

Abstract

This thesis is focused on stress management strategies of a professional group of train drivers. Stress is presented in this thesis as one of the possible factors, the failure to manage which can lead to the occurrence of an incident. The premise of this connection is based on the findings concerning the effect of stress on attention, vigilance or fatigue. However, as there is currently no similar research naming the stress management strategies used by drivers, the aim of this paper is to describe the strategies that lead to stress management. To achieve this goal, a standardized questionnaire was chosen to describe the strategies that are predefined by it. The results obtained from a research sample of train drivers (n=41) show that drivers use all the strategies listed in the research instrument at least to some extent. It also shows that respondents tend to use more positive strategies. The highest average saturation of each strategy was found for the tested domain , "Positive Strategy 3 - Control Strategy", which is characterized by constructive efforts to cope with stressful situations. On the contrary, the Resignation and Self-blame strategies, belonging to the overall negative strategy, showed the lowest level of saturation.

Key words: Railway safety, train drivers, stress, stress management strategies