

Abstract

Bachelor thesis called "Stress and burnout syndrom of nurses in pediatric inpatient wards" deals with the issue of stressful environment in healthcare, which contributes to the emergence of burnout syndrome.

The main goal is to bring to concise overview about stress load and burnout syndrome of nurses working in pediatric inpatient wards and to analyze their access to this issue.

Theoretical part of thesis give the reader brief definitions. They are describing informations about stress, self-compassion and for a last, burnout syndrome.

All these phenomens are intepreted to nurses work and the way they are influnces their work in healthcare.

In **empiric part** of thesis is brief description of thesis's methodic and results of own research.

The method of research is four-parted standardized questionnaire, which includes anamnestic questionnaire, Perceived Stress Scale (PSS), Self-Compassion Scale (SCS) and Copenhagen Burnout Inventory (CBI). This questionnaire was distribude in Facult hospital in Motol on pediatric inpatient wards. Research includes 107 correctly filled questionnaires.

From **results** emerges that 63, 55 % respondents from total file suffers from rate of stress called "Mild stress". The level of self-compassion that most respondents have towards themselves (62, 62 %) is labeled "Medium level". From burnout suffers, in total file, 43, 23 %. From personal burnout suffers 42, 06 % of respondents, work related burnout suffers 78, 50 % of respondents and client burnout suffers 43, 93 % of respondents.

In **conclusion** is need to mention, that from own research, emerges the need to focus on these phenomens – stress, self-compassion and burnout syndrome, which bachelor thesis is working with.