

Abstrakt:

The aim of this work is to identify what helped young adults during their childhood to cope with stress situations, which was for them the divorce of their parents, what their coping made worse, how they look on that situation with the passage of time and whether they already feel balanced with it.

In the theoretical part are the key issues the divorce and coping strategies. Attention is focused especially on experiencing and coping with divorce by children. For coherence of this topic this part also touches the short-term and long-term impact of divorce on children and family structure after divorce.

The empirical part is based on a qualitative analysis of 12 interviews with young adults who experienced parental divorce during childhood. For data evaluation is used thematic analysis. The results revealed protective and risk factors that correspond with the findings mentioned in scientific literature.

Keywords:

Divorce, family, psychosocial stress, coping strategies