

Abstract

This bachelor thesis deals with the effect of animals on human resilience through their interactions. The aim of the thesis is to summarize current knowledge in this area and to propose research that could help to discover some of the as yet unstudied effects of animal-human interactions. In the theoretical part, the concept, related concepts, mechanisms and factors of resilience are first briefly described. Next, attention is paid to the current knowledge in the field of resilience research and some selected measurement tools are mentioned. The next section focuses on the general effects of interactions with animals on bio-psycho-social domains of human life at different developmental stages, together with an introduction to some research methods. The theoretical part of the thesis concludes with a more detailed description of the investigated links between human-animal relationships and the state of human resilience. This is followed by a quantitative panel research design that aims to examine the development of resilience in adults in the periods before and after the acquisition of an animal as a human companion.