

## Abstract

This thesis deals with the emotion regulation. The author presents a theoretical concept of emotion regulation and deals with the theoretical development of emotion regulation across the human lifespan. In the empirical part, the author presents three papers. The first deals with the emotion regulation in relation to the health of the individual. The study shows that unhealthy individuals suppress significantly more emotions and affective phenomena compared to healthy individuals. The second study deals with the display rules of basic emotions in a sample of Czech undergraduate students. The last paper is a cross-cultural survey comparing the frequency of emotions experienced by its participants and the emotion regulation strategies in the group of Czech and Slovak undergraduate students. Emotion regulation in this study appears to be a significant factor of cultural differences: Slovak participants access open and authentic expression of emotions significantly more often than the Czech participants. The presented thesis is a contribution to the existing understanding of emotion regulation with regard to the development, health and culture of the individual.

## Keywords

Emotion

Emotion regulation

Development of emotion regulation

Health

Culture