

Resumé

The first part of the thesis is focused on the theoretical presentation of the life events concept and their influence on the health of man.

After introductory definition of the focal idea of the thesis and brief description of the historical development of the life events research the author proceeds to the list of psychic and somatic illnesses that are most frequently connected with the occurrence of life changes. The theoretical part of the thesis also deals with the factors on both an individual's and living environment side that may modify the perception of life events and their impact on the human health to a great extent.

Furthermore the mechanisms of the influence of stress situations cannot be omitted. In a separate chapter the author deals with intercultural connection in the life events' concept. The thesis also pays attention to key methodological aspects of the research in the field of observation and in the end it covers other related themes that deserve to be noticed but could not be included in the theoretical part because of its limited scope.

Last chapter briefly presents critical comments on discussed topic.

In the empirical part of the thesis the author presents her own research that have been done at the sample of 258 Finnish and 257 Czech students.

Using the set of questionnaires, the relationship between the life event occurrence and health changes has been observed with the focus on the role of selected personality characteristics that enter this process and may influence it greatly.

After proving the relationship between the experienced stress and occurrence of negative changes in the psychic field, which is found at both samples, the focus of the thesis progresses to the role of psychic flexibility at self-assessment of one's health and at the same time to its potential protective effect against the impact of experienced events.

For both samples the author introduces the linear regression model for health state prediction out of the values of observed variables (life events and personality characteristics of individual).

In the end of empirical part a detailed comparison of Czech and Finnish sample in all observed variables is presented.

Keywords

Life Event, Life Change, Stress, Coping, Disease, Personality, International Comparison