

Annotation

The presented work deals in the theoretical part with the definition of resilience (psychological resistance), different concepts of resilience with an emphasis on social resources, adolescents and their resilience. A validated CYRM questionnaire and open-ended questions were used in the research investigation. The empirical part is focused on verifying two main hypotheses and answering three open questions. In the quantitative part, the first hypothesis is: Women acquire more social resources than men. For the second hypothesis, it was verified whether first-year students acquire more social resources for resilience. In the qualitative study, it was determined what strategies adolescents prefer when dealing with stressful situations, what are their main causes of stress and who they turn to for help if they are in a stressful situation.

Key words: Resilience, psychological resistance, social resources, stressful situations, adolescence, CYRM questionnaire.