

## **ABSTRACT**

This diploma thesis focuses on stress factors and their possible effect on the teachers in a selected school. The theoretical part describes stressful and risk factors, which negatively influence the occupation of a teacher and therefore affect teachers' mental health.

Not only stress and stressful situations are described in this chapter but also their causes and possible techniques to manage them. This part also deals with occupational burnout and its most common causes. Further, the occupational burnout prevention and relaxation techniques to avoid the burnout are described. The last important topic in the theoretical part is mental hygiene and how is mental hygiene perceived. This topic also concentrates on principles of mental hygiene, which are considered to be a tool for supporting mental health and can help avoid the mentioned syndrome. The final theoretical part describes professional development as a kind of protection of mental hygiene and gives examples of selected specific techniques.

The practical part of the diploma thesis contains a research, which is focused on stressful factors influencing the teachers working in Soukromá střední škola a Základní škola, s.r.o. in Mladá Boleslav. The methods of questionnaire, interview and observation are used to find out the stress level influencing the employees in this school. It also examines the risk of occupational burnout threatening the teachers. Questions focusing on free time are also included, as the important part of professional burnout prevention. The final part of the diploma summarizes the results of the research and they are compared with research, which have been already done in this field (nationwide).

**KEY WORDS:** stressful factors, stress, stressful situations, occupational burnout, mental hygiene, mental health, teachers



