

Abstract

The aim of the bachelor's thesis is to identify the possibilities of prevention of the occupational burnout among primary school teachers. 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 determine the level of risk of the occupational burnout among primary school teachers. The survey respondents of the are one hundred and twenty-six teachers who work in eleven primary schools in the Central Bohemia Region.