

Summary

The Bachelor's thesis deals with the problem of teachers' difficult and stressful situations and the possible increasing of resistance (resilience) through a programme which is aimed towards it. The aim of the thesis therefore is to create and subsequently implement a programme focused on increasing teachers' resistance to difficult situations, especially in connection with direct primary school work.

The two initial chapters are devoted to the terms resistance – resilience, their development, specification and characteristics. Further the term resistance (resilience) is aimed more specifically, the possibilities of the primary school teachers' development of resistance are studied in more detail. The second chapter also focuses on the terms difficult situation, stress and its kinds, some examples related to the teaching environment are mentioned. Methods suitable for the development of resistance to difficult situations for the mentioned target group are also described in the bachelor's thesis.

The third chapter describes the creation of the programme and the subsequent implementation of practical activities for primary school teachers. The programme consisted of eight activities and it was put together to be supported by theory and at the same time it was aimed mostly practically. In this chapter chosen procedures and strategies are stated in more detail. Reflections of particular activities both from the teachers involved in the programme and from the author of this thesis are also an important aspect.

The final part of the thesis incorporates the summary of particular activities of the programme, their benefit for the target group and possible suggestions for the use of acquired knowledge in further work with teachers. The appendices include examples of the forms filled-in by the participants of the programme which were used at the end of each implemented activity and completed sample forms related to the particular parts of the programme.

Keywords

Resistance, resilience, teachers, stress, resistance programme, activities.