Abstract

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Bachelor thesis is focused on psychological resilience of general nurses. Nurses were randomly chosen in two selected clinics of university hospital in Hradci Králové. The purpose of the theoretical part was to present personality concepts in general, stress theory, symptoms of stress and reactions to stress. Besides it also presents resilience in face of adversity. There is a separate chapter which is focused on resilience in particular. Another chapter of the theoretical part is focused on general nurses' coping strategies and mental hygiene strategies which helps to strengthen their resilience.

The aim of the empirical part of bachelor thesis was to find out if there are any differences in the level of resilience among selected groups of general nurses. There was Connor-Davidson Resilience Scale (CD-RISC) used to measure resilience. As the results showed, no significant differences were proven in connection with education, work experience, work department and clinic. On the other side, the results have proven there is a significant relationship between resilience and age of nurses. Middle-aged nurses (30 to 49 years) were more resilient than younger ones and older ones. Another aim of the empirical part was to analyse and verify psychometrics characteristics of the Connor-Davidson Resilience Scale. Based on the analysis, it showed that three-factors solution instead of five-factors has described data in the best way possible. It would be essential to verify our results in other studies of the same subject.