

Abstract

The topic of the master thesis is music therapy and its effect on preschool children.

The master thesis consists of four chapters, whereby the first three being the theoretical part and the fourth the practical part.

The theoretical part pays attention to music therapy from a historical point of view but it also examines the current theoretical and practical concept. The theoretical part offers basic information about pre-school education, including a description of teachers, children and an institution called a kindergarten. In that respect, there is also a brief mention of the Štítý kindergarten, from which the research sample comes. Furthermore, the theoretical part also focuses on art therapies in general. It is mainly focused on the music therapy. However, a brief description of three other art therapeutic disciplines, such as art therapy, drama therapy and dance-movement therapy, is also included. The main aim of the theoretical part was to offer comprehensive overview of knowledge and the facts in order to help the understanding of important facts about music therapy and preschool education. With the focus on the interconnection of these two key areas. Finally, a brief introduction of art therapies and its other specializations is included. All the included information is based on the study of quality publications and web sources.

The practical part deals with three case studies of children from the Štítý kindergarten. The main aim of this part was to explore whether music therapy activities have an influence on preschool children in the area of concentration on their graphomotor activities, especially with the focus on worksheets. The main aim led to the following questions. First of all, it helped to reveal whether children's concentration improved during the eight lessons. Not only during the work on their worksheets, but overall. Secondly, whether there was a noticeable difference between the results of the initial and final worksheets. Based on this research, it was found, that music therapy had a positive effect on the children's concentration, not only during the work on the worksheets, but in other activities too, which is noticeable in the published results of individual children's work. Several methods were used in the practical part of this thesis. Observations were used for data collection, direct work of the solver, analysis of the results of children's worksheets and a structured interview with one of the parents.

In the attachments, the prepared worksheets can be found. How it looked before the beginning of the music therapy activity and after the end. Just for the interest, a short video of two lessons was created and attached.

Keywords: music therapy, children, preschool, concentration, kindergarten, music activities