

Abstract

The thesis deals with the psychological aspects of stress in police work from the perspective of police psychologists. Firstly, key terms and psychological aspects of police work are described in the theoretical part. Subsequently, a chapter of individual aspects of stress in police work is introduced. The aspects are divided into four separate groups – organizational stress, stress and lifestyle, stress and family life and borderline situations in police work. The following chapter deals with psychological care for police officers. The research part of this work brings findings obtained qualitatively in in-depth interviews. A wide range of themes arose – exceeding bureaucracy and control, incessant need to keep up with the police role, limited career growth and the absence of meaning leading to burn-out. In the context of family life, themes of alienation, infidelity or other common family problems were registered. Alcohol abuse as an escape strategy was mentioned. Borderline and traumatizing events are marginal matter according to participants. A range of relevant themes arose – encounter with death, children victims, car accidents and suicide among police officers.