

## **Abstract**

The bachelor thesis has theoretical as well as empirical character. Its content focuses on the issue of burnout syndrome in nurses.

The theoretical part of the thesis focuses on personality profile of a general nurse. I first characterize her personality, characters, psychological problems related to the profession. The next chapter focused on burnout syndrome deals with the causes of burnout syndrome, its symptoms in the individual phases of burning out and the results of burnout together with their influence on the profession of a nurse. The last chapter of the theoretical part deals with the possibilities of therapy, prevention and methods of evaluating the extent of psychological burnout.

The aim of the empirical part was to find out whether nurses are threatened by burnout syndrome, whether they know the causes, symptoms, and possibilities of burnout syndrome prevention. The questionnaire method was applied to the research. The research sample consisted of 84 respondents. I have found that they are particularly threatened with burnout syndrome at the management level where a feedback of work results rarely exists. At the emotional level the respondents suffer from lack of recognition or rewards. The research has shown that 56 % of nurses are convinced that they are sufficiently informed what burnout syndrome is. 41 % of nurses have sufficient information on the causes of burnout syndrome, 11 % of nurses mention personal experience.

It is obvious from the results that the path to information, prevention, relaxation and mental balance of nurses leads through systematically performed work linked to all the involved components.

**Key words:** stress, burnout syndrome, prevention, general nurse, personality