

In my bachelor thesis Stress in a life of a child – relaxation techniques and a possible use of swimming pool therapy while coping with the stressful situation the child's life I am describing the problem with stress in a life of a child and the possibility how to solve the problem using relaxation techniques, particularly swimming pool therapy. In more detail I describe the stress in general, its component parts, the period of stress, stressful factors, which the most of the children and youth are facing up during their adolescence or which they might be facing up, but also stress, which is caused by traumatic experience. I have focused on the prevention of the stress of children and on the use of techniques, which help to cope with these situations. The practical part of my bachelor thesis is devoted to the introduction of the method called swimming pool therapy and to the confirmation or negation of the hypothesis, that the relaxation technique – the swimming pool therapy – has according to the internal opinion of their parents an impact on coping with stressful situation in a child's life, which I have gathered from the research (questionnaire). The result of the research I describe by the help of verbal evaluation and objective graphs.