

## **ABSTRACT**

This diploma thesis focuses on the issue of the well-being of primary school teachers, and the possibilities for supporting well-being by the teachers themselves and the school management. It is divided into two parts – theoretical and research. The theory is elaborated into four chapters and summarizes the findings of the specialized literature. The first chapter presents the basic concept of well-being, including terms that were previously synonymous and are now an essential part of it. The next chapter is devoted to the topic of well-being itself. It offers a summary of existing theories, defines and describes the area of well-being, and conveys a view of teacher well-being. The third chapter collects information in the area of well-being care. It draws attention to the threatening factors that have an impact on the mental health and work capacity of the teacher, which include, for example, stress or burnout syndrome. It also conveys knowledge of how to improve well-being. The last chapter is devoted to the role of well-being in education. In addition to the teacher's influence on the well-being of pupils, it also pays attention to teacher's support in the school environment, i.e. from the employer to the employees.

The research part of the work follows on from the theoretical findings and deals with determining the current level of well-being of primary school teachers. Using the qualitative research method of investigation, it first poses the research questions to be addressed. Using the semi-structured interview technique, it ascertains the opinion of informants from the ranks of pedagogues on the importance of teachers' well-being, its influence on pupils, and it measures the existing supports for their well-being in the role of teacher. The work ends with the formulation of suggestions for taking care of the personal well-being of teachers, resulting from research, which should help them prevent exhaustion and support their self-care.

## **KEYWORDS**

wellbeing, teacher, exhaustion, education, pupil