

## **Abstract**

This thesis on Burnout syndrome among social workers in residential care deals with the issue of burnout as such. It focuses on the definition of the term as well as its development. So are related phenomena - stress, depression, fatigue, but also existential neurosis. It also mentions internal and external influences, which can often be the cause of burnout, as well as high-risk persons - ie the most risky types of personality as well as professions who often fall victim to burnout. In the second large chapter, the common symptoms of burnout are described and what changes occur in a person who is affected by burnout. In the third chapter are introduced individual options of prevention of burnout but also supervision, which is also helpful against the burnout. This chapter also describes the diagnostic methodology - various methods that help to identify or detect certain changes in the worker's behavior and thus to re-evaluate their behavior in a timely manner.

In the final chapter - fourth is carried out quantitative research through a questionnaire. The collected data are then evaluated and presented in a graphical representation.