

Abstract

This bachelor's thesis explores the topic of mental health hygiene among general nurses. Its primary objective was to map out the approaches nurses take to care for their mental well-being, the strategies they use, and how they perceive their own psychological state. The theoretical part defines the concept of mental hygiene, outlines its historical development, and discusses its relevance in contemporary society. It also examines the physical and psychological demands of the nursing profession, the impact of workload on mental health, and available support techniques such as physical activity, sleep, mindfulness, and controlled breathing. A separate section is dedicated to work-life balance and the support programs available in the Czech Republic.

The practical part is based on quantitative research using a semi-structured questionnaire conducted among nurses at the Transplantation Surgery Department at the Institute for Clinical and Experimental Medicine. A total of 46 respondents participated in the survey. The results show that most nurses are aware of the importance of mental hygiene and actively engage in various self-care activities such as spending time with loved ones, engaging in sports, or pursuing creative hobbies. The most frequently mentioned obstacles include shift work, time demands, and stressful situations related to patient care. The findings also indicate that nurses' approach to mental hygiene is influenced by a range of external factors, such as work schedules, interpersonal relationships, and the overall work environment.

Keywords: mental hygiene, general nurses, IKEM, mental health care