

Abstract

Over the past decade, there has been a significant increase in research surrounding high sensitivity, a genetically predisposed trait characterized by heightened sensitivity and reactivity to environmental and social stimuli. It appears that high sensitive individuals may be more susceptible to emotional stress, overwhelm and poor mental health. On the other hand, the same individuals also tend to perceive the positive aspects of life more intensely and may derive greater benefits from a supportive environment, which could, in turn, promote their well-being and life satisfaction. In contrast to prior studies predominantly focusing on the adverse effects of high sensitivity on mental health, this bachelor's thesis explores its comprehensive influence on experienced well-being and life satisfaction. The thesis comprises two main sections: a theoretical exploration defining high sensitivity and well-being and outlining assessment methods, and an empirical analysis examining the relationship between high sensitivity and well-being, as well as high sensitivity and life satisfaction. The research was conducted through questionnaire surveys and used correlation and regression analyses to interpret the data. The results revealed a negative association between high sensitivity and well-being, with no noticeable impact of high sensitivity on life satisfaction. Moving forward, it is essential for future research to delve further into the complex relationship between specific aspects of well-being and factors linked to high sensitivity.

Key words: high sensitivity; well-being; life satisfaction