

## **Abstract**

This master thesis follows up the topic of posttraumatic growth of paramedics. The first part clarifies the concept of posttraumatic growth and factors which influence the process of growth that is following the trauma. The most substantial models of posttraumatic growth are also included. A paramedic as a profession is described, too. In this part, requirements for paramedics and possible interventions often used to handle with the stressful event.

The empiric part deals with the relationship between posttraumatic growth and coping strategies among paramedics. A use of positive coping strategies is a possible way how to reach a higher level of post traumatic growth. The questionnaires PTGI and SVF 78 are used in the research to detect the level of posttraumatic growth achieved and the coping strategy that is used by the participants. The questionnaire PTGI detects the change in five areas: relationships with other people, strengths, new opportunities, change in spiritual areas and understanding of life.

The research shows positive correlation between the level of posttraumatic growth and following coping strategies: control of situation, control of reactions and positive self-instruction. It was also found that women reach significantly better in the subscales relationships with other people and understanding of life. No correlation was found between the posttraumatic growth and the age of participants, number of years spent as a paramedic and childlessness.

## **Keywords**

Posttraumatic growth, trauma, coping strategies, paramedic