

Abstract:

The theoretical part of the thesis is focused on the topic of happiness at work and organizations. First part shortly illustrates the importance of the happiness for a relatively new discipline of positive psychology. The happiness is presented as an interculturally valuable emotion. Several definitions are further summarised as well as compared with the similar terms such as well-being or satisfaction. Moreover, some of the methods used for the happiness measurement are described. In the main part of the thesis, the happiness at work is presented as part of the current approach focussing on the positive aspects of the work environment. The next three subsections discuss the causes, contributors and consequences of happiness at work. Briefly, the related topic of employee engagement is mentioned as well. The last part of the thesis concludes how to measure happiness at work and organizations. The empirical part presents a research proposal which compares the levels of experienced happiness between the sport professionals and general population.