

This bachelor thesis analyses the teaching profession and focuses on its possible demands and requirements. It takes into consideration an objective view of teacher's work as well as a subjective view of a teacher.

The basis of this thesis is teacher's psychological profesiography that describes individual teacher activities in specific conditions of school environment. It concentrates on requirements on the qualification, teacher's personality and time management along with atypical activities that are found in the teaching profession.

An essential part of the thesis considers teacher's workload and its effects on teacher's personality and performance. A special attention is given to stress and its sources and consequences.

The teaching profession is appraised as a relatively demanding profession with lots of different demands and expectations. The final section of the thesis contemplates possible ways and strategies of dealing with load and stress in a view of a natural organism defence and other means of dealing with stress. For instance, an effort to change an individual approach to a workload by means of various programmes and courses of continuing education, school resources and other ways.