

7. Přílohy

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A. DOTAZNÍK ECR-RS

relationship structures questionnaire

your name _____ today's date _____

"The Relationship Structures Questionnaire (ECR-RS)" is a self-report instrument designed to assess attachment patterns in a variety of close relationships. The same 9 items are used to assess attachment styles with several different people, for example mother (or a mother-like figure), father (or a father-like figure), current (or a former) romantic partner, and best friend (or close friends more generally). With adaptations, the statements are also relevant to therapeutic relationships. The ECR-RS can also be used as a 9-item version of the 36-item "Experiences in Close Relationships Questionnaire – Revised (ECR-R)".

The statements below are about how you feel in emotionally intimate relationships. You can use them to assess how you tend to feel in close relationships generally, or to focus on a particular relationship or type of relationship. Using the 1 to 7 scale below, after each statement write a number to indicate how much you agree or disagree with the statement when applied to the relationship(s) you are looking at.

1 2 3 4 5 6 7

*strongly
disagree*

*strongly
agree*

In the questionnaire, "m" is for mother, "fa" for father, "p" for partner, "fr" for friend, and "th" for therapist

		<i>m</i>	<i>fa</i>	<i>p</i>	<i>fr</i>	<i>th</i>
1.	It helps to turn to this person in times of need (R)					
2.	I usually discuss my problems and concerns with this person (R)					
3.	I talk things over with this person (R)					
4.	I find it easy to depend on this person (R)					
5.	I don't feel comfortable opening up to this person					
6.	I prefer not to show this person how I feel deep down.					
7.	I often worry that this person doesn't really care for me					
8.	I'm afraid that this person may abandon me					
9.	I worry that this person won't care about me as much as I care about him or her					
	average avoidance: items 1 to 6, with 1 to 4 reverse scored					
	average anxiety: items 7 to 9					

When reverse scoring items 1 to 4, take the score you have written and subtract it from 8.

You can now transfer these scores to the companion "ECR-R/RS Dimensions Diagram" (over the page) to assess whether the current picture is one of security, preoccupation, dismissal, or fearful-avoidance.

Fraley, R., Heffernan, M., et al (2011). *The Experiences in Close Relationships-Relationship Structures questionnaire: A method for assessing attachment orientations across relationships*. Psychological Assessment, 23, 615-625.

The full text of the above paper, details of this "ECR-RS" questionnaire and a wealth of other helpful resources are freely downloadable from Prof Chris Fraley's website at <http://internal.psychology.illinois.edu/~rcfraley/index.htm>

B. DOTAZNÍK MESA

The Quick Emotional Intelligence Self-Assessment*

*Adapted for the San Diego City College MESA Program from a model by Paul Mohapel (paul.mohapel@shaw.ca)



Emotional intelligence (*referred to as EQ*) is your ability to **be aware of, understand and manage your emotions**. *Why is EQ important?* While intelligence (*referred to as IQ*) is important, success in life depends more on EQ. Take the assessment below to learn your EQ strengths!

Rank each statement as follows: **0 (Never)** **1 (Rarely)** **2 (Sometimes)** **3 (Often)** **4 (Always)**

Emotional Awareness – Total: _____

0 1 2 3 4	My feelings are clear to me at any given moment
0 1 2 3 4	Emotions play an important part in my life
0 1 2 3 4	My moods impact the people around me
0 1 2 3 4	I find it easy to put words to my feelings
0 1 2 3 4	My moods are easily affected by external events
0 1 2 3 4	I can easily sense when I'm going to be angry
0 1 2 3 4	I readily tell others my true feelings
0 1 2 3 4	I find it easy to describe my feelings
0 1 2 3 4	Even when I'm upset, I'm aware of what's happening to me
0 1 2 3 4	I am able to stand apart from my thoughts and feelings and examine them

Emotional Management – Total: _____

0 1 2 3 4	I accept responsibility for my reactions
0 1 2 3 4	I find it easy to make goals and stick with them
0 1 2 3 4	I am an emotionally balanced person
0 1 2 3 4	I am a very patient person
0 1 2 3 4	I can accept critical comments from others without becoming angry
0 1 2 3 4	I maintain my composure, even during stressful times
0 1 2 3 4	If an issue does not affect me directly, I don't let it bother me
0 1 2 3 4	I can restrain myself when I feel anger towards someone
0 1 2 3 4	I control urges to overindulge in things that could damage my well being
0 1 2 3 4	I direct my energy into creative work or hobbies

