

Abstract

The author of the bachelor thesis deals with the issue of burnout syndrome in the context of the teaching profession, which defines in its work on the basis of professional literature and describes its specifics, individual development phases in the teacher's profession, pedagogical activity and psychological stress in the work process together with its factors. The bachelor thesis is divided into theoretical part and practical part. In the theoretical part, the author summarizes the issue of the teaching profession from the point of view of pedeutology and deals with the workload of the teacher and specifics in the individual developmental professional phases, the profession, the psychological burden of the teacher and consequently also the burnout syndrome itself, its definitions, features, phases and preventive measures. In the practical part is evaluated empirical research, which will be carried out in the form of a questionnaire. Quantitative research is complemented by individual interviews.

The aim of this bachelor thesis is to examine the psychological workload in the teacher's profession and the risks that lead to burnout syndrome in this profession and to suggest how this negative phenomenon can be.

In conclusion, the author summarizes theoretical knowledge and empirical findings and proposes recommendations for the prevention of burnout syndrome in the teaching profession.