

Abstract

Introduction: In connection with the changes in nursing practice in recent years, the ability to cope with the higher demands of life is becoming increasingly important. This bachelor's thesis is devoted to this ability: „*Proactive coping with life needs of Students of Nursing.*“

Objectives: The aim of the research is to map the proactive coping strategies with life needs of students of nursing.

Sample and Methods: The research sample consisted of 79 students of the Bachelor's Degree in Nursing and Pediatric care of the Second Faculty of Medicine, Charles University. The mean age of respondents was 26 years. For our research survey we used the Czech version of the standardized questionnaire Proactive Coping Inventory (PCI) that is well adapted to the Czech environment.

Results: There were no statistically significant differences found in most of the responses, although there have been some exceptions: Items 17, 46, 50 and 55 were essential, with significantly different responses between younger and older participants in the survey.

Conclusions: For the further research detailed analysis of each strategy of proactive coping skills would be needed. The focus and the scope of the bachelor thesis does not allow deeper analysis of this subject.

Keywords

proactivity; stress; student of nursing; coping with life needs