

Univerzita Karlova
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Příloha k diplomové práci *Návrh metodiky na zlepšení emočního well-beingu u dospívajících dívek s výchovnými problémy*

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ABSTRACT

The diploma thesis focuses on the topic of work with emotional well-being of girls with behavioral disorders in the diagnostic institute. The aim was to create three comprehensive methodological lessons, which are aimed at improving the emotional stability of adolescent girls in institutional care. The aspiration was to compile such lessons that respond in terms of content to the current needs of the current clientele of the diagnostic institute and at the same time bring effective results with their structure and nature of activities. Over the course of two years, a questionnaire survey was conducted among the girls, which provided data on which the lesson is thematically based. In combination with theoretical knowledge from the study of developmental psychology, social and special pedagogy, three prototypes of methodological lessons were created, tested in practice, reflected by combination of several feedback methods, redesigned, tested, reflected by the same combination of several feedback methods, reflected in the same process, and the result is a set of three lessons that are ready for immediate use by other pedagogical staff in institutional facilities. The participation of clients in the lessons led to the development of several personality skills; naming and expressing emotions, choice of coping strategies, ability to listen, responsibility for others and trust in others, positive self-image, naming one's own goals and awareness of the steps leading to its achievement. The author also recorded a positive impact on herself - greater confidence in managing difficult situations in the diagnostic institute, mastering regular work with a combination of several feedback methods and motivation for creating similar lessons and in her further work as a professional educator.

KEYWORDS

institutional education, adolescent girls, behavior disorders, emotional stability, well-being, creation of methodologies