

Abstract

Title of the thesis:

Mapping the lifestyle of 16-17-year-olds in Neratovice.

Aim of the study:

The thesis surveys the components of the lifestyle of young people in the Neratovice region, in the hope of influencing the state of health of the age group of 16-17 years.

Method:

The work is based on a sociological survey conducted in 2012 at two schools with different forms of tuition - a grammar school (gymnázium) and a vocational school (učiliště) in Neratovice. The research method was a poll. The polling had two stages: two pilot surveys on a sample of 149 respondents, and a study of 174 respondents. The final data were analyzed with respect to gender and the type of school using the Mann-Whitney U test.

The survey questions were based on the questionnaire CAV 2001 for youth and the questionnaire "Determinanty účasti na cvičení" (University of Tasmania - FTK UP Olomouc).

Results:

The results of the survey show that boys are doing significantly better in physical activity (PA) and girls in physical inactivity (PI) and diet. Grammar school students are doing better in PA and they have a significantly better diet than vocational school students. As for PI, the results were similar for both groups. In terms of PA, 38% of boys and almost 75% of girls do not meet the current minimum levels of PA. As regards diet, this age group does not observe the recommended dietary regimes.

What was paid attention to during the research was not only the time devoted to PA, but also its intensity. A sum was established of the total times spent on similar types of PI, especially watching TV and working with PC.

Key words:

adolescents, active lifestyle, recommendations for health, physical activities, rational eating, healthy lifestyle, lifestyle