

The author explores the issue of burnout syndrome and its prevention in pedagogical professions. The main objective is to find out what precautions are used by pedagogical staff to protect themselves against the development of this syndrome.

The presented work consists of two parts - theoretical and practical. In the theoretical part, stress is defined as the main factor and its effect on human health is described. The characteristics of the burnout syndrome, which includes selected etiopathogenetic and protective factors, follow. The practical part of the diploma thesis surveys the percentage of incidence of burnout syndrome in the target group. It also examines the behavior of respondents in the field of burnout prevention. The survey was performed out by using a quantitative research method – a questionnaire. The results proved that in the area of prevention the most important aspect for the teaching staff is social support and affiliate relationships at the workplace. These factors help them to cope with the higher workload that is typical for the so-called helping profession. The analysis also revealed that burnout syndrome occurred in nearly one third of the respondents and it correlated with the level of perceived prestige of the teaching profession.

At present, burnout syndrome is a frequently discussed term. The reason for this is that the modern society in which we live is characterized by chronic stress and by high demands on individuals which are the main causes of its expansion. To prevent the loss of human resources, it is necessary to focus on prevention. For this reason, a part of the thesis is a summary of key preventive measures aimed especially at reducing the incidence of burnout syndrome. These suggestions can also be an effective support to psychotherapy in those who are already suffering from this syndrome.