Abstract

The presented study aims to compare occupational stress of 50 teachers and 56 firefighters. Both these groups are laden with high exposure to work–related stress. For assessing the occupational load the Meister questionnaire was used. We found that teachers perceived their occupational stress worse than firefighters and reached the 2nd degree of load. They complained mostly about the factor of overload and factors of the stress reactions – fatigue, mental overload and unacceptability to perform pedagogical work in the same intensity for a long time. Firefighters achieved better results (1st degree of load), even better than the population norm. An explanation may be found in the fact that firefighters represent a selected population of emotionally, psychically and physically resistant individuals.

Keywords: occupational mental stress, questionnaire inquiry, teachers, firefighters

Introduction

During the recent decade the character of work has changed markedly. Heavy manual labor has been replaced by mental work, where workers are often exposed to chronic stress. By many authors the stress is considered as an excessive load that exceeds the adaptation abilities of the individual. Paulik (2008, 2010) defines the occupational load as a general term including situations that put certain working requirements on the individual. Dealing with those belongs to the function of professional adaptation. Work-related stress is then understood as a situation where