

Abstract

The bachelor thesis deals with the theme of posttraumatic growth in regards of death of a close person. It focuses on young adults, who have experienced death of a relative within their adolescence and adulthood, whom they have been in a close relationship with (a parent, grandparent). The purpose of the thesis is to detect the occurrence of the posttraumatic growth in nine young adults and to determine in which areas and how does the posttraumatic growth manifest. Furthermore, to compare the outcomes with the concepts of Tadeschi and Calhoun, Janoff-Bulman and with „the model of the battle“ used in the dissertation work of Hana Valentová. The theoretical part is dedicated to description of the theme of death of a loved one and to the narration of posttraumatic growth, its definition, models and the factors of influence. The empirical part of the work uses qualitative research using semi-structured interviews with nine respondents and subsequent content analysis using open coding. The analysis has revealed seven main areas of posttraumatic growth: the area of relationships, ability to trust in the midst of a crisis situation, spiritual growth, professional direction, reconstruction of the relationship with self, the value of life and new possibilities. Within the research a few variables have manifested, such as social support, the aspect of a personal faith and the theme of realisation of the mortality of self.

Keywords

posttraumatic growth, trauma, death, young adult, posttraumatic stress, coping with loss