Abstract


Burnout syndrome is a condition of emotional exhaustion. Its prevention is very essential for both overall health and effective performance at work.

The theoretical part is primarily divided into two parts. In the first I deal with burnout syndrome - its definition, causes, symptoms, stages, risk factors, protective factors and neutral factors and prevention of this phenomenon. The following section is devoted to opposites of burnout syndrome most of which deal with Vigor (enthusiasm) according to Shirom.

The next two chapters are explaining research methods to measure burnout and enthusiasm with which I operate in the empirical part of the work. The research methods I use are MBI and SMVM questionnaires. Then I describe work of the LATA organization which became the source of my research. I worked only with volunteers of this organization where I also previously worked as a volunteer.

Empirical part then examines the burnout syndrome rate and enthusiasm rate of volunteers from the organization LATA. Data from the questionnaires allow us to select a group of ten volunteers, which have been shown the highest rate of burnout and enthusiasm. With those further cooperate through interviews to find out which factors and how they affect those volunteers the most.

Key words: burnout syndrome, vigor, LATA, z.ú, MBI, SMVM