

Abstract

The bachelor's thesis looks at how Locus of control, spirituality and religiosity affect health and chronic pain. The theoretical part deals with the issue of pain, with emphasis on pharmacotherapy. The terms Locus of control, religiosity, spirituality and their effect on physical, psychological health and pain are explained, including an overview of methods to measure the listed 3 domains. It also focuses on linking the relationship of religiosity, spirituality, Locus of control, quality of life and emotional experience in people with chronic pain.

Objectives: The aim of the empirical part was to identify differences between individuals with external Locus of control and internal Locus of control in sociodemographic, religiosity, clinical and affective variables, and how the locus of control predicts the variables.

Methods: It involved 43 patients with chronic pain who were hospitalized at the Clinic of Rehabilitation and Physical Medicine 2. LF UK and FN Motol. We were interested in sociodemographic data, including pain data, where intensity, discomfort and pain duration were included. The VAS scale was used to measure intensity and discomfort. We have used the LOC scale to determine whether an individual is an internalist or an externalist. Furthermore, questionnaires from GHLC, DUREL, FPQ-III, BDI-II and DŽS-health were used.

Results: We have demonstrated a significant statistical difference between externalists and internalists in the BDI-II and DŽS-health questionnaires. Examining how variables predict gross LOC scores, we found a significant positive correlation in the DUREL intrinsic religiosity questionnaire, FPQ-III-minor pain, FPQ-III medical procedures, and BDI-II. A negative significant correlation came out in DŽS-health.

Conclusions: In the theoretical part, we found positive and negative benefits of spirituality, religiosity, Locus of control on health and pain. In the empirical part, we confirmed that individuals with internal Locus of control have less depression, fear, and are more satisfied with life than external individuals.

Keywords

Chronic pain, Locus of Control, Religiosity, Spirituality, Health