

Abstract (in English):

The main aim of this thesis is to find the most common stressors among students of undergraduate programmes, i.e. which study obligations, personal matters or circumstances in the world are the most stressful for them during their studies. The thesis also tries to determine the effect this stress has on their academic results and what preventive measures and ways of coping with stress the selected respondents use. As the thesis targets university students, it also includes a specification of tertiary education in the Czech Republic.

The thesis is divided into two parts; the theoretical part primarily provides a definition of the term stress and a description of its possible causes and sources, whether these are external or internal stressors. It also describes the most common manifestations of the stress response and a list of stress prevention options and coping strategies. Last but not least, the theoretical part contains a description of tertiary education and a list of possible stressors that can affect students of undergraduate programmes.

The practical part provides an analysis of results from quantitative research conducted in the form of a questionnaire survey. Its main goal is to determine the most common stressors for students of undergraduate programmes, how the stress affects their study results and what preventive measures and methods of stress management are implemented by the selected respondents.