

Methods of the Mental Hygiene for Teachers of Special Schools in the Czech Republic

Abstract

This Bachelor's Thesis is the theoretical study, including illustrative transcripts of interviews with educators from a selected special school. It contains the description of main terms like mental hygiene, stress and burn-out syndrome in a context of pedagogical profession. It solves the mental strain of educators which is typical for the working environment at a school. There are presented methods of mental hygiene appropriate for special school's teachers. In the thesis there is also presented dividing of these methods and their short descriptions. Further there is a summary of how methods of mental hygiene are integrated for educators in the legislation of the Czech Republic. The last part contains questions and transcripts of interviews.

Keywords

Mental hygiene, Methods of the metal hygiene, Profession of teachers, stress, burn-out effect, special schools