

Abstract:

Handwriting is part of the graphomotor skills necessary for functional communication in everyone's life. The field of adult handwriting is not sufficiently developed in the Czech Republic yet.

This thesis focuses on handwriting in a healthy adult population. The main aim is to describe adult handwriting, individual parameters of writing, factors influencing writing and to present the current possibilities of handwriting assessment. The theoretical work also discusses the benefits of handwriting, the benefits and negative consequences of modern technology on handwriting performance. The aim of the practical part is to describe the differences in the level of handwriting between younger (age 20-29) and older (70+) adults and thus to contribute to the development of standards for the Czech version of the Handwriting Assessment Battery for Adults (HAB) in healthy adult population.

The data were collected using the HAB instrument in the sample of 141 individuals. It is quantitative type of work. The data collection was based on stratified random sampling, the data were statistically processed and subsequently tested against the established hypotheses.

The sample was stratified by age and gender. Increasing age of probands can be considered to be the most significant factor affecting handwriting performance. Older adults wrote more slowly, demonstrated poorer performance in the pen control and manipulation subtest and in writing legibility than younger adults. There was no statistically significant effect of gender on the results of each HAB subtest.

This paper presents differences between writing performance of younger and older adults in a healthy population. The findings may be of benefit to occupational therapists involved in handwriting and enable them to assess an individual's performance and set up effective interventions.

Key words: handwriting, hand function, handwriting features, adults, assessment