

Abstract

The bachelor thesis titled Healthy Lifestyle of Adolescents examines the different types of free time activities for teens, focusing on healthy lifestyle and related opinions. It also looks into social networks and their influence on people aged 15-19. This age category comes with self-development and learning about one's personality, sometimes a person becomes more susceptible to commit to certain activities than in other age categories. The thesis emphasizes the effect of physical activity on health which is related to consuming wholesome or unhealthy food and other factors, and the differences in the perception of social media between boys and girls. I mainly focus on exploring the relationship between the young adults' views on healthy lifestyle and their participation on social media, I wish to help understand what healthy life means to youngsters and if their views vary depending on gender. To be more specific, using quantitative research in the form of an online questionnaire, I was able to find out that the gender is connected to choosing the type of healthy lifestyle in which the adolescents are interested in, that there is a connection between the time spent on social media and the teenagers' amount of interest in healthy lifestyle. Furthermore, I discovered there is a connection between their time spent on social media and the amount of physical activity, as well as that the gender can influence the importance of healthy lifestyle during their life and what it means to them.