Social Emotional Awareness – Total: _____

0 1 2 3 4	I consider the impact of my decisions on other people
0 1 2 3 4	I can easily tell if the people around me are becoming annoyed
0 1 2 3 4	I sense it when a person's mood changes
0 1 2 3 4	I am able to be supportive when giving bad news to others
0 1 2 3 4	I am generally able to understand the way other people feel
0 1 2 3 4	My friends can tell me intimate things about themselves
0 1 2 3 4	It genuinely bothers me to see other people suffer
0 1 2 3 4	I usually know when to speak and when to be silent
0 1 2 3 4	I care what happens to other people
0 1 2 3 4	I understand when people's plans change

Relationship Management – Total: _____

0 1 2 3 4	I am able to show affection
0 1 2 3 4	My relationships are safe places for me
0 1 2 3 4	I find it easy to share my deep feelings with others
0 1 2 3 4	I am good at motivating others
0 1 2 3 4	I am a fairly cheerful person
0 1 2 3 4	It is easy for me to make friends
0 1 2 3 4	People tell me I am sociable and fun
0 1 2 3 4	I like helping people
0 1 2 3 4	Others can depend on me
0 1 2 3 4	I am able to talk someone down if they are very upset



My EQ strengths! Mark your EQ total scores to assess your strengths and areas for improvement.

Domain	Score
Emotional Awareness	0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40
Emotional Management	0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40
Social Emotional Awareness	0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40
Relationship Management	0 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 32 34 36 38 40

Measure your effectiveness in each domain using the following key:
0 – 24 Area for Enrichment: **Requires** attention and development
25 – 34 Effective Functioning: Consider **strengthening**
35 – 40 Enhanced Skills: Use as **leverage** to develop weaker areas

Using your EQ strength – for your strongest EQ domain, give an example of how you demonstrate your strength in your daily life or work: _____

Effects of your EQ strength – for your weakest EQ domain, give an example of how this affects you AND others in your daily life or work: _____

Improving your EQ strength – for your weakest EQ domain, what steps can you take to strengthen yourself in this area? How will this benefit you in your daily life or work? _____

For help in developing your EQ strengths, visit the City College Mental Health Counseling Center (Room A-221)



A Learning Culture of Success -
MESA works!



C. Doplnující grafy a obrazy

a. Původ korespondentů Česká republika

Obraz č.1: Původ korespondentů ČR



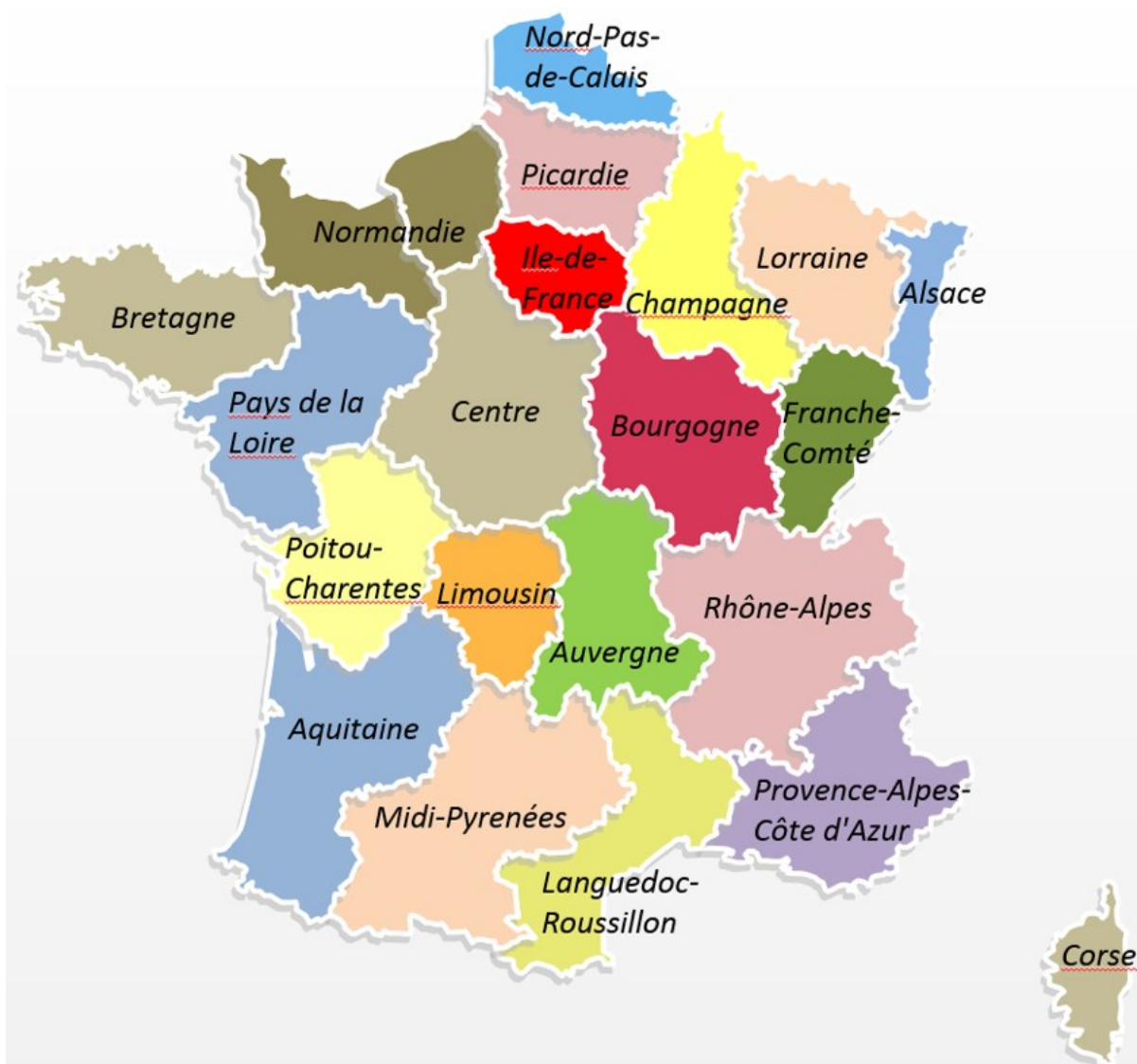
<https://i.pinimg.com/originals/61/16/38/6116384667991517183f0fa009224ccc.png>

