

The thesis brings forward an analysis of the phenomenon of life management (LM) and its research. The introduction ponders over the level of knowledge of the theme and its interpretation; the theoretical part deals with comparison of related theories or, to say it in another words, of theoretical foundations of the phenomenon of LM, taking their similarities and differences into account, where the conclusion of the thesis is that the phenomenon of life management is absolutely necessary; and the practical part deals with field research. In total, 125 subjects took part in it. The research combined various methods – interviews, life axes and questionnaires.

The participants were asked to answer questions regarding the management of their own life, and the basic characteristics of it. Based on an analysis of categories, a theory of life management was laid down based on the most relevant pieces of knowledge. LM is a complex and individual phenomenon. Obviously adverse external factors, e.g. poverty, unemployment or illness, weren't necessarily signs of inadequate life management in the studied population. Mostly, the respondents associated proper life management with an idea of initiative and proper provision for themselves (or for their near relations), meeting their own goals and happiness. LM includes a component of learning and adaptation, too. People use a heterogeneous spectrum of life management strategies with varied efficacy. The results of the thesis include an analysis of interviews and questionnaires, and also answers to some hypothesis. The correlation analysis showed an especially strong link between LM and happiness ($r = 0.68$), self-confidence ($r = 0.62$), as well as other factors.