

Abstract

This diploma thesis deals with the possibility of using relaxation massages as an intervention by children with attention deficit hyperactivity disorder. The whole thesis is divided into two parts, the theoretical and practical part. The theoretical part includes the basic characteristics of the disorder, the symptomatology, it deals with the developmental and personality traits of the ADHD, it is concerned with the functioning of the child in the domestic environment and at school. It describes standard and less common treatment options. In addition, the work focuses on selected options for mitigating disruptive behavior and suitable relaxation techniques that can help children with ADHD to improve concentration.

The practical part presents own research, where in the quantitative part it was examined whether the massage improves the performance in the test of attention by children with ADHD, if it alleviates the symptoms of the disorder and whether it improves the child's short-term state of mind.

A qualitative mothers' reflection about the massages that they performed with their children for 4 weeks specifies the findings. The research did not confirm statistically significant effect of massages neither on the performance in the attention test, on the short-term state of mind nor on the alleviation of symptoms. The results suggest that our research sample ($n = 36$) may be too small to detect statistically significant effects.