

TITLE

The Burnout Syndrome in Teachers' Work

ABSTRACT

The burnout syndrome represents a serious problem affecting the quality of the life of the stricken persons as well as their efficiency. The notion burnout is defined here. This bachelor thesis specifies the main theoretical sources of burnout, the evolution and the formation of its characteristics. It brings the summary of the circumstances which can facilitate or limit the origin and development of burnout.

The burnout syndrome affects members of helping professions mainly. The concept of the helping professions is defined here. The teaching profession is one of the helping professions. The teaching profession is one of the demanding professions. There are the various influences disturbing the work of teachers which affect the overall personal performance and professional satisfaction. This bachelor thesis reports physical and psychical load in teacher work. Situations that can be the source of the emotional exhaustion for teachers are mentioned. The causes of the burnout syndrome, the symptomatology and some of its negative consequences considering the teaching profession are described. From this view we can see work load, which can damage teacher health or work performance. It is necessary to pay attention to them.

This bachelor thesis presents the ways and means contributing to teacher coping with the load situations. It reports about the possibilities of the prevention and intervention of the burnout syndrome. The possibilities of its influence at the individual level as well as the system are suggested.

KEYWORDS

Burnout syndrome, work load, psychical load, teacher stress, personal/work performance, emotional exhaustion, helping professions, teaching profession, teachers, health, coping, prevention, intervention.