

Abstract:

The goal of this work is to introduce the phenomenon of compassion from the aspect of psychology. The theoretical part of the diploma thesis presents efforts made up to now to define compassion from a psychological point of view. The theoretical part of this work deals with the description of compassion in terms of evolutionary, social psychology and neuroscience. Based on the theoretical assumption that the relationship of a person towards himself or herself and towards other people is interconnected, this work also focuses on a description of a psychological construct of *self-compassion*.

The empirical part of the diploma thesis is devoted to the translation of a new self-evaluation questionnaire called the Multidimensional Compassion Scale from USA, and the verification of the psychometric characteristics of the questionnaire and its convergent and discriminant validity. For the sake of questionnaire verification, the Toronto Alexithymia Scale (TAS-20) was used, as well as the Interpersonal reactivity Index (IRI), a dimension called Compassionate reaction to one's own experiences from the Self-compassion Scale (SCS-26-CZ) questionnaire, and a dimension called Nonjudging intrapsychic experiences from the Five Aspects of Mindfulness Questionnaire (DPAV).

Items of low difficulty were found within the item analysis in the questionnaire. The questionnaire showed high reliability. The results of factor analysis admit the four-factor model as in the original version. However, it has been found that concurrently, some items feed more factors. When verifying the questionnaire validity, significant medium positive correlation with IRI was found, weak positive correlation (yet statistically significant) of MCS-CZ and selected dimension SCS-26-CZ, and negative correlation with TAS-20. Surprisingly, MCS-CZ did not prove any significant correlation with the selected dimension DPAV. The results of the study seem to indicate that compassion towards other people increases with age and notable differences in the level of compassion were found depending on gender.

Key words:

Compassion, Compassion toward others, Multidimensional Compassion Scale