

BACHELOR THESIS ABSTRACT

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Title of the bachelor thesis: Options of Motivation to Exercise in Preschool Children with Diastasis Recti Abdominis

Abstract:

Motivation is one of the factors that affects the outcome of physical therapy, Motivation increases patient compliance during therapy and the associated adherence to exercise outside therapy. This thesis deals with the motivation to exercise and movement in general in preschool children. The goal was to search for possible motivational options that can be used to motivate children to move and then select those that correspond to the conditions of physical therapy.

The practical part of this thesis is research, in which the influence of selected motivational options (motivational graphic cards and non-directive therapy) on children's motivation was examined. The children completed two individual therapies with the same exercises. The first took place without motivational options and the second with them. Motivation was assessed as the children's cooperation with the therapist (using a questionnaire for parents), the duration of the total therapy (by measuring time) and the children's subjective assessment (by graphic scale). 27 probands diagnosed with diastasis recti abdominis, on whom the thesis was focused, took part in the research,

The thesis worked with three hypotheses, two of which were confirmed. It is true that children's cooperation was better evaluated in the second therapy and that the average duration time of the second therapy was longer than the average duration of the first therapy. The evaluation of the children was the same after the first and second therapy.

Key words: motivation, preschool children, diastasis rectus abdominis, physical therapy