

# ABSTRACT

**Introduction:** The topic of burnout syndrome is a considerably up-to date topic worldwide and not completely thoroughly researched. The aim of the diploma thesis is to learn whether a higher rate of burnout syndrome has an effect on sexuality in non-medical male health workers in urgent care workplaces in teaching facilities. The topic of the syndrome has fascinated me as a healthcare worker in urgent care. The information obtained from the research work will be a part of an international study investigating the impact of the burnout syndrome on human health. In the Czech Republic, this research is conducted under the authority of PhDr. Šárka Dynáková, Ph.D. and doc. PhDr. Jana Kožnara, CSc.

**Methodology:** The research was carried out using a quantitative method using two anonymous questionnaires. The research sample consisted of non-medical male health workers at urgent care facilities in teaching hospitals. The first standardized questionnaire is focused on the burnout syndrome according to the Czech version of the Shirom-Melamed scale (Shirom, Melamed, 2006 In Ptáček, 2013), the second questionnaire is focused on the sexual functions of men according to Mellan in Kratochvíl, S. (1999). A total of 100 questionnaires were distributed. 58 questionnaires were used for processing.

**Result:** The influence of a higher rate of burnout syndrome was demonstrated by research in the area of frequency of satisfactory sexual intercourse (H2), on the quality of erection (H4) and on the duration of intercourse (H5). Burnout syndrome on a scale of 1–7 in the respondents reached the peak in the physical level, namely 3.0, then in the cognitive level 2.6, and the least in the emotional level 2.4. Based on the average values of the burnout scale, it can be stated that the respondents were not significantly at risk of developing burnout syndrome.

**Conclusion and recommendations:** Research has shown that higher rates of burnout affect certain areas of sexuality, especially the frequency of satisfactory intercourse, the quality of erection and the duration of intercourse. The physical level was most affected, and therefore it would be appropriate to focus mainly on the physical demands of the work of non-medical health professionals in urgent care workplaces.

**Keywords:** Burnout syndrome, sexuality, intensive care, non-medical male healthcare worker, sexual dysfunction, sexual life, sexual function