

ABSTRACT

This bachelor's thesis examines two psychological concepts, which are wisdom and well-being. One of the aims of the thesis was to adapt Jeffrey Webster's Self-Assessed Wisdom Scale to the Czech environment and to pilot it. The second aim was to test whether there is a relationship between wisdom and wellbeing. A total of 184 respondents between the ages of 18 and 79 participated in the study. Wisdom was measured using the Self-Assessed Wisdom Scale, which consists of five subscales – these are critical life experiences, emotional regulation, reminiscence and reflection, humour, and openness. The Satisfaction with Life Scale was used to measure subjective well-being and the Flourishing Scale was used to measure psychological well-being. The Self-Assessed Wisdom Scale had high reliability in the Czech population. The factor structure of the wisdom questionnaire was validated using principal components analysis, exploratory and confirmatory factor analysis. It turned out that the structure did not correspond to the expected five dimensions, so it was recommended to modify the items and to test them further on a new research sample. The Czech research sample scored the highest on the humour dimension and the openness dimension proved to be the weakest overall. In terms of well-being, our sample was rather happy. No significant differences were found between overall wisdom and demographics. A strong positive correlation was found between wisdom and wellbeing.

KEYWORDS

wisdom, well-being, SAWS, satisfaction with life, flourishing