

## **Abstract**

In the diploma thesis I focused on researching the perception of stress in a profession of secondary school teachers. The thesis is divided into two parts. In the theoretical part I strived to explore many different roles of secondary school teacher from a broader point of view. I emphasised that teaching belongs among helping professions and I pointed out common basic features of these professions. Further I mentioned the topic of stress, stressors and resilience. I focused on those stressors that are common to helping professions and I made the effort to emphasise those that are specific in teaching. For the purposes of the empirical part I approached seven secondary school teachers or ex-teachers, five women and two men and I interviewed them about their job perception, their experience of job related stress, their coping strategies and whether they feel supported in this respect. To examine their answers, I used the method of interpretative phenomenological analysis. The outcome was that the teachers feel very burdened by their jobs and by the stress that is related to it. Nevertheless, they do their jobs with joy and deep sense of purpose. Each of the teachers has their own way of coping with stress, according to his or her own abilities and needs. They do not feel being taken care of in this area, though. This research did not prove the students to be one of the stressors for their teachers. It uncovered many other kinds of stressors, however.