Summary

The aim of the thesis was to find if the congruence and incongruence of prevailing values and goals are related to subjective well-being. The theoretical part deals with the issue of values, goals and subjective well-being, and also the findings about their mutual relations has been elaborated. The important theoretical source for the entire thesis was Schwartz's theory of values. The impulse for our research was the fact that a study, in which the value and goal congruence in relation to the subjective well-being would be directly examined, has been missing. A research sample consisted of 234 female university students (89.7%) and male university students (10.3%) from Pedagogical Faculty of PU in Presov. The average age of respondents was 21.1 with standard deviation 1.23 (the average age of women was 21.06, s = 1.21, the average age of women was 21.51, s = 1.31). The research measurements were the Portraits value questionnaire 40 (PVQ 40), a finding goal questionnaire designed for the purpose of our research, the emotional habitual subjective well-being scale (SEHP), and the overall life satisfaction scale (CZS). One of the main findings was that the people with congruent values and goals experienced better subjective well-being than the people with incongruent values and goals, while the differences were highly significant. The research subject was also the changes in the subjective well-being that take place over time after the changes of value and goal congruence and incongruence. It turned out that the people with ongoing congruence were more satisfied, they experienced more positive and less negative emotions than the people whose value and goal congruence changed into incongruence. Our results also indicated that if incongruence changes over time into congruence, it may have a positive consequence for the affective component of the subjective well-being. Also the assumption about relatively high stability of subjective well-being over time has been confirmed.

This thesis brings some new findings in the field of the subjective well-being with focus on values and goals. The findings that the change of congruence as well as incongruence of prevailing values and goals was related to the subjective well-being, might be a certain „instruction“ for improvement or optimalization of the factors that favorably influence the condition of subjective well-being.

Key words: values, goals, congruence of values and goals, incongruence of values and goals, subjective well-being.