The thesis overviews a variety of approaches to understanding of dreams, covering the historical perspectives as well as the perspectives of modern psychologists and psychological schools. It presents information on quantitative analysis of dream content and possibilities of the use of statistical methods in dream research. It introduces the results of the research into the dream content in 100 Czech female psychology students, using the method developed by Hall and Van de Castle. The comparison of these results with a similar group of US female students revealed several differences: The Czech students reported slightly more Aggresion/Friendliness Percent, significantly more unknown environments and moderately more dreams containing aggression and efforts. Compliance with the American sample was shown mainly by percentages regarding the type of characters, negative emotions ratio and the percentage of physical aggression compared to non-physical. Correlation analysis applied to data revealed a moderate relationship between variables suggesting possible explanations of dream content.