

ABSTRACT

This thesis is focused on the current concept of coping with stressful situations and the concept of posttraumatic growth of healthy siblings of disabled children.

The first part of this thesis deals with stressful situations throughout the life of healthy sibling. The work describes the ways of coping with difficult life situations as well as coping strategies oriented to the future (proactive coping). It also focuses on the positive effects of this experience within the concept of posttraumatic growth.

The empirical part presents the data obtained from nine respondents. There were used these methods: interview, narrative inspired by life-story, questionnaire PTGI-CZ and PCI questionnaire. The data were elaborated by means of qualitative and quantitative methods.

The aim of the thesis was to identify the coping strategies used by siblings and identify potential posttraumatic growth. The most considerable development was reflected in the areas of “appreciation of life” and “personal growth”. The most helpful coping strategies were considered to be positive thinking and positive reappraisal of a situation.

We believe that these research findings might be helpful in counselling for siblings or in the area of psychotherapy.