

## **ABSTRACT**

The aim of the bachelor's thesis titled Burnout syndrome among teachers in preschool education is to find out what is the incidence rate of burnout syndrome among teachers in preschool education. Another goal is to find out what forms of burnout prevention the teachers use. The thesis consists of a theoretical part and an empirical part. The main purpose of the theoretical part is to acquaint the reader with the issue of stress and burnout in connection with the profession of a teacher in preschool education. The theoretical part is divided into six main chapters that directly relate to the chosen topic. In the practical part of the work, knowledge from the theoretical part is verified by a quantitative method, in the form of a questionnaire survey, and at the same time by a qualitative method, in the form of personal interviews. A total of 234 respondents, teachers from kindergartens throughout the Czech Republic took part in the research. As a part of the survey, a standardized MBI questionnaire and a self-constructed questionnaire were used. The MBI Questionnaire examines burnout in three dimensions—emotional exhaustion, depersonalization, and personal satisfaction. The survey results showed that respondents performed best in the area of depersonalization, with 72% reporting low levels of depersonalization. In contrast, in the area of personal satisfaction, a total of 113 respondents showed low personal satisfaction. A research study proved that almost all participants have already encountered the problem of burnout syndrome. The results of the conducted investigation are shown in graphic form, in the form of tables and in writing.

## **KEYWORDS**

Burnout syndrome, stress, teachers, kindergarden, prevention