

Abstract:

The master thesis deals with the loneliness of university students (focused on women) during the pandemic of the COVID-19 disease. The work focuses on the identification of risk and protective factors of loneliness. It also examines coping strategies and compares their use between lonely and non-lonely students. The qualitative study identified risk factors associated with the pandemic (disruption of routine and everyday life, absence of university environment and reduction of social network and social contacts) and general risk/protective factors (social, personal, family environment, physical activity and nature). Coping strategies for university students are prevailed active, problem-oriented strategies. However, emotional strategies also appear during crisis situations. Passive coping strategies predominate among long-term lonely students. The main difference between lonely and non-lonely students was connected with the perception of loneliness. Non-Lonely students took loneliness as a means of self-development and personal growth. Based on the findings, a typology of loneliness was created.