

## **Abstract (in english):**

This master thesis copes with typology approach to well-being. The approach results from the research of Carol Ryff et al. and distinguishes two dimensions of well-being. The first, the hedonic alias subjective well-being (SWB concept by E. Diener) and the second, the eudemonic alias psychological well-being (PWB concept by C. Ryff). In the theoretical part of the thesis, the difference between psychological and subjective well-being is depicted, it represents a typological model, describes variables the analysis-procedure is based on (personality traits, values, and coping strategies) and sums findings that where learned till now. The empirical part of the thesis is devoted to analysis of the relations among particular types of well-being (subjects with high SWB/high PWB, high SWB/low PWB, low SWB/high PWB, low SWB/low PWB) and personality characteristics according to NEO/FFI, values according to PVQ, and coping strategies formulated by Carver.

The research ensemble was formed out of 2281 subjects, the undergraduate students. Four groups were created, based on the score of tests measuring subjective and psychological well-being. We always formed the groups for the upper and lower score quantile in given test. This way four groups of subjects raised (subjects with high SWB and PWB, subjects with low SWB and PWB, and two groups of subjects with combinations high SWBm low PWB and low SWB, high PWB). It was confirmed, that subjects with high values of subjective and psychological well-being are more extrovert than people with lower values, and on the contrary people with low values SWB and PWB are more neurotic than people from other groups. Further, it was confirmed that subjects with high values of PWB and low values of SWB are the most open to experience. The assumption, that subjects with low values of SWB and PWB use coping strategy to deny more than subjects from the other groups was also confirmed. Values did not appear to be a significant predictor.

Key words: subjective well being, psychological well-being, typological approach,  
personality, values, coping strategies