Abstract

This diploma thesis focuses of czech population´s description from the perspective of chronotype and its relationship to sociodemographic characteristics and to variables affecting lifestyle. The aim of this thesis is to describe the sample examined in terms of social jetlag. The thesis is based mainly on quantitative methods, specifically I was using individual forms of regression analyzes, which allow to capture the influence of independent variables on the dependent variable. The analytical part data from Qualitas 2016 survey within the AV21 Strategy project are processed. The analysis revealed the existence of an association between chronotype and gender, respectively between chronotype and age. It also turned out that extreme owls consume addictive substances to a greater extent than extreme larks. Owls also generally have higher BMI, lower psychological well-being and more often suffer from social jetlag than those with early circadian preference. However, the social jetlag does not only concern respondents with late circadian preference, but the whole sample analyzed. The average length of social jetlag in the sample is 66 minutes. The analysis also revealed the link between social jetlag and addictive substance abuse.