

Stressful situations are an essential part of life. according to Austrian philosopher KR Popper's life could be defined as a constant problem solving. While reasonable load has one positive effect, the disproportionate burden result in a crisis. While the crisis is also offering its positives (if that is overcome situation and consequently enriches individual life experience), but it brings with it significant risks. Failure to satisfactorily resolve the crisis affect the transition to chronic phase. It is characterized by reduced ability to resolve individual other difficult life situations, reduced adaptability and potential distortions mental equilibrium. Positive effect on coping with the crisis have different psychosocial factors, such as: social support, the possibility of ventilation of emotions, ability to find crisis in some sense, experience with previous stressors, etc.

My work aims to contribute to the mapping of possible stress six-year secondary schools for students aged 16 to 18 years. Its aim is to identify possible relation between social factors and coping with stress. Therefore, I its survey of selected groups of respondents, some of which are mutually different social factors: religious school in Prague, Prague bilingual classes school, current grade secondary school in Prague and outside Prague regular class school from a small town in the North region.