Tabulka číslo 1: Kraje a města původu korespondentů ČR

<i>Hlavní město Praha</i>	<i>Středočeský kraj</i>	<i>Moravskoslezský kraj</i>	<i>Plzeňský kraj</i>	<i>Zlínský kraj</i>	<i>Jihočeský kraj</i>	<i>Jiho-moravský kraj</i>	<i>Ústecký kraj</i>	<i>Liberecký kraj</i>	<i>Vysočina</i>
Praha (62)	Kladno (1)	Krnov (1)	Plzeň (4)	Zlín (1)	Prachovice (1)	Brno (2)	Most (1)	Liberec (2)	Havl. Brod (2)
	Beroun (1)	Ostrava (2)			Jindř. Hradec (1)		Chomutov (1)	Jilemnice (1)	Jihlava (1)
	Příbram (1)	Bohumín (1)							
	Kolín (1)	Frydek Místek (1)							
	Slaný (1)								
	Mladá Boleslav (1)								

b. Původ korespondentů Francie

Obraz č.2: Původ korespondentů Francie



<https://franciesveronikou.cz/wp-content/uploads/2020/02/mapoldregions2.png>

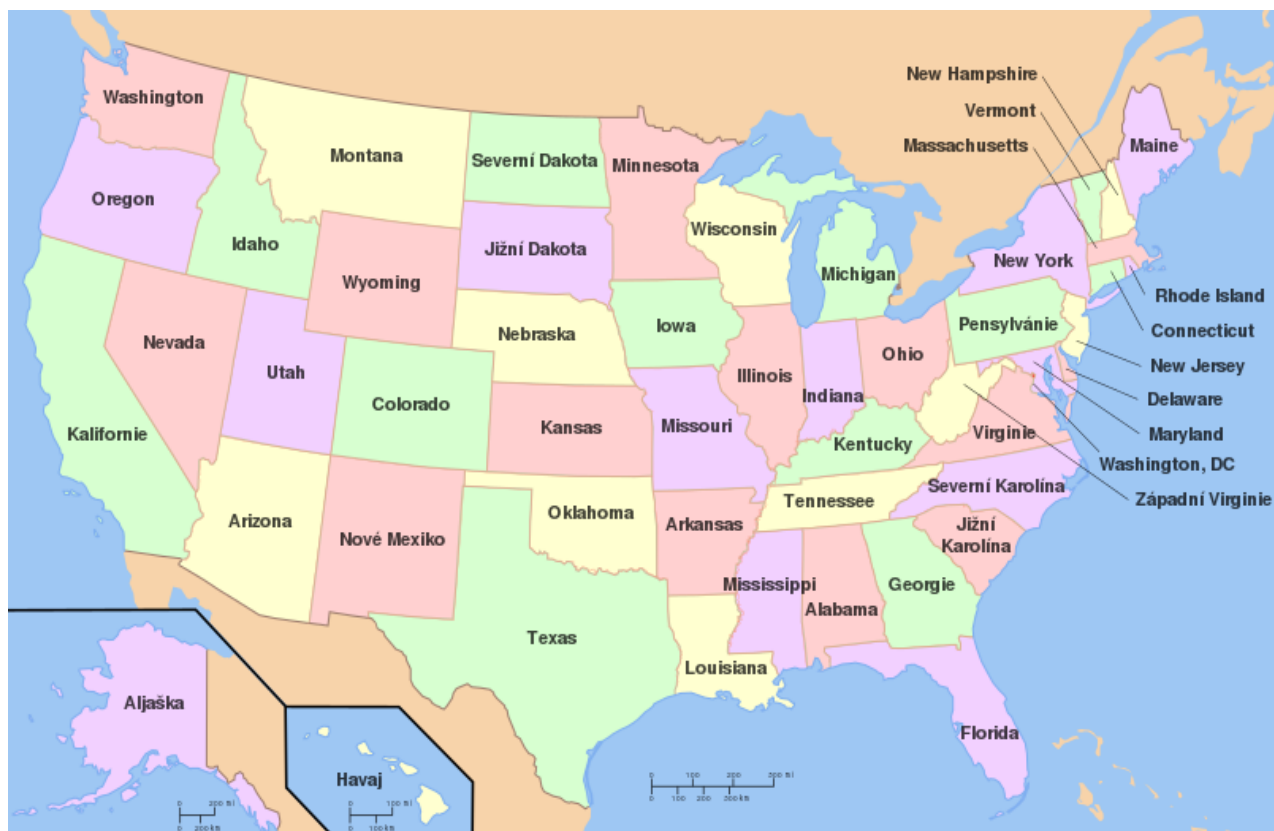
Tabulka číslo 2: Kraje a města původu korespondentů Francie

<i>Ile de France</i>	<i>Bretagne</i>	<i>Champagne</i>	<i>Rhône alpes</i>	<i>Centre</i>	<i>Picardie</i>	<i>Pays de la Loire</i>	<i>Alsace</i>	<i>Acquittaine</i>	<i>Pyrenées</i>
Paris (18)	St. Malo (2)	Reims (3)	Lyon (5)	Chartres (2)	Amiens (1)	Le Mans (1)	Alsace (2)	Talence (1)	Bayonne (1)
Versailles (1)	Nantes (1)	Epernay (2)	Montélimar (1)		Roubaix (1)	La Roche sur Yon (1)		Limoges (1)	

Esonne (1)		Chau- mont (1)	Valence (1)					Dordogne (1)	
Saint Aubin (1)		Roann e (1)							
