

Abstract

The main aim of this bachelor thesis is to introduce an overview and description of the concept of job crafting and thus contribute to bringing this phenomenon deeper into the awareness of Czech psychologists and the public. In the theoretical part, the main models and definitions of job crafting, its opposition, different forms and case studies are presented. These case studies are designed to bridge the gap between concept and practice. Benefits and possible difficulties of job crafting are also included in the theoretical part. The research framework provides a possible methodological approach for a qualitative study that would bring some insight into the manifestations of job crafting in a more practical form. Its main added value is to focus on specific displays of job crafting in occupations that are demanding mentally and physically. The eventual application of this research design would clarify what forms of job crafting occur in terms of the above-mentioned categories within the Czech population. Thus, it could contribute to follow-up research of possible interventions, which use job crafting as a tool for improving mental health in the work process.

Key words: job crafting, occupation, well-being, practical forms, work health