

Summary

The diploma thesis focuses on the stress management strategy issue while dealing with child sponsorship from Covid-19 until the war in Ukraine. The work goal is to describe and analyse the effects of the pandemic Covid-19 and the war in Ukraine for child sponsorship and to find out the stress management strategy of the Centrum Narovinu staff while dealing with the child sponsorship. The theoretical part defines the stress and stress relief strategy (coping) concept; child sponsorship with a specific supported country description – Kenya. It also defines the term of Covid-19 and the war in Ukraine with its impact on the Czech Republic and Kenya. The practical part deals with qualitative research with respondents which has interviews form. The diploma thesis focuses on respondents' sample who work in the Centrum Narovinu, i.e., in an organization dealing with child sponsorship. The result of the research gives an interpretation of the child sponsorship impact and stress management strategies of the Centrum Narovinu staff from Covid-19 until the war in Ukraine. The collected data can help to support developing countries and boost stress management abilities among workers who help in these countries.

Keywords

Stress, stress management strategies, child sponsorship, pandemic, Covid-19, war in Ukraine.