

**Abstract:**

This diploma thesis presents a new concept of nonattachment to self. The theoretical part consists of the introduction of a different conceptualization of the self in Western and Buddhist psychology and describes the historical background of nonattachment. It further describes the concept of nonattachment, on which the concept of nonattachment to self is based. This concept is further introduced in relation to self-related processes and its possible impact on mental health. The last chapter presents Czech and foreign scales measuring nonattachment (NAS, NAS-30-CZ, NAS-SF, NAS-SF-CZ) and nonattachment to self (NTS, NTS-CZ).

The aim of the empirical part of the work was to perform a validation study of the Scale of Nonattachment to Self (NTS-CZ) on a Czech sample to verify its psychometric properties. A total of 125 respondents were administered an online questionnaire battery, which consisted of a total of 8 questionnaires: Nonattachment to Self Scale (NTS-CZ), Nonattachment Scale-Short Form (NAS-SF-CZ), Self-Compassion Scale (SCS-CZ), Patients Health Questionnaire-9 (PHQ-9), General Anxiety Disorder-7 (GAD-7), Five Facet Mindfulness Questionnaire, Short Form (FFMQ-15-CZ), Difficulties in Emotion Regulation Scale-SF (DERS-SF-CZ) and Life Satisfaction Scale (SWLS-CZ).

Overall, the scale showed fairly good reliability as measured by internal consistency ( $\alpha = .77$ ) and split-half reliability ( $\alpha = .65$ ). Correlation analysis of NTS-CZ with other questionnaires revealed good convergence and discriminatory validity. Positive correlations were found between the level of nonattachment to self and the level of compassion for oneself ( $r = .329, p < .001$ ), mindfulness ( $r = .320, p > .001$ ) and satisfaction with life ( $r = .208, p = .020$ ) and the negative correlation between the level of nonattachment to self and the level of depression ( $r = -.264, p = .003$ ) and anxiety ( $r = -.247, p = .005$ ). Surprisingly, no negative correlation was found between nonattachment to self and difficulties with emotion regulation ( $r = -.147, p = .102$ ).

**Keywords:**

Nonattachment, nonattachment to Self, psychometric properties, buddhist psychology, self-concept