

Abstract

In a theoretical part of diploma thesis is presented a gratitude and psychological conceptions of this phenomenon. Gratitude can be an emotion, disposition, life approach or a virtue. Gratitude has effect on different aspects of well-being. We can measure gratitude by different tools and cultivate it by different ways. In our research we tried to increase well-being by intervention of gratitude. We compared efficacy of the intervention of gratitude with the intervention known as „three good things“. We also wanted to know if a belief in efficacy of intervention can change a scores of well-being. We tried to discover short-term and long-term effects. Our sample was created by 153 university students but only 56 of them stayed up to the end of study. We chose following method for measuring: GQ-6, Questionnaire of life satisfaction, Positivity Self Test, Zung's self rating inventory of depression and Beck's inventory of anxiety. Participants were randomly put into the one of three group (intervention of gratitude, intervention „three good things“ and comparison). Data were counted by multilevel linear regression. We found out no significant differences. Due to very small sample this conclusion is not surprising.