Abstract:

The diploma thesis deals with the school burnout as a new phenomenon. The thesis gives an overview of associated field problems, different causes and factors important to its development. The first chapter of the work includes a brief description of a developmental period of adolescence, which is a critical stage to the development of school burnout. The thesis further speaks about the role of education in adolescence; in this context it mentions the role of classmates, school class and school, teachers and parents. The thesis also speaks in details about stressors in school environment and overall stress. A next part of the work is devoted to the basic concept of burnout syndrome from which school burnout is derived. It gives several definitions and different conceptions of burnout syndrome, describes causes, personal characteristics leading toward burnout and its course.

The empirical part the diploma thesis displays a process of an adaptation of School Burnout Inventory, which was translated and extended. It introduces elementary psychometric characteristics of the new questionnaire. This questionnaire was tested on a research sample of 323 high school students of five high schools in Prague, including two comprehensive secondary schools. Findings indicate interesting relations of school burnout and a type of school; furthermore they proved a relation between school burnout and grade point average, especially in Czech language and Maths. The conclusion indicates there is a need for an extension of a questionnaire validity before it will be used in everyday practise.

Key words:

school burnout, adolescence, school – related stressors, burnout syndrome, high schools, School Burnout Inventory