

The everyday-life of each student is filled with stress. Especially the study of medicine is very difficult and requires a great deal of ability to handle stress.

Stress is physiological reaction of the organism leading to maintain its homeostasis, and coping with changing environmental conditions. This response includes both metabolic changes and behavioral changes. Metabolic changes mean the mobilization of all energy sources and their distribution to the vital organs. Changes in behavior could be described as a strategies "fight-or-flight" and "tend-and-befriend". Both are based on the strategy to increase the chances of survival. The development of the cognitive functions led to transfer the stress reaction from physical to emotional level. Long-term emotional stress can lead to burn-out syndrome.

The aim of this work is to map the situation of stress management about the students at the 3rd Faculty of Medicine, Charles University. For these purposes, I used a questionnaire consisting of two parts: a questionnaire mapping degree of discomfort felt by the students and questionnaire „The Proactive Coping Inventory“ compiled by Šolcová, Lukavský and Greenglass of Institute of Psychology, Academy of Science of the Czech Republic. Data were collected on 150 students. Only one of the pre-formulated hypotheses was confirmed – there is the dependence of the perceived level of discomfort to the difficulty of the exam. The students often use „searching for instrumental support“, „searching for emotional support“ and „strategic planning“ strategies.

The aim of my work was to clarify the coping strategies in medical students.