

## **Abstract**

This diploma thesis deals with the psychological construct of resilience and spirituality. These are phenomena with overlaps in practice (psychotherapy, prevention), which have recently been widely researched not only in psychology. In the theoretical part we present spirituality and resilience from the point of view of psychology and we also deal with their connection in psychological research. The main goal of the empirical part is the research verification of the relationship between spirituality and resilience. We also dealt with the structure of this relationship, looking for possible negative correlations within these two phenomena. Our sample consisted of 407 respondents aged from 18 to 30 years. Resilience data were obtained on-line using the Connor-Davidson Resilience Scale method, spirituality data using the Czech method of the Prague Spirituality Questionnaire.

## **Keywords**

resilience, spirituality, protective factor, adversity