

In theoretical part of this thesis the aim is to define the concept of happiness with its broader consequences. As the basic frame for following reasoning is chosen the assumption of an emotional basis of happiness therefore the concept of emotion is discussed in detail. Besides the basic approach to happiness the fundamental historic view follows including religion, philosophy and psychology. After that happiness is defined in detail followed by differential definition, folk concept of happiness and broader partition. In this thesis the interest also focuses on biological, social, psychological and spiritual aspects of happiness, which are discussed in detail. For a summary the factors influencing happiness are recapped in a special chapter. The interest also focuses on happiness from developmental view. As the imaginary height of the whole theoretical part are considered the chapters about the effects of happiness, meaning and positive strategies with the special regard on the consequences, an inner source and the possibilities of improving happiness. In the empirical part of this thesis the aim is creating the grounded theory of happiness based on qualitative methodology. This theory expresses the specific categories with their relationships as occurring in individual interviews and offers the opportunity for comparing it with information in the theoretical part.