ABSTRACT

This thesis examines the characteristics of dreams in people with anxiety. Dream characteristics, including emotions in dreams, dream content, dream recall, and attitudes towards dreams, are monitored in people with anxiety (N=36) compared to a control group (N=28). The theoretical part addresses anxiety and dreams, and the research part focuses on methodology, data collection process, findings, and discussion. Participants were divided into groups of individuals with or without anxiety using the STAI inventory, based on their trait anxiety levels. Participants then recorded their dreams in an online dream diary for two weeks, and during data collection, they were also tested for current anxiety levels. It was found that individuals with anxiety experience dreams with more negative emotional tones, and their attitudes towards dreams differ in several respects (in terms of significance, positivity, recall, and apprehension). Differences were also observed in the frequency of certain categories of dream content (categories of characters, aggressive interactions, misfortunes, and negative emotions). The influence of anxiety on dream frequency and length was not found to be significant. The aim of this study was to comprehensively describe dream characteristics in individuals with anxiety compared to those with no anxiety, focusing on individuals with high trait anxiety levels rather than those with diagnosed anxiety disorders.

KEYWORDS