

This BA thesis deals with the issue of stress and work-process-induced stress in particular. The introduction provides definitions of the conceptions of stress, stress reaction, and stressors. Further, an overview is presented of working load, where stress plays the above-limits role. The thesis focuses on stressors specific for the field of work and their manifestation according to certain professions, form of management of stress situation with the help of coping, the influence of personality characteristics for stress management, as well as definitions of the burn-out syndrome. The concluding part introduces some evaluation methods of workload and connection of work stress with the state of health.