Villeneuv e Saint Georges (1)		Troye s (2)							
Pontoise (1)									
<i>Nord-Pas de Calais</i>	<i>Kores- pondenti uvádějící pouze Francie</i>	<i>Ostatní původ y*</i>							
Lens (2)	France (23)	Praha (8) Brno (1)							
Lambres de Douai (1)		Rusko (1) Alžír (1) Marok o (1) Madri d (1) Ankar a (1)							

c. Původ korespondentů USA

Obraz č. 3: Původ korespondentů USA



https://upload.wikimedia.org/wikipedia/commons/thumb/a/a5/Map_of_USA_with_state_names.svg/langcs-800px-Map_of_USA_with_state_names.svg.png

Tabulka číslo 3: Státy a města korespondentů USA

<i>Státy</i>	<i>Počet korespondentů</i>	<i>Města (pokud byla uvedena)</i>
New York	6	New York, Bronx, Rochester
Washington	2	Seattle
Minnesota	1	St. Paul
Illinois	2	Peoria
Florida	3	Palm beach, Orlando, Florida
Kentucky	3	Fort Campbell
Virginia	3	
Texas	11	Dallas, Houston, Odessa, Port Arthur, San Antonio
Indiana	2	
Delaware	1	Dover
Arizona	3	Phoenix
California	16	Los Angeles, Fresno, Arcadia, Hayward, Stanford, Paramount, San Diego, San Bernadino
Nevada	1	
Missouri	2	Branson

Maryland	2	
Iowa	1	
Michigan	2	
New Jersey	1	
Hawai	1	
Missouri	1	
Pennsylvania	1	Sharon
Wisconsin	1	
Nebraska	1	
Montana	1	Missoula
Ohio	1	Colombus
North Carolina	2	Mount Airy
Korespondenti uvádějící pouze USA	24	
Ostatní původy	1	El Salvador
	1	Čína
	1	Indie
	1	Jižní Korea (Seoul)
	1	Ukrajina
	1	Německo
	2	Cuba
	1	Puerto Rico

