

Summary

The deployment of soldiers on foreign missions can be accompanied by both mental and physical strain. Consequently, it is necessary to search for alternative ways of preventing any adverse phenomena and keeping the soldiers in a good mental and physical form. The possible action seems to be the creating of such conditions on military bases that would match soldiers' existing standards of living and ensure sufficient number of motion and leisure time activities.

The title of the thesis: The dynamics of participation in leisure time activities by soldiers on foreign missions in dependence on their current mental states

The objective of the thesis:

- To examine whether there exists a relationship between performing sports and other leisure time activities and the dynamics of experiencing mental states during a mission;
- To diagnose changes in mental states of observed persons;
- To find the most frequent stress factors influencing soldiers on military bases and to map out possibilities for leisure time activities.

Research question: Does the length of deployment and the related changes of soldiers' mental states influence their participation in leisure time activities?
Does a military base offer sufficient choice of facilities for leisure time activities?

Working hypotheses:

H1: The intensity and quality of current mental states will not change during the deployment of soldiers on foreign missions.

H2: The current mental state will not significantly influence the participation of soldiers in leisure time activities.

H3: A military base offers sufficient background for choosing leisure time activities.

Research methodology: Questionnaire SUPOS has been chosen to diagnose current mental states which enables an easy and quick administration thereof as well as the way of later evaluation with a larger number of observed persons. Further, basic anamnestic data have been collected about respondent (sex and age) and institutional aspects (work position and education). Methods of thematic analysis, ethnography and meteorology have been used too.

Results:

- Experiencing current mental states by soldiers did not change significantly at the beginning and the end of a foreign mission.
- The frequency of participation in leisure time activities did not correspond with current mental states of soldiers.
- A military base offers sufficient background for choosing leisure time activities.