

Abstract

The presented bachelor thesis entitled Psychohygiene of a primary school teacher in the context of the challenging situation caused by the Covid-19 pandemic consists of two main parts. The theoretical part of the bachelor thesis is based on the background of health psychology and related sciences, working with topics such as life and work stress, stress in the teaching profession, burnout syndrome, depression. It also addresses the issue of strategies for coping with mental discomfort. These topics are already reflected in the theoretical part in the context of the changes caused by the Covid-19 pandemic. The empirical part of the bachelor thesis is a simple research conducted by qualitative method of data collection. The main research question is "What are the effects of the changes caused by the Covid-19 pandemic on the mental health of primary school teachers?" is addressed using a questionnaire survey and conducting interviews with a research sample of primary school teachers.