

## **ABSTRACT**

The diploma thesis is aimed at the issue of stress load in beginner teachers and at the ways they cope with it. The theoretical part amasses and elaborates on the information available in literature and presents the results of research endeavours dealing with the topic. As a follow-up of the theoretical part, the research part constitutes the second major portion of the paper. It is carried out in the way of an explorative research which aims at the deeper examination of the topic, at providing both professional and non-professional persons with useful information, at the formulation of new hypotheses and at the directing of future research efforts in the right way. The aforementioned aim is identical with the aim of the entire thesis as well. Based on the aim, the research itself is divided into two constitutive parts, where each presents the reader with certain kinds of information. The first part uses descriptive statistics to summarize the data amassed by the quantitative method of a questionnaire survey, whereas the second part makes use of the methods of inferential statistics in order to analyse said data and draw a comparison of two different subsets of the sample involved. At the end of the diploma thesis, results of the research are presented and used to draw a conclusion about the topic, to incite a discussion and to formulate various recommendations for future research inspecting the topic.

## **KEYWORDS**

Stress, sources of stress, strain, beginner teacher, coping, explorative research, burn-out syndrome