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## Influence of Profession on Teachers' Quality of Life

### Abstract

The aim of this study was to analyze the quality of life (QOL) of 142 primary school teachers and 145 firemen-rescuers. To determine QOL we used a WHOQOL-BREF questionnaire. Teachers' QOL was significantly lower in all four domains when compared with firefighters' QOL; however, it did not differ statistically from the Czech population norms. Significantly lower compared to the norm was only teachers' satisfaction with their health. Our results showed a significant influence of profession, age and gender on QOL. The influence of subjectively perceived mental stress as a factor reducing the QOL was manifested only in teachers. The explanation for this difference in QOL could be predicting better physical and mental health of firefighters.

**Keywords:** *quality of life, WHOQOL-BREF questionnaire, teachers, firefighters*

### Introduction

WHO defines the quality of life as that corresponding with the human's perception of his/her own position in life in the context of culture, in which a person is living, and in relation with his/her aims, expectations, standards, and concerns (Dragomirecká & Bartoňová, 2006). Quality of life is usually defined as a subjective assessment of their own life situations and includes not only a sense of physical health, but also the mental health, social opportunities, religious, economic aspects, etc.

The quality of life should be considered within the context of individual study. The biggest interest of researchers is being devoted to QOL of patients suffering from various diseases or health handicaps (Health Related Quality Of Life). Besides