

ABSTRACT

When middle age is mentioned, most individuals immediately associate this period with the proverbial term: „midlife crisis." Mostly, this life phase is associated with a psychological crisis, which happens on the basis of acceptance of the irreversibility of the shortening of time, acceptance of the aging process, and the like. When experts deal with this concept, they mainly deal with the negative aspects that make this stage of life so famous. In this thesis, I look at middle age from the opposite angle. I aspire to find the positive aspects of middle age. I focus primarily on affective components reflecting the ongoing evaluation of an individual's moods and emotions. This diploma thesis looks at middle age from the point of view of emotional experience and its goal is to find out what is the most common source of positive emotions in individuals in the period of middle adulthood. The theoretical part of the thesis is based on professional literature and deals with basic knowledge about emotions, the definition of middle age and its psychology, and last but not least, the crisis of middle age and its emotional experience. The practical part is grasped as qualitative research. The data for the analysis were received and processed with the consent of the main researcher doc. PhDr. Bc. Iva Poláčková Šolcová, Ph.D., who deals with crisis, experience and growth in middle age in her research.

Key words

Middle age, positive, adulthood, emotional experiencing.