

## **ABSTRACT:**

In 2003 The National Institute of Public Health (NIPH) in Prague carried out project of health promotion entitled "Reducing the risk of mental workload of teachers in primary schools and the possibility of objectification." The research was conducted in collaboration with 17 randomly selected elementary schools in Prague (the total population of 157 female teachers over 40 years. The research was consisted of three parts: questionnaire survey, interview and collection of medical data (hypertension, cholesterol, obesity, smoking). This diploma thesis follows up on this research, but within the available options it deals only with questionnaire survey (without collection of medical data). In 2016, a questionnaire survey was conducted among the teachers of selected elementary schools, and 604 questionnaires were filled out, and it was monitored whether teachers were taught at primary schools or schools involved in the Health Promotion School. In the theoretical part, the diploma thesis deals with various theoretical approaches to stress, coping strategies and analysis of stressors that are specific to the teaching profession. At the same time there is a chapter devoted to the Health Promotion School. In the practical part, the data collection, their analysis and the conclusions from the analysis of completed questionnaires are presented.