

Abstract

The diploma thesis addresses the Possibilities of stress minimazition for pupils at the lower secondary school with regard to pupils with special educational needs during distance education.

It designs the tools and strategies that a regular city school can provide students with coping with stress and stressful situations in the ongoing distance education. The theoretical part defines the main concept associated with stress, stressors and strategies used in coping with stress and the concept of distance education. The practical part finds out what possibilities a regular city school has in reducing stress for pupils in the lower secondary school, including pupils with special educational needs in distance education based on the finding of the main stressors and strategies the pupils use to cope with stress and support.

The method of the research survey is conducted in the form of structural interview. Based on the obtained research data it was found out which, in the opinion of pupils, are the main stressors in distance education and what strategies pupils use for processing workload and stress, including pupils with special educational needs. From this information it is possible to design certain methods and procedures that define possibilities of minimizing stress for a given school.

Key words

Stress, stressors, coping strategies, pupils, stressful situations, distance education, support.