

## **Abstract**

The thesis deals with the subjective perception of quality of life of persons that have suffered a spinal cord injury. The Theoretical part is devoted to the quality of life, its definitions, concepts, factors and measuring. Further, it focuses on spinal cord injuries and their consequences with regard to functionality of extremities and organs. It describes types of handicap, process and components of physical therapy. It also deals with psychological stress of a person dealing with the injury and its consequences. Focus is in particular applied to coping strategies and adaptation mechanisms. The third chapter of the Practical part is devoted to the quality of life of a specific target group, i.e. of persons that have suffered spinal cord injury. It introduces the factors and specific aspects contributing to the perception of quality of life. It also addresses some of the frequent mistakes and stereotypes in approaches to people with handicap. In the Empirical part, we have found out that people who suffered spinal cord injury perceive the lower level of quality of life in the area of health and relationships. We did not find statistically significant differences in subjective perception of quality of life depending on the level of handicap, or time that has passed since the injury. As part of qualitative survey, we studied in which areas the lives of respondents changed after the injury, what helps them return to active life, what barriers they experience most often and what are their wishes and plans for the future.

## **Key words**

Quality of life, spinal cord injury, physical disability, coping, adaptation, SQUALA