

Abstract:

This diploma thesis is focusing on the posttraumatic growth in professional fire fighters. The theoretical part deals with models of the posttraumatic growth and factors which affect this process. Another constituent of the work is a treatise about psychological aspects of the fire fighter job execution.

One section of the work, the empirical section, is based on the Czech version of a questionnaire method called “Posttraumatic Growth Inventory “. It is a questionnaire that discovers the level of achieved posttraumatic growth in 5 areas; personal strength, new possibilities, relating to others, appreciation of life and spiritual change. The research sample that consisted of 100 professional firemen verified the relationship between the posttraumatic growth and other aspects of respondents’ lives.

The research showed following discovery. The marital status, the fact if the respondent has a family, the time which passed since experiencing a difficult incident, the subjectively perceived intensity of an event, the level of distress, psychological well-being, behaviour of type A, cognitive resilience of an individual, strategy of bearing the burden of “negative view”, “the concentration on a problem” and “the mineralization of threats” is not connected with the grade of obtained posttraumatic growth. The age of the respondent, size of the working team, number of years served out in HZS ČR, type of the experienced event, social support of the surroundings and the strategy of managing the “positive view” influence the grade of posttraumatic growth of the individual within studied number of respondents.

Keywords:

traumatic event, posttraumatic growth, fireman