

## **Abstract**

The Bachelor's thesis deals with the complex issue of work load and work-related stress. The work outlines the theoretical basis, which is then followed up with a discussion of the main theoretical models of work load and stress, with an emphasis on internal and external conditionality of worker's perception of said stress and work load. Second part of the thesis outlines the major features and specifics of caring professions. Primary focus is dedicated to workers caring for disabled clients, given that these workers act as the focus group of the empirical study in this work. Third and final part is dedicated to quantitative analysis of the study among workers of caring professions. The main research focal point is the subjectively perceived work load in the context of dispositional optimism and the key factors influencing the work load.

## **Key words**

Workload, work stress, psychological resilience, coping strategies, caring professions