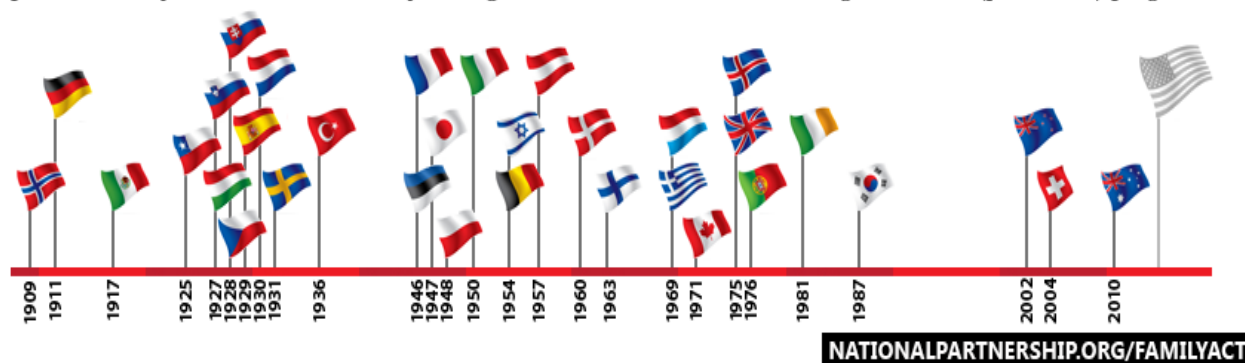
d. Historický vývoj mateřské dovolené v porovnání

Obraz č. 3: historický vývoj mateřské dovolené v porovnání

PAID LEAVE

The FAMILY Act is long overdue...

Other countries in the Organisation for Economic Co-operation and Development (OECD) started providing paid maternity leave more than 100 years ago. When will the United States get with the (paid leave) program?

