

Annotation

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The name of the work: The influence of a lifestyle on the pregnant woman's quality of life

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This bachelor thesis deals with pregnancy and its influence on quality of life and how much healthy lifestyle affects quality of life. My thesis is made up of two parts. The first part is theoretical and it is focused on the definition of pregnancy, foetal development, maternal changes during pregnancy, prenatal care and lifestyle during pregnancy. This part also clarifies the term "quality of life", its history, measure quality of lifestyle and also deals with specific quality of lifestyle during pregnancy. The second part is empirical and it contains analysed results of questionnaire. It also deals with quality of life of pregnant woman with focus on healthy lifestyle.