

## **Abstract**

The thesis focuses on posttraumatic growth in adolescents and young adults. The subject of the research is finding and tracking reactions and changes that emerge after a specific stimulus - an existentially experienced trauma, where at the core is realizing the threat of life and afterwards thinking about one's own death.

The theoretical part deals with psychological and philosophical sources of current concepts of post-traumatic growth. These sources support our assumption that for the specific course of post-traumatic reactions and changes the subject category or objective severity of events is not relevant. It is the respondents own perception of a life threat. We also deal with a particular PTG model by Tedeschi and Calhoun, whose concept of changes after a major life event was chosen as the starting point for our research and whose PTGI questionnaire is used in the quantitative part.

In the empirical part we chose mixed research design. First, a quantitative part of the research was carried out, involving 407 respondents aged 17-25. The aim of this part was to determine the rate of post-traumatic growth and to demonstrate that perceived life threats occur among respondents across all event categories. The personal perception of a life threat will result into a higher score achieved in both PTGI questionnaire and in individual factors.

The qualitative part of the research was based on an analysis of interviews with 13 respondents aged 20-25 and was conducted to capture the specific "shape" of reactions and changes to existential trauma. We proceeded from the text of the interviews through the categories of responses to the higher abstracted categories using the method of grounded theory. The result of the analysis is a dynamic model of reactions in which the metaphor of the battle is used.

Keywords: posttraumatic growth, trauma, existentially experienced trauma, life threatening, adolescence, young adult