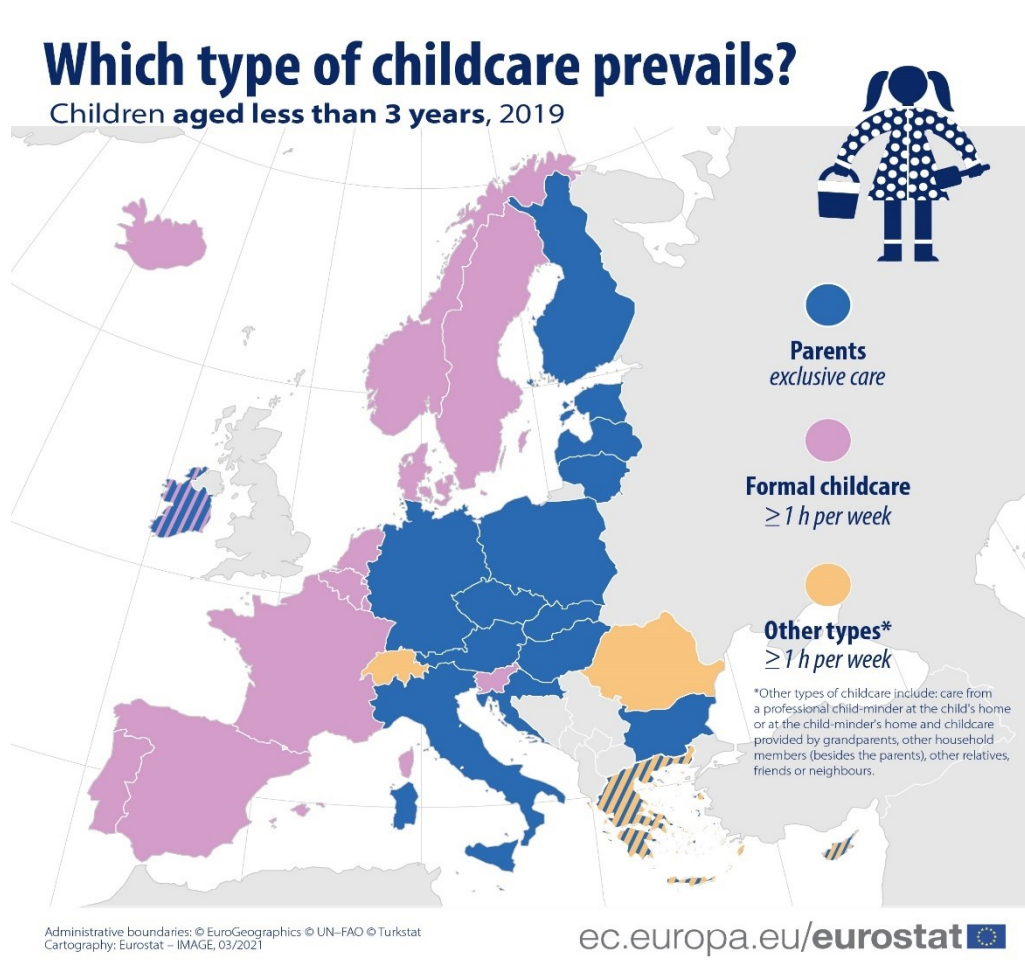


Source: <https://www.politifact.com/factchecks/2015>

Překlad: Placená dovolená. Dohoda o rodině již vypršela... Jiné země v OECD poskytují placenou mateřskou dovolenou již více než 100 let. Kdy začnou Spojené Státy s tímto programem?

e. Formální péče o děti a rodinná péče

Obraz č. 6: formální péče o děti a rodinná péče



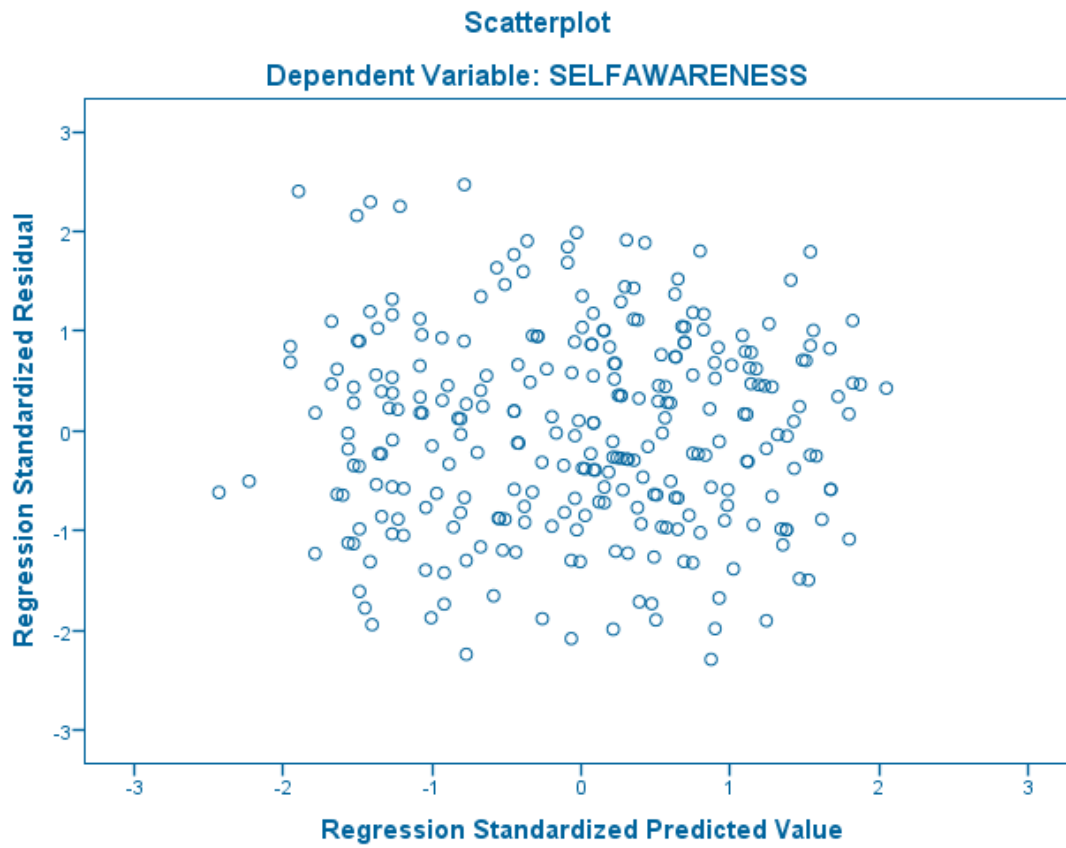
Source: <https://ec.europa.eu/eurostat/web/products-eurostat-news/-/ddn-20210330-1>

Překlad: Jaký způsob péče převažuje? Děti ve věku do 3 let, 2019. Modrá: výlučná péče rodičů, fialová: formální péče, minimálně 1h týdně, oranžová: jiné typy péče, minimálně 1h týdně.

