

Abstract

- Title:** The effect of the self-defense course on the women psyche
- Objectives:** The main aim of this thesis is to find out whether taking a self-defence course has an impact on women's psyche. Especially on the part of psychology called self-efficacy.
- Methods:** The quantitative data collection was in form of an online questionnaire in the survio application, which was based on the previously published "GSE" questionnaire, in which responses were rated on a four-point scale. Data analysis (evaluation of the responses) was performed on the basis of a graphical display.
- Results:** The results of the questionnaire show that taking a self-defence course has a positive impact on women's psyche. According to the scores on the "GSE" scale, it is also evident that about half of the women experienced an increase in general self-efficacy. On average, the self-efficacy of these women increased by 7.125 points.
- Keywords:** attacker, victim, women, perception of danger, estimate accuracy