The first part of the thesis is a theoretical overview composed from various professional sources. It deals with the issue of importance of art for personal development and it also written in the context of today. Thesis speaks about selected moments from the history and function of art. It also mentions the art therapy and more. Peak is in the effect of dramatic arts and psychosomatic disciplines.

The second part of the thesis is a proposal of empirical research. The focus is the human voice and it’s potential link to a personal development.