

Abstract:

The aim of the bachelor thesis is to define the concept of joy and introduce the theme of happiness in all its vastness. The work is divided into two main parts, the theoretical part and the empirical part. In the theoretical part, first the concept of joy is clarified, then the individual triggers of joy are described, then I focus on the moment of the initiation of joy and its experiencing, afterwards I deal with the manifestations of joy and its impact, while I also mention the preconditions for experiencing joy and the pathology of joy, and in the end of this part I am preoccupied with the question of how one can evoke joy in everyday life, also within the concept of a meaningful life. The empirical part follows the theoretical part, more specifically it follows the chapter dealing with the experiencing of joy. The proposal of the qualitative research is focused on the examination of the experiencing of joy caused by three different situations evoking joy. The method of the research is grounded theory.