Abstract:

AIMS: The aim of this thesis was to find out how pathological gamblers deal with stress situations and which particular coping strategies they use. The assumption based on previous research is that pathological gamblers tend to overuse negative coping strategies instead of positive strategies.

METHODS: The research took place within ambulance treatment in the Clinic of Addictology of the General University Hospital in Prague and was realized with group of seven participants. The results were obtained using quantitative and qualitative research methods and the main tools were SOGS, SOC, SVF78 and anamnestic questionnaire which helped to identify the demographic data.

RESULTS: The obtained outcomes correspond to previous studies and suggest that participants tend to overuse negative coping strategies such as self-blaming, resignation and perseverance in stressful situations. At the same time, their confidence towards the world is reduced, which means that they perceive the world as messy and incomprehensible.

CONCLUSION: The research could be used to engage in professional practice in terms of training appropriate coping strategies that pathological gamblers could apply in stressful situations. In order to verify the outcomes, it would be necessary to carry out a complementary study to include pathological gamblers across the spectrum of addictological services and thus be more representative.

Key words:

Pathological gambling, stress, coping