

ABSTRACT

Title: The Burnout Syndrome of Teachers Profession

Objectives: The objectives of the thesis were to describe the rate of burnout of teachers at elementary schools, high schools, and gymnasiums. The aim of this work was also to compare burnout rate of different groups of teachers which are linked sociodemographic and professional characteristics and to describe teachers' opinions of the burnout syndrome.

Methods: We used a questionnaire survey in the practical part of the thesis. 653 respondents participated. The questionnaire survey consisted of the MBI questionnaire and items created by the author of the thesis. The Survio internet platform was used for distribution. The snowball sampling, nonprobability sampling and sampling across institutions were employed to select respondents. The Excel and Statistica software were used to analyse the data.

Results: We found a high degree of emotional exhaustion in 34 % of teachers, a high degree of depersonalization in 12 % of teachers and a low degree of personal accomplishment in 26 % of teachers. Although burnout syndrome is a relatively well-known phenomenon in the school environment, it is not given enough attention in terms of prevention. Burnout does not only affect older teachers or teachers who are higher experienced, but it affects especially beginning teachers. There were also found other opinions of teachers and connections between burnout syndrome and various studied variables.

Key words: burnout syndrome, teacher, stress