

The aim of this thesis is to describe stress as a psychological phenomenon with an emphasis on the biological aspects. The work is divided into two main parts. The first is a literary review study where stress is initially explained in general terms, with the definition of stress, stress theory, types of stress, stressors and symptoms of stress. Further there are described neural and hormonal mechanisms of stress and various hormones along with the endocrine glands which play an important role in the stress response. Then the paper deals with the possible effects of stress on the individual systems of the body. The following part is a description of mental disorders which are the effects of stress most associated. In the second part of the text is a proposal for research which presents a comparison of leaching of the stress hormone cortisol in individuals with posttraumatic stress disorder and healthy controls.