

The purpose of this thesis is to investigate the influence of liberty in upbringing on self-efficacy and resilience at preschool children.

The theoretical part introduces the general grounds of the theme - resilience.

Basic terms are also defined. The following chapter (chapter one) presents selected theoretical concepts of resilience, actual researches and related characteristics of personality.

The second chapter exposes the concept of self-efficacy created by Albert Bandura. In this construct some of the elements presented in the previous chapter are associated. It is also well applicable to upbringing practices. The concept of self-efficacy has been chosen to serve as a theoretical framework of this paper.

Third chapter deals with selected topics of upbringing such as demands, styles, trends and liberty in upbringing. It is focused on how various upbringing actions can raise the self-efficacy and resilience.

The empirical part maps over the background in kindergartens by means of both quantitative and qualitative research. The aim is to define which opportunities of increasing self-efficacy are provided in kindergartens, in comparison to the family milieu. We are interested in degree of liberty given in kindergartens and in families.