

Abstract

The aim of the thesis is to deal with the explanatory style construct of optimism and its impact on health. Theoretical part summarizes the existing relevant research and findings with the aim of organizing the knowledge that is important for the orientation in a given topic. Firstly, the thesis describes a concept of explanatory style, its development and characteristics. Furthermore, the thesis is focused on optimistic explanatory style as one of the possible factors that might be positively connected to physical and mental health. The final part of thesis summarizes positive psychology interventions designed to develop and increase optimism. Practical part consists of designed research aimed at population of young adults. The exploratory aim is to determine whether the application of positive psychology intervention might lead to a significant reduction in depressive symptoms and, if so, whether the optimistic explanatory style might represent one of the factors that helps maintain mental health.