

ABSTRACT

This diploma thesis focuses on the level of well-being of selected university students and their mindset in relation to school results. The theoretical part is focused on explaining the key concept of well-being and its possible measurement methods. The next big chapter consists of mindset, its brief characteristics and the possibilities of its division. At the end of the theoretical part, there is a chapter focused on the mindset of university students, the content of which is supported by many foreign studies. The practical part elaborates the collected data from on a questionnaire survey, which was based on the set goals, i.e. the determination of the level of academic well-being among selected university students with the expanding goal of determining well-being from a short-term perspective. To find out student life satisfaction and try to confirm the relationship between mindset and school success. When comparing the data, it was found that the overall level of well-being among the university students interviewed was above average, i.e. 6.06, which is a positive result and well-being in the short term is also at a relatively high level, specifically the average value was 5.7. We can say that the selected students are mentally well, without major depression. In the long term, students are tired, with a high level of stress, which can copy the lifestyle of college students. An above-average value, i.e. 6.8, was also recorded for satisfaction with the standard of living. The last assumption of the work was not fully confirmed, as a certain correlation between mindset and school success was found more or less only in extreme cases. In other words, respondents with excellent grades had higher scores on mindset questions and vice versa.

KEYWORDS

Well-being, mindset, positive psychology, school success, university students