

Abstract

This work gives an elementary insight into the issue of healthy lifestyles in terms of different perspectives, and so in this respect, we can follow up on Cockerham's study (2005), which offers a comprehensive paradigm of exploring a healthy lifestyle. The key issue lies in the debate on whether the choice of a healthy lifestyle is subject to structural influences or to individuals' choices (the classical problem of structure and behavior).

The main aim of this work is to verify the determination of individual components of a healthy lifestyle. Due to the difficulty of finding one indicator, we examine separately the conditionality of healthy eating, smoking, drinking, sports. In the analysis of individual dimensions of a healthy lifestyle, we take into account not only the basic socio-demographic variables, but also the knowledge, attitude, well-being and compensation strategy as mediating factors of a healthy lifestyle. Enriching the analysis offers the inclusion of compensatory theory, because these strategies weaken the rationality of action. Compensation strategies play an important role in risky behavior. In this, our knowledge in the Czech environment is unique.

The hypotheses are verified on a representative set of research “Aktér 2013” (N = 1088), carried out by STEM, which included batteries for a healthy lifestyle. The prevalence of selected items was checked on the selected ISSP (2011).

The analysis revealed that healthy eating habits are significantly female affairs, and gender differentiation clearly occurs only in the meat consumption item in favor of the male population. Women are more likely to adhere to the drinking regime, and women's knowledge and health care is also closer.

The results show that in the field of sports and physical activity, with decreasing age, women are doing less and education is slightly supporting sport. Knowledge and effort to take care of your health support sport. Further analysis has shown that women consume to a lesser extent alcohol at risk. Alcohol consumption changes with age.

Most smokers are in the middle generation. Smokers are strongly persuaded to compensate for their behavior. The compensation strategy is very strong in this case. On the contrary, it has no influence on this model.

In our work we have also tried to create a typology that shows an interesting combination of a healthy lifestyle and social status. Its connections with social variables show a realistic foundation and create a chance of its future use. The work shows that a healthy lifestyle is not only a matter of attitudes and purely individual decision-making and that social and cultural conditions play a significant role (with different effects in different layers).

Keywords

health; healthy lifestyle; eating habits; smoking; sport; alcohol; well-being; compensation theory

