

Abstract

The thesis deals with gender differences in sources of well-being, focusing on two currently the most significant concepts, subjective well-being (SWB) and psychological well-being (PWB). Attention is paid to the personality correlates of both concepts - personality traits, identity-styles, self-esteem, personal values and coping strategies.

In the empirical part we explored the relationships of the studied phenomena on university student sample. The correlations of SWB and personality sources have been found to be weaker than those of the PWB concept, yet both concepts show similar trends in measurements. As expected, women have achieved a higher level of well-being in both concepts. However, the results of examining gender differences have shown, in several cases, a more significant relationship between personal sources of PWB among men. In this case, significantly stronger positive correlation between PWB and extraversion, self-esteem, active coping has been confirmed, likewise significantly stronger negative correlation between PWB and conformity and higher order value, conservation. The results are discussed considering their limits and implications for further research.