

Abstract

The present thesis focuses on stress management in conference interpreting. It explains the biological purpose of stress, stressors – aspects inducing a stress reaction, and the physiological, behavioral, emotional and cognitive symptoms and effects. Special attention is paid to occupational stress, namely in relation to interpreting, to the requirements on an interpreter's personality, and to stressors interpreters generally face. The thesis presents a detailed description of stress management- and coping styles, strategies and techniques. The empirical part explores the positive and negative expectations of interpreting students in the earliest stage of their studies in terms of stress, and aims at discovering whether students of interpreting as well as professional interpreters consider interpreting a stressful activity, whether they feel that stress management- and coping strategies and techniques should constitute an integral part of interpreter training, and whether this is or is not the case. The research concerned university institutes and departments of selected universities in the Czech Republic and abroad. On the basis of the outcomes of this research recommendations for practice concerning stress management, especially in terms of interpreter training, are outlined.

Keywords: stress, stressors, occupational stress, coping, coping techniques, simultaneous interpreting, interpreter training