

Abstract

The bachelor's thesis deals with the effects of stress and stressors on grammar school students in relation to the graduation exam. The focus is also on coping strategies, that are being used by students for the sake of stress management. In the theoretical part, key findings, approaches and specifics of the concerned fields are being introduced, on which basis the research is carried out. The research's subject is a description of the perception of stress, stressors and coping strategies from the point of view of former grammar school students. The data collection method is a questionnaire. The findings of the research are being presented in the empirical part of the thesis, where they are being further discussed.

Key words

Stress, stressor, graduation exam, grammar school, coping strategies