Abstract

Bachelor work focuses on the perception of mental stress of nurses working at the standard ward on the Internal and Surgical clinic of 2nd Faculty of Medicine Charles University, and 3rd Surgical Clinic of 1.LF. The theoretical part of this thesis is focused on the definition of occupational nurses and the role for which it stands. The next section describes the definition of the concepts of mental stress and related types of stress, course and symptoms of stress, stress management and prevention. Are described somatic and psychological problems caused by chronic stress. After that there conclude in the theoretical part, there is burnout, which is the worst result in long-term effects of stress on the nurse. The empirical part of the thesis presents the results of a survey carried out by nurses at mentioned clinics in FN Motol. The questionnaire survey was conducted using a standardized questionnaire Meister, which determines the perception of mental stress. The aim of this thesis was to bring the findings of the questionnaire survey and propose improvements in this field. In addition to group and individual diagnosis of mental stress assessment and subjective perception of mental stress of a selected group of nurses. The aim was to present the results of a survey using primary and statistical analysis of data obtained from questionnaire. All results of the survey are given in tabular and graphical output reports.

Questionnaire survey found that "respondents negatively assessed time pressure, high responsibility, and long-term fatigue resistance. The results of factor analysis showed that the respondents exceeded the arithmetic average by a factor of congestion due to population set the standard for women. The actual value was 8.65. The congestion factor is therefore, an increase of 0.25. Other values are not exceeded and so the nurses indicated no excess burden, but there may be symptoms of congestion. The individual diagnosis was compared with a gross score of the population norm for women and the survey results showed that 72% of respondents experienced stress appropriately, 15.26% and 12.05% positive respondents experienced it negatively. Most respondents (71.74%) were included in the first instance stress, ie stress, which is likely to affect health status and subjective performance.