

TITLE:

Influence of yoga on the attention of preschool children

AUTHOR:

Bc. Veronika Volfová

DEPARTMENT:

Department of Physical Education

SUPERVISOR:

Mgr. et. Mgr. Zdeňka Engelthalerová

ABSTRACT:

This thesis aims to determine whether regular yoga exercises of preschool children influence the progress of their attention positively. The thesis is divided in two parts. The theoretical part starts with the definition of preschool age and the introduction of the principles, effects, and meaning of yoga exercises. Further, it explains the term attention and states options of its influencing and outcomes of already performed research in this area. The practical part offers the results of quantitative research that observed the relationship between yoga exercises and children's attention. The research had the form of an experiment, i.e. with the collaboration of an experimental group, which participated in yoga exercises, and a control group with no yoga exercises. The attention level of children from both groups was determined by means of two attention tests both before the exercise set and afterwards. Although the attention level has improved with both groups, the research results show a more distinctive improvement with the experimental group.

KEYWORDS:

Yoga – Preschool child – Attention – Concentration – Experiment – Movement – Health