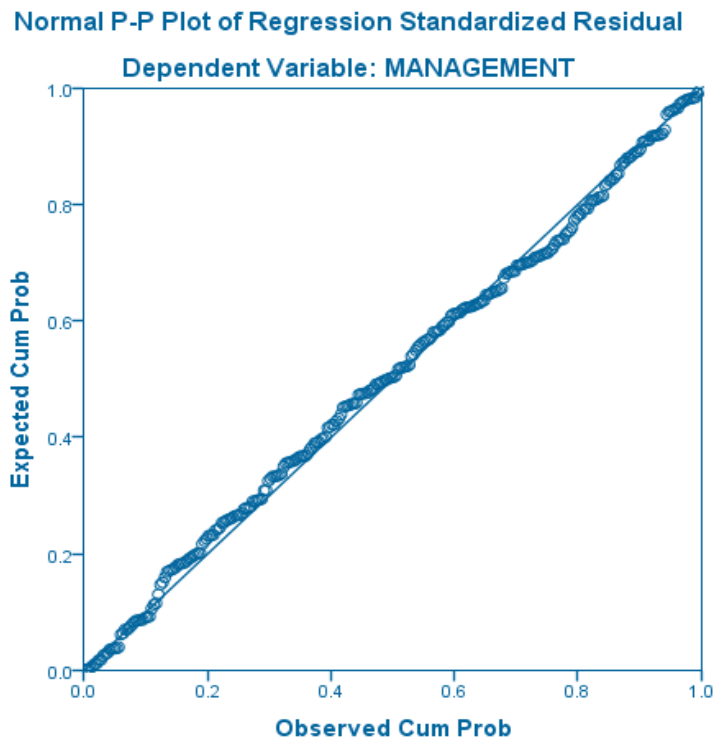
D. Doplňující tabulky, grafy a obrazy ze statistické analýzy

a. H2

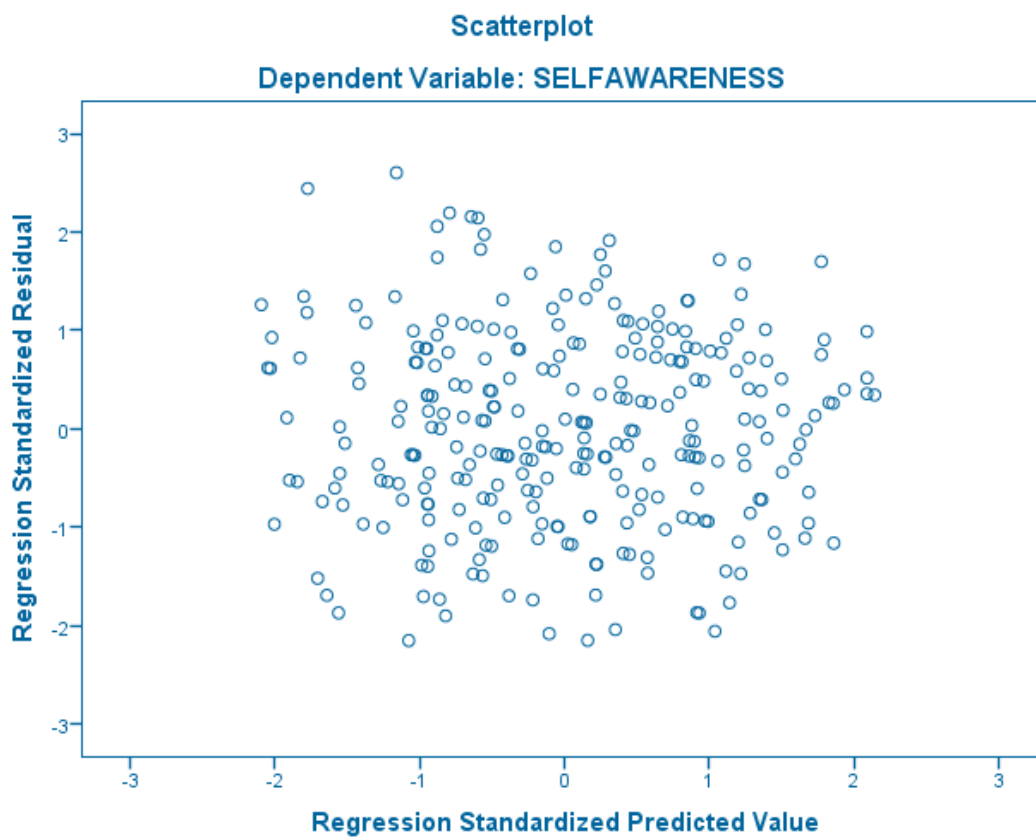
Obraz č.7: Lineární regrese, selfawareness



