

Abstract

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Title: The use of dance in people with specific needs

Objectives: The main aim of this thesis is to analyze the use of dance in people with specific needs as well as determine, based on the survey, if dance is used in social facilities in the Czech republic. I have done so by creating and using a non-standardized questionnaire survey, which examined the established scientific questions.

Methods: To fulfill the aim of the bachelor's thesis, the method of qualitative-quantitative research using a questionnaire survey was used. The results were processed and shown by graphical comparison.

Results: The results of the questionnaire survey showed that dance is used by different organizations with different target groups. It is mainly a form of therapeutic dance or a dance lesson. All respondents confirmed the positive effect of dance on their clients.

Conclusion: Dance can have a positive effect on physical and mental health of an individual. It can also support social relationships of people with specific needs. In the social institutions of the Czech Republic, it is used in the form of therapeutic dance rather as a supplement to the regular program. Greater awareness of social workers about the effects of dance therapy and therapeutic dance, as well as the involvement of professionals in working with clients, could contribute to improving the quality of services provided in the Czech Republic.

Keywords: people with specific needs, dance, dance therapy, therapeutic dance