

Abstract

The purpose of bachelor's thesis Use of leisure time activities of nurses in the Motol University Hospital is to find out the use of the specific leisure time activities through the programme Health Promoting Hospital, use of group exercises and fringe benefits offer by the Motol University Hospital and effect of leisure time activities on health, job's satisfaction, attitude of nurses to patients and nursing. The thesis is divided into theoretical and empirical part. The theoretical part is focused on the summary basic knowledge of healthy living, especially on effect of sport activities to health, healthy nutrition and water intake, mental health and negative factors influencing health. A component of the theoretical part are chapters focused on meaning, content and securing of leisure time activities in the Health Promoting Hospital programme ensured by the World Health Organization. The empirical part is constituted by the questionnaire research, which is focused on nurses and was performed in the Motol University Hospital. The results of research are evaluated and presented in the tabular and graphic reports.

Keywords

Health Promoting Hospital, leisure time activities, nurse, health, healthy living, prevention