

The thesis begins with specification and characteristics of chosen topic. The introduction covers description and comparison of definitions from various authors. Burn-out process is covered exactly here including its beginning and continuance. High detail is focused on prevention of this syndrome stressing social support, psychological hygiene and human relaxation. There is mentioned a list of several professions which are endangered by burn-out most notably describing the profession of teacher in the largest analysis. Each chapter also highlights the impact on concrete part of burn-out process and again provides high detail for the role of teacher. Phenomenon of stress is covered specifically mentioning its part how it can start burn-out process. The theoretical part of this thesis also covers ways how to detect presence of burn-out syndrome.

Practical part compares level of vulnerability to burn-out between teachers on two different schools, where first school is based in the capital city of Prague and the second one in Middle Bohemia. The results from each school are described and analyzed separately at first and then compared together. The whole thesis ends with final thoughts based on compared outcomes from the practical part.