

Abstract:

The diploma thesis deals with the problematic use of the internet and tries to find out whether there is a connection between excessive use of the internet and active sports. It tries to clarify whether and how much active sports reduce the risk of internet addiction with a focus on university students in the Czech Republic.

The work consists of theoretical and empirical part. The theoretical part deals with the description of the background and describes the concept of addiction with a primary focus on the pathological use of addictive substances. It also discusses the area of behavioral addictions, in which it focuses on the internet addiction. This section briefly describes the situation in the Czech Republic. In the empirical part of the work, based on the evaluated questionnaires, a research sample is characterized, the result of the internet addiction test is given and the frequency of sports for the given research group is described.

The final chapter is devoted to the evaluation of the whole work and research. Based on the facts found in the questionnaire, the mutual influence of active sports and the level of internet use on the examined sample was not confirmed.