

ABSTRACT

The theoretical part of the thesis focuses on the concept of strengths according to the authors Martin Seligman and Christopher Peterson and possibilities of its application in pedagogical practice of the university teachers. The first part deals with classification of character strengths, methods of measurement and possible use, emphasizing in particular the connection between the use of character strengths to increase life satisfaction. The next part discusses the profession of university teacher, its stress, especially due to the constantly changing conditions of work, a high degree of responsibility and the need to combine scientific and pedagogical activities. All these factors generate the need for psychohygiene in this profession. The following part is an analysis of the possibilities of using strengths of character in pedagogical practice, focusing on three areas: using strengths as a technique of psychohygiene, integrating strengths into teaching strategies and using strengths to inspire and shape students' personalities. Part of the practical part is a research, which aims to map the representation of strengths of character in the research group of university teachers working at the Faculty of Education, Charles University. Among the strengths of character with the highest average scores were Gratitude, Curiosity, Love, Kindness, Integrity and Vitality. It also includes the design of specific examples of the use of each of the 24 strengths in the daily pedagogical practice of university teachers, which aims to increase the life satisfaction of university teachers and thus become part of the psychohygiene of university teachers.

KEYWORDS

Strengths – Virtues – University teachers – Faculty of Education – Pedagogical practice