

Abstract

In her diploma thesis, the author deals with the Quarter-life crisis and the experience that Czech Millennials have with this phenomenon. Given that Quarter-life crisis is a relatively new concept that has not yet been greatly explored by academics, the author devotes a part of the thesis to a detailed account of the knowledge on this phenomenon that is currently available, with a considerable part coming from popular psychology and popular science books. The theoretical part of the thesis further describes the social change that enabled the emergence of a new period in psychological development - the "emerging adulthood" and the associated Quarter-life crisis, its development as a concept and academic recognition. The work further describes the generation of Millennials currently associated with this crisis and their characteristics making them susceptible to experience this crisis.

The practical part is a qualitative research on the experiences of Czech Millennials, who are going through or have gone through this crisis. The research results are analysed with an consideration of the specifics of the Czech environment and unique factors that can influence the experience with this phenomenon.