

Summary

The aim of the bachelor thesis "The aspect of faith in burnout syndrome" was to reflect on the relationship of belief to burnout. Does belief in God help to prevent burnout or under certain circumstances, can it be a risk factor? Burnout develops as a result of disturbing the inner balance of a person caused by the long-term effects of negative factors from the external environment (stressors), which will meet certain risk factors of personality. In this work the risk personality patterns, which are controlled of internal drivers (inner motivators), viewed from the perspective of transactional analysis. These motivators are advices and commands from childhood, such as "Try hard!", "Be Perfect!" and the others that then shape the reality of man. If a person does not brake them, but supports them, then he is like a candle burning from both sides - shining greatly, but it burns out faster. This work attempts to find out whether belief in God is in the process of burnout a brake or "fuel". The theoretical part is divided into two main thematic areas. The first is to get acquainted with burnout, its symptoms, external and personality risk factors. The second part deals with the role of belief in God in burnout, where are both options outlined, its positive and potential risk effects on burnout. There is also a look at the consequences of burnout on faith in God. The rest of the work is dedicated to prevention, how to avoid burnout and how to help those who have already been burned out. The practical part consists of a research that tries to find out whether the faith in God plays a role in the process of burning out, and what kind.

Keywords:

Burnout syndrom, stress neurophysiology, risk personality type A, internal motivators, salutogens, personality coherence, internal resilience.