

Abstract:

Title:

Psychic load as a distinctive and inseparable component of lifeguarding service

Aim of thesis:

Aim of thesis is to explore perception of psychic workload by lifeguards in Czech republic and to extract basic psychological aspects of their job by statistical analysis based on retrieved data. This research also seeks for distinctions in perception of psychic workload between different groups of employees sorted by age, gender, qualification and other characteristics, such as diverse work environment or collective team size, and compares acquired results with other studies targeted on the same problematic in other work branches.

Method:

To retrieve data were used three questionnaires, which were spreaded electronically in cooperation with secretaryship of Water Rescue Service of Czech Red Cross and tens of pool operators throughout all the Czech republic. All the responses were descriptively and analytically processed using SPSS 17 programme and standardised statistical methods.

Results:

Results and conclusions will be used to characterise lifeguard occupation in a psychological way and to point out work-related and environment-related factors which have the most significant influence on lifeguards psychic. They will serve as a complementary material for pool operators to help them create more psychic-friendly workplace for their employees and also to compare lifeguards work with other professions.

Keywords:

Lifeguard, water lifesaver, pool, psychic load, stress, psychic hardiness, work psychology.