

Abstract

Resilience, stressing out the positive aspects of personality and ways of finding sources of support for the development of the internal forces of an individual despite challenging life circumstances has been receiving more and more attention recently from both professionals and the public. Results of the resilience research are affecting theoretical concepts, however, also the areas of intervention, psychotherapy, counseling and prevention programs as well. The subject of theoretical part of the thesis was the introduction to theoretical concepts of resilience and topics related to it. A special attention has been paid to the resilience to the trauma, as well as the results of research concerning resilience sources, risk and protective factors. The specifics of resilience relating to a given age group were discussed in the theoretical part. The subject of the empirical part was to develop a Czech version of the Resilience to Trauma Scale - Research Edition (RTS-RE) and its explorative analysis in order to create a pilot version, which could become a basis for subsequent wider use in research on resilience. For these purposes two other methods were used in addition to the Czech translation of RTS-RE, namely: Beck Depression Inventory (BDI-II) and the Personal Views Survey (PVS). The results of this empirical work has shown promising psychometric characteristics of the Czech version as for both research and practical purposes. These findings shall be verified by other studies though.

Key words:

resilience, stress resistance, hardiness, trauma, crisis