Obraz č.8 : Lineární regrese, selfmanagement



Obraz č.9: Lineární regrese, selfawareness a úzkostnost/vyhýbavost



b. H3

Tabulka číslo 4 a 5: Lineární regrese, koeficienty vyhýbavosti a úzkostnosti otce a relationship management

Regression

3H2 vyhýbavost - Coefficients - May 12, 2022

Coefficients^a

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	25.792	3.072		8.396	.000
VĚK	.124	.108	.073	1.153	.250
DÉLKA PÉČE	.000	.029	-.001	-.016	.987
primárnímátka	-.398	1.020	-.026	-.390	.697
primárníotec	-.851	2.010	-.027	-.423	.672
POHLAVÍ	1.956	.857	.135	2.283	.023
FR	1.673	1.145	.110	1.462	.145
USA	.767	1.166	.052	.658	.511
VYHÝBAVOST OTEC	-.164	.043	-.225	-3.783	.000

a. Dependent Variable: RELATIONSHIPS

Regression

3H2 úzkostnost - Coefficients - May 12, 2022

Coefficients^a

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	21.862	2.884		7.582	.000
VĚK	.186	.109	.110	1.702	.090
DÉLKA PÉČE	.008	.030	.018	.287	.774
primárnímátka	-.238	1.040	-.015	-.228	.820
primárníotec	-.868	2.050	-.028	-.423	.673
POHLAVÍ	1.712	.871	.118	1.965	.050
FR	1.564	1.167	.103	1.340	.181
USA	.627	1.195	.043	.525	.600
ÚZKOSTNOST OTEC	-.152	.080	-.114	-1.883	.061

a. Dependent Variable: RELATIONSHIPS

Regression

3H3 vyhýbavost - Coefficients - May 12, 2022

Coefficients^a

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	20.109	2.621		7.672	.000
VĚK	.225	.098	.146	2.289	.023
POHLAVÍ	-.103	.785	-.008	-.131	.896
FR	1.501	1.050	.108	1.430	.154
USA	1.746	1.070	.130	1.632	.104
primárnímátka	-.354	.936	-.025	-.378	.706
primárníotec	-.829	1.847	-.029	-.449	.654
DÉLKA PÉČE	.014	.027	.035	.544	.587
VYHÝBAVOST PARTNER	-.114	.046	-.148	-2.497	.013

a. Dependent Variable: SELFAWARENESS

Regression

3H3 úzkostnost - Coefficients - May 12, 2022

Coefficients^a

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	19.175	2.762		6.942	.000
VĚK	.205	.100	.133	2.056	.041
POHLAVÍ	.050	.797	.004	.062	.950
FR	1.404	1.061	.101	1.324	.187
USA	1.718	1.103	.128	1.558	.121
primárnímátka	-.324	.951	-.023	-.341	.733
primárníotec	-.965	1.871	-.034	-.516	.606
DÉLKA PÉČE	.011	.027	.026	.396	.692
ÚZKOSTNOST PARTNER	-.045	.073	-.040	-.617	.538

a. Dependent Variable: SELFAWARENESS

Regression

3H4 vyhýbavost social awareness - Coefficients - May 12, 2022

Coefficients^a

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	29.434	2.700		10.902	.000
VĚK	.058	.101	.035	.574	.566
DĚLKA PÉČE	-.008	.027	-.018	-.293	.770
primárnímátka	-.086	.961	-.006	-.089	.929
primárníotec	-.043	1.908	-.001	-.023	.982
POHLAVÍ	1.166	.813	.081	1.435	.153
FR	2.407	1.078	.160	2.233	.026
USA	3.520	1.098	.241	3.205	.002
VYHÝBAVOST KAMARÁDI	-.291	.050	-.328	-5.799	.000

a. Dependent Variable: SOCIAL AWARENESS

Regression

3H4 úzkostnost - Coefficients - May 12, 2022

Coefficients^a

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
1 (Constant)	27.556	2.861		9.632	.000
VĚK	.004	.106	.003	.041	.967
DĚLKA PÉČE	-.019	.029	-.041	-.649	.517
primárnímátka	-.074	1.009	-.005	-.074	.941
primárníotec	-.950	1.993	-.030	-.477	.634
POHLAVÍ	1.930	.846	.134	2.281	.023
FR	1.994	1.130	.132	1.764	.079
USA	2.730	1.180	.187	2.314	.021
ÚZKOSTNOST KAMARÁDI	-.196	.079	-.151	-2.483	.014

a. Dependent Variable: SOCIAL AWARENESS

