

**Abstract**

The aim of the thesis is to describe the subject matter of initial teachers struggling with various stress factors within the first year of their profession. First, it defines the job description of teachers by using the model of the professional competences of teachers and also briefly describes the different personality characteristics influencing the perception of the workload. Second, it gives an account of the specific stress factors and the most frequently used coping strategies for coping with the workload. And third, there are also some suggestions leading to the elimination or reduction of this challenging situation.

The empirical part presents a qualitative research focusing mainly on the discovery of stress factors figuring in the first year of the Czech initial teachers and also on the identification and description of specific coping strategies using to reduce the workload.

**Keywords**

stress, initial teacher, coping strategies