

## **ABSTRACT**

This thesis focuses on students with depression and their close persons. The aim of this thesis is to map various aspects of coexistence with a student suffering from depression. It uses the perspective of these close persons, whose support of students with depression is essential.

The theoretical part deals with defining the concept of depression using a historical perspective and the perspective of diagnostic manuals. It also focuses on various aspects of depressive illnesses, including their impact on life of the individual. The last chapter of the theoretical part then deals with coping and coping strategies. The empirical part of this paper tries to map different strategies of support for a student with depression, which close people tend to choose. In the case of depression, as a very serious illness, it can also be assumed that the psychological state of these close ones will be affected. Following this assumption, this work also tries to map the coping strategies that close persons use to support their own mental health. A qualitative methodology was chosen to attain the research objectives. A semi-structured interview method was used to obtain data and the subsequent analysis of the text was carried out using open coding.

The analysis of the interviews pointed to the subjectively most difficult aspects of living with a student suffering from depression, which were the very own experience of helplessness and then irritability, mood swings, over-intense emotional response and reduced self-confidence of the person suffering from depression. Research has pointed to the need for an individualised approach to the support. The research also shows the need of realization that supporting people must care of their own health too and have the right to seek support in the case of need.

## **KEYWORDS**

affective disorders, depressive disorders, student, close person, coping strategies, support, qualitative methodology