

Anotation:

This work is about burnout syndrome among teachers especially the second stage of basic education with a focus on Pilsen. It is principally engaged in psychosocial attributes that either enhance or inhibit symptoms of teachers' burnout. The theoretical part deals with a general plane, summarizes some of the current scientific findings related to burnout in the Czech Republic and abroad. It describes how it is possible to influence susceptibility to burnout in teachers. The empirical part refers to the information obtained on randomly selected primary schools in Pilsen, specifically in ten teachers of the second stage of primary school. It monitors both the general demographic factors, but also includes the results of the Shirom Melamed Burnout Measure (SMBM) and a qualitative analysis of the findings resulting from personal interviews with teachers. The empirical part is an indication of the frequency of burned teachers in the sample as well as levels of social support from family, colleagues and executives. It describes the most common health problems, but also coping strategies used by teachers in prevention.