

## **Abstract:**

The theoretical part of the thesis mainly deals with the definitions of sense of humor, humor, stress, life events and life satisfaction and presents an overview of the most basic theories related to these topics at the same time. The aim of the work is looking for connection between the three themes. Above all, it shows the positive impact of sense of humor to cope with stress and life events. What role play a sense of humor in psychotherapy? Can psychotherapy help to improve life satisfaction? As this work was created behind the ongoing systemic psychotherapy, corresponds to the mentioned questions also.

The research seeks to establish relationships between sense of humor and life satisfaction and consequently their impact on coping stress and life events. The empirical part is based on quantitative data processing, which were obtained by using several questionnaire. The results of quantitative data analysis are supplemented by qualitative observations and insights that explain conclusions of study.

Based on the processed data has shown that life satisfaction increases clients during psychotherapy. However the relationship between sense of humor and life satisfaction, as well as their impact on coping stress and life events has not been empirically confirmed.

Keywords: humour, sense of humour, life satisfaction, stress, life events, coping strategies