

## Abstract

The aim of this thesis is to identify the possibilities of prevention of the occupational burnout among primary school teachers. First, the thesis provides definition of the occupational burnout, its causes, stages, manifestations, and consequences. Subsequently, it describes the occupational burnout among primary school teachers. This part introduces the teaching profession and the most common stressors and risk factors that affect this profession in relation to the occupational burnout. Next, attention is paid to the issue of prevention of the occupational burnout among primary school teachers in terms of prevention techniques and preventive educational programs. Part of the thesis is quantitative empirical research, the aim of which is to find out the personal experience of primary school teachers with prevention techniques and educational programs aimed at preventing occupational burnout. The survey respondents are teachers of five primary schools in the Central Bohemia region. The sample size is one hundred twenty-six respondents.