

Abstract

Title: Application and Verification of a Self-defence Program for Patients in a Psychiatric Hospital

Objectives: The aim of this thesis is application of a self-defence program, created in a bachelor thesis, during an addiction treatment in Červený Dvůr, a psychiatric hospital. The thesis surveys the suitability of the educational program during addiction treatment, verification of acquired motoric skills and its possible integration in patients' free time, recommendation of the exercise to friends, and last but not least it surveys a possible interest in the program in other psychiatric hospitals.

Methods: There are several methods used in the thesis. Content analysis is used for working with literature, interview is used in the conversation held with the department head and the custodian. Observation is used for watching the participants doing the exercise. Comparing is used for evaluation of the final outputs. Opinion poll is used for finding the asset of the educational program. Basic statistic methods are used for evaluating the answers in the opinion polls.

Results: The suitability of the program was confirmed by two department heads in two psychiatric hospitals which are focused on addiction treatment. An interest in follow-up self-defence or martial arts exercise was found out in the opinion poll. The marks in the knowledge and skills in the self-defence area after intervention were not worse than 2 in a Czech marking system.

Keywords: Martial arts, karate-dó, addiction treatment, motoric activities, addiction prevention, free time.