

## **Abstract**

**Title:** Effect of modified massage technique on mental state of elderly persons.

**Objectives:** The aim of this thesis is to find out if he has modified the massage in the neck, shoulders, upper limbs and upper back pain, affect pain perception and on the psychological status of the elderly.

**Methods:** This bachelor thesis is based on empirical research, which was attended by 6 seniors from a senior citizens home: 4 women and 2 men, with ages ranging from 78-91 years. 10 modified 15-minute massage of neck, shoulders, upper limbs and upper back, was carried out in the home of seniors, and twice a week, for 5 weeks. A visual analogue scale (VAS) was used before and after each modified massage. In addition, the Poms questionnaire was used at the beginning of 1. weeks before the intervention and at the end of 5. a week after the intervention. Also, surveys with open questions were used after the completion of the entire research.

**Results:** According to the evaluation tool – (VAS) of the visual analogue scale, there was a general reduction in pain in the area of the neck, shoulder and upper back.

The Poms questionnaire showed the greatest improvement in all 6 probands in the indicators - " fatigue "and"confusion". In other indicators:" tension"," depression "and" vitality "there was no significant improvement, and in the indicator" anger " there were no changes.

**Keywords:** modified massage, elderly, perception of touch, changes in the organism.

