

ABSTRACT

This bachelor's thesis deals with the burnout syndrom of teachers in kindergarten. The thesis includes theoretical and practical part.

The theoretical part specifies basic concepts and definitions, it deals with the profession of teaching, its duties, and competencies. It describes the professional burdens that teachers encounter in their work. The following chapter characterizes burnout syndrome, its symptoms, individual phases, and identifies factors leading to the emergence and development of burnout. The final section of the theoretical part focuses on the prevention of burnout syndrome and shows various methods of prevention that can be practiced in everyday life.

The practical part sets out the aim of the work, research questions and research methods. The aim of the bachelor's thesis is to investigate whether the burnout syndrome occurs among kindergarten teachers. The work was researched using a questionnaire that was intended for kindergarten teachers. The questionnaire was divided into three parts, with the first two parts contained questions devised by the author, the third part consisted of Burnout Measure questionnaire, which was created by psychologists Ayala Pines and Elliot Aronson, and which is aimed at revealing the occurrence of burnout syndrome in individuals. The practical part also contains the research results, their summary and subsequent discussion.

The research results revealed that less than half of the respondents do not exhibit signs of burnout syndrome. The presence of a high number of children in the classroom has the most negative impact on them, as well as noise and discipline problems among children negatively affect teachers. As part of prevention, teachers try to have a regular sleep schedule, while breathing exercises are the least common form of prevention. The research also showed that the majority of teachers feel they do not receive adequate financial compensation for their profession. Similarly, a large portion of teachers feel that society does not appreciate them, enough while the greatest support comes from their families.

KEYWORDS

Burnout syndrome, teacher, kindergarten, pedagogue, preschool education, prevention