

Abstract

The bachelor thesis deals with the problematics of coping strategies of pastoral workers. The objective of the thesis is to identify and describe specific stressors pastoral workers are facing in their professional life and to identify and describe their specific coping strategies. The thesis is divided into theoretical part, which focuses on description of the topic based on vocational literature and two selected researches, and empirical part, which contains author's own analyses. The theoretical part of the thesis deals with introduction into the problematics of stress, definition and conception of stress, definition of stressors, their symptoms and impacts on humans. The second part of the thesis is dedicated to ways dealing with stress, the definition of coping, the sources and methods of coping. The third part of the thesis defines the terms of pastoral work and pastoral worker and describes specific stressors and specific methods of coping related to pastoral work. The empirical part of thesis is based on qualitative analysis in the form of semi-structured interviews which reveal specific stressors and methods of coping among a group of pastoral workers from selected church fellowship.

Keywords

Coping, coping strategies, pastoral work, pastoral workers, stress.