

Abstract

The bachelor thesis focuses on the concept of meaning in life and strengthening possibilities meaning in life via autobiographical methods. This paper's view emerges from the second wave of positive psychology, the most emphasizes on conception meaning in life as a factor which is necessary for optimal functioning. Literary review in the first part contains different conceptualizations of meaning in life, sources from it comes from, individual characteristics which influence quality of meaning in life. Besides, the process of meaning-making and interaction between meaning in life and wellbeing are discussed. Finally, autobiographical methods as tools to support meaning in life are presented and factors which can influence their effectivity as well. Research project proposal is presented in the second part. It proposes experimental design which will clarify relationship between the autobiographical method (focused on meaning-making processes) and subjective perceived meaning in life.

Keywords

meaning in life, second wave of positive psychology, optimal functioning, well-being, positive psychology intervention, autobiographical methods, meaning-making