The thesis deals with psychological theories of happiness. It analyzes the definitions of particular authors in order to review their variance and concordance. It assumes treating happiness as an affect as too reducing. It attempts to offer actual and complex view of happiness in psychology. It introduces theories how humans process how much they are happy and how these processes are carried out at various psychological functioning levels. The paper also describes time-sequential framework from momentary intensive feeling to happiness as a long-term appraisal of human life. It raises a question if happiness is a psychological state, personality trait or process and tries to find an answer which would be consistent with actual psychological knowledge. It brings the newest findings about hedonic treadmill and set-point theories research. Last but not least, it examines happiness increasing strategies and tests one of them in the empirical part.