

## **Abstract**

Given the negative consequences the COVID-19 pandemic has brought to both the physical and mental health, there is a growing need to find the ways how to support and strengthen psychological resilience and mental health of the individuals in such an unprecedented situation.

Consequently, this thesis explores the A. Antonovsky's salutogenetic model of health with a focus on the concepts of sense of coherence (SOC) and sense of national coherence (SONC) as potential predictors of mental health during COVID-19 pandemic.

In the theoretical part, the topic of mental health, its conceptualisation and predictors are presented, with an emphasis on the concepts of SOC and SONC. Additionally, the review of present research on mental health during COVID-19 pandemic is included.

The research project analyses the data obtained through an online survey as a part of an international research study investigating the predictive factors of mental health during COVID-19 pandemic. Data collection in Czech sample was conducted in December 2020 and January 2021, using the Mental Health Continuum, SOC-13 and SONC scales. The sample included 476 participants.

Multiple regression analysis confirmed the SOC as a significant predictor of mental health during COVID-19 pandemic among Czech sample. However, the predictive value of SONC was not significant.