

Abstract

Title

Psychological Changes which Occur during Survival Training

The objective of the thesis

My thesis aims to examine the influence of survival training on the mental state of the participants. Another objective was to assess the extent to which each of the factors in the POMS questionnaire affects the mental state of the participants. Among others, age, number of years in service and experience in relation to these factors were studied.

Method

The thesis is approached as a pilot study. A questionnaire was framed and divided into two parts. The first one, in which the respondents answered a set of questions, could be characterized as non-standardized. The obtained data were used as a supplement to the experiment. The second part is formed by a POMS questionnaire in which the respondents only stated the extent of their emotions. The obtained data formed a basis for the definition of main factors influencing psychological changes in the survival trainees. The causal relationships between the relevant variables were discovered using a quasi experiment and data were collected through a questionnaire survey.

Results

The results have proved that it is the experience of the participants that shows the most significant discrepancies with the more experienced participants being more stable in all the factors. The study has also shown that the age of the participants influences given factors provably more than the amount of years in service. The study has proved that the training influences mental resistance and overall mental state of the participants.