

# Abstract

**Title:** The effect of using massage techniques on the mental state of pregnant women

**Objectives:** The objective of this bachelor thesis was to observe the effect of periodical massages of the neck, conducted over a period of three months, on the mental state of pregnant women and on pain and muscle tension in the area of the neck.

**Methods:** The surveyed group in this bachelor thesis consisted of 12 healthy women in their second trimester of pregnancy, between the ages of 22-38, six of which were in the research group with intervention and six of which were in the control group without intervention. The intervention consisted of a series of 6 light 20 minute massages, once every two weeks, over a period of 3 months. The effect of the intervention was monitored with the help of a visual analog scale (VAS) before the massage, immediately after the massage, and one day after the massage, a POMS questionnaire at the beginning and end of the experiment, and a written reflection in the form of a questionnaire with open questions after the completion of the experiment.

**Results:** The results of pain assessment with the help of the VAS in the women of the research group showed a reduction of neck pain after the massage (the average number before the massage was 3,04, immediately after the massage 2,05, after 1 day 1,95). The results of muscle tension assessment with the help of the VAS in the women of the research group showed a reduction of muscle tension in the neck after the massage (the average number before the massage was 2,59, immediately after the massage 1,86, after 1 day 1,71). In the Psychological tension factor of the POMS questionnaire, there was a decrease in the research group (from 1,25 to 0,92) and an increase in the control group (from 1,25 to 2,22). In the Fatigue factor of the POMS questionnaire, there was a smaller increase in the research group (from 1,0 to 1,34) compared to the control group (from 1,4 to 2,23). In the Vigor factor of the POMS questionnaire, there was a smaller decrease in the research group (from 2,66 to 2,3) compared to the control group (from 2,7 to 1,59).

**Keywords:** manual techniques, pregnancy, emotions