ABSTRACT

This diploma thesis deals with significant factors of burnout prevention and burnout causes out of the perspective of a person that is in danger of burnout and out of the perspective of one’s surroundings. The aim of this thesis is to describe the influence of family background as a key component of one’s social support. The thesis deals specifically with function of original and newly set family in burnout prevention and finds different aspects that can be crucial for prevention of burnout. The core of empirical part of this thesis is research on the influence of a family on burnout syndrome and description of this possible influence.

Key words

Burnout syndrome, burnout prevention, family, family background, family relationships, family conflicts, social support, values.