ABSTRACT

Pedagogical staff is one of the most burdened professions of stress and burnout syndrome. In order to eliminate the symptoms leading to the burnout syndrome, the correct and timely intervention of the manager, as the director, is necessary. The aim of this thesis is to describe in detail the burnout syndrome in assisting professions focusing on the teacher profession and on the basis of his own in-depth case study to identify the main causes of burnout syndrome in teachers and to propose preventive measures from a managerial point of view. Therefore, the work is the task of the investigation to draw up measures for the director, as the manager to lead them to eliminate this negative phenomenon at his workplace.

The theoretical part also deals with stress and depression, which are concepts related to burnout syndrome. The phases of the burnout syndrome are described and analyzed in detail, and the theoretical part deals with the burnout syndrome in detail with the teacher. In the analytical part, questionnaire survey is presented in the general plane and questionnaire survey in the subjective plane. This type of questionnaire is chosen because they increase the validity of the survey in three different schools. Then there is an interview with the teacher, which directly describes the burnout syndrome in practice. Both the questionnaire survey and the interview were used as the basis for determining the conclusions of the work, ie to determine the causes of the burnout syndrome and to provide corrective measures for the school managers / directors.