Abstract:

This thesis focuses on the topic self-acceptance in order to describe the contemporary place of this phenomenon in the context of well-being. The aim is to extent the knowledge of accepting relationship to the self thanks to comparison with other, relevant concepts. The theoretical part of this work introduces the actual conception of positive psychology, the latest aproaches to well-being and is also about the topic self-system. There are also describe concepts as self-acceptance, self-copassion, internalized shame a dispositional optimism. In the empirical part, there is examined the research hypotheses about existence the relationships between unconditional self-acceptance and other concepts, which are measured by czech translations of these questionnaire methods: Unconditional Self-Acceptance Questionnaire (USAQ), Self-Compassion Scale (SCS-CZ), Internalized Shame Scale (ISS) a Life Orientation Test – Revised (LOT-R). It was conducted on the sample of 215 respondents od czech population. Results show the statistically significant relationship between unconditional self-acceptance and all the other concepts. There was further found high correlation between self-compassion and internalized shame and middle correlation between self-compassion and dispositional optimism. Also statistically significant differences were found between men and women in the level of self-compassion and internalized shame, but no difference were found in unconditional self-acceptance and dispositional optimism. Unconditional self-acceptance is not connected with education or the size of residential area according to research results. Significantly lower scores of unconditionally self-acceptance were found between youngest individuals (age 16 – 24) and respondents from middle age group (age 25 – 44).