

Abstract

This work discusses the potential of art to influence quality of life.

The theoretical part introduces general aesthetic-psychological principles, thanks to which art work can appeal to us, having the goal of expressing what is typical and essential for art as a whole, and introduce art work as a place of meeting and a challenge for personal growth with the goal to distinguish it, through this characteristic, from other ways of spending free time.

Furthermore, the theoretical part briefly introduces the development of the concept of quality of life including the definition of its overlapping to the philosophical anchoring in the conception of humanistic, phenomenological and positive psychology, and it presents research, which, at least indirectly, deals with the topic of art and quality of life.

The actual research part compares the subjectively perceived quality of life of people interested in art (conservatory students, $n = 73$) with a comparative group (high school students, $n = 66$), with a focus on the present situation as well as future expectations.

The research results show that the conservatory students attain higher values attesting higher perceived quality of life. However, in order to deduce the chain of causation it is necessary to conduct further research in this area.