

ABSTRACT

The diploma thesis is concerned with the burnout syndrome in the case of teachers at elementary schools in Prague. The main target is to define the rate of burnout among teachers according to the grade of the school, level of education and the length of their practice. Also their sex and age were evaluated.

The thesis is divided into two parts. The theoretical part deals with the specifics of teachers' profession with their extra requirements. There is drawn a comparison between the teachers at the 1st and the 2nd grade focused on the difficulty of their profession connected to the burnout syndrome. There are also defined the stressful situations which influence the burnout syndrome. The problem of burnout syndrome is described in general and aimed at the teachers, too.

The practical part contents the empirical research of data obtained from the written questionnaire – quantitative method. The data were processed and analysed with a computer programme. I checked the result reliance on sex, age, level of education, length of practice and the grade of the school where the teacher affects. I compared my results with specialized literature.

The results of the research have shown that the burnout syndrome is influenced by sex, level of education and the grade of the school. On the other hand it is not influenced on the age and length of practice. The sample of this research is not endangered by the burnout syndrome.

KEYWORDS

burnout syndrome, exhaustion, teacher, work with people, stress