

ABSTRACT

This diploma thesis deals with whether and, if so, what influence the stress factors have on the life satisfaction of adults. It also focuses on what other aspects are important during the evaluation. The thesis is based on a qualitative research, in which the individuals have given authentic testimonies when evaluating their life satisfaction and conditions, which significantly affect the evaluation. Attention was paid to both negative and positive effects and strategies when coping with difficult situations, trying to find similarities and differences and evaluate substantial factors. The goal also is to show possibilities of achieving a higher level of satisfaction. The merit of the thesis is in honest and comprehensive testimonies of the individuals on this topic and in the possibility to think about one's own life attitude and about the level and limits for reaching life satisfaction in general.

KEYWORDS

Life satisfaction, stress factors, adaptation, resistance, mental balance, mental well-being.