

In my Bachelor Thesis I am dealing with subjective perception of professional stress, workload and burnout syndrome of helping employees at Jedlička Institute. In the first part I resumed the chosen theoretical pieces of knowledge relating to problems of stress. The second part of this work is focused on an executed research surveying subjective assessment of appearance of professional stress, subjective assessment of professional burden, extent of social support, subjective assessment of extent frequency of appearance of symptoms burnout syndrome and frequency of appearance of particular stressful factors. Obtained results are summarized in the final part of the work.

A target of the work is a survey concerning the question if helping employees at Jedlička Institute subject to the stress significantly. The result of research says that the answer is negative.