

ABSTRACT:

Master thesis is dealing with the influence of sport activity at burnout among nurses working in intensive care and resuscitation. The thesis is divided into the theoretical and the empirical part. In the theoretical part we deal with burnout, its risk factors, symptoms and preventive measures. Other chapters are devoted to sports, primarily focused on the influence of sports activities on psychological stress and burnout. We also describe the possibilities of introducing sport activities to the workplaces. The main goal of our work is to determine whether there exists a relationship between sport activity and the risk of burnout.

The research was carried out with the use of a quantitative questionnaire survey, which consisted of two parts. The first part contained questions related to burnout and was conducted using a validated MBI (Maslach Burnout Inventory) questionnaire. The second part contained questions related to the leisure sports activities of nurses. Within Všeobecná fakultní nemocnice in Prague, Malvazinky rehabilitation clinic, hospital Mělník, Tanvald, Sedlčany and Neratovice were distributed 298 questionnaires to the nurses working on the resuscitation or intensive care departments. The final testing sample consisted of 233 questionnaires (78% of surveyed nurses).

It was found out that sport activity performed at least 3 times a week reduces the risk of burnout and also positively affects other parameters influencing health, such as lower BMI (Body Mass Index) and lower incidence of smoking.