

ABSTRACT:

INTRODUCTION - The bachelor thesis deals with the relationship between negative effects of alcohol addiction on a person's life and his/her individual spirituality.

OBJECTIVE - The main aim of the thesis is to find the relationship between impacts of alcohol addiction in different areas of life and the individual's spirituality. Another objective was to clarify the differences in spirituality and other characteristics of Alcoholic Anonymous (AA) members and clients of professional addictology services.

PARTICIPANTS - 98 respondents participating in the questionnaire survey were members of the AA groups in various regions of the Czech Republic and clients or patients of six addictology health or social care services.

METHOD - The research was conducted through an anonymous questionnaire survey, in both paper and online form. The questionnaire was based on the Motivational questionnaire of MUDr. Karel Nespor and Pražský spirituality questionnaire (the Prague Questionnaire of Spirituality, PQS 36). The data were processed in Excel and the IBM SPSS Statistics. The results were subjected to correlation analysis, and other methods of statistical testing (Pearson Chi-square independence test, t-test, z-test).

RESULTS - The main findings include a statistically significant relationship between the effects of alcohol addiction to the legal area of the individual's life and three areas of spirituality. Crime or unacceptable behavior (e.g. family theft) correlates negatively with eco-spirituality, ethical enthusiasm, and solidarity (scales of PQS). Mystical experiences positively correlate with impacts on relationships and mental health. Furthermore, it has been shown that a group with more severe health problems due to alcohol abuse scores above average in solidarity with other people. Members of the AA groups score statistically significantly higher scores in spiritual subscales which correspond to the philosophy and spirituality of the AA (eco-spirituality, ethical enthusiasm, solidarity and latent monotheistic orientation). The results also confirmed the specifics of the AA members in comparison to clients of professional services in experiencing spirituality, impacts of addiction and socio-demographic statistics (e.g. the highest level of education attained).

CONCLUSIONS - Research confirms the link between spirituality and the effects of alcohol addiction. There was found a statistically significant relationship. The recommendation for further research is to include the length of abstinence in the research, or to extend the correlation research to factor analysis. The discussion part also includes the theme how much the results of the exploration of spirituality might be influenced by mental health, or dual diagnosis.

Key words: Alcohol addiction, spirituality, impacts of addiction, alcoholics anonymous, questionnaire survey