

ABSTRACT

My bachelor's work consists of two parts. In theoretical part I have occupied with stress, stress reaction and all combined attributes (the stress displays on the physical part, the emotional etc.) in person's life in general, then in teacher's and pupil's life. In this part I have also introduced various relaxation methods and techniques which are used precisely in the various kinds of stressful situations. The main goal of my second part of my bachelor's work, i.e. the practical part, was to find out if the teachers and pupils at the secondary schools or colleges welcomed the introduction of the relaxation moments (duration is 5 – 10 minutes) into lessons, then if the teachers welcomed a little methodical packet of the relaxation moments or if they were willing to complete a Music Therapy course or education. I have used a questionnaire made by myself to get the answers about these questions. The questionnaires were determined for secondary schools' (colleges') teachers and the pupils who are acting in the fourth year at the secondary school (at the college). The results were shown the positive attitude to the relaxation techniques in lessons both by teachers and by pupils. In my bachelor's work I have also stated my proposal for the little methodological packet of short relaxation moments.

KEY WORDS: psycho (mental) hygiene, relaxation, stress, anxiety, worries, relaxation methods (progressive and imaginative), Music Therapy