

Abstract

Background: "A stroke is a brain disease caused by a sudden vascular supply malfunction" (Růžička, 2019, p. 213) and "in the Czech Republic, it affects more than 50,000 people every year" (Zámečník et al., 2019, p. 676).

Smoking is one of the most common modifiable risk factors of its occurrence. Chemicals in cigarettes are involved in the development of atherosclerosis and other pathologies leading to stroke and heart disease (Kim et al., 2012).

Research suggests that even a complex life event, such as a stroke, does not lead to quitting smoking in many patients. This may be related to the low awareness of the population that smoking is a risk factor for stroke despite relatively high awareness of the negative effects of cigarettes in general. The emotional relationship of smokers to smoking is strong and the rationalization of smoking is strong as well.

Aim: The aim of the thesis is to find out the attitudes of active smokers after a stroke towards smoking.

The thesis is divided into a theoretical part and a research part. The theoretical part focuses on the issue of stroke, risk factors for its occurrence and explains the conative, cognitive, and emotional components of attitudes. In the research part, the attitudes towards smoking of active smokers after a stroke are determined.

Methods: Data collection methods for the research are the Cigarette Dependence Scale (CDS-5) and a semi-structured interview. Thematic analysis was used for data analysis, i.e., open coding of the text and subsequent sorting into categories and subcategories.

Results: The results of the thesis in many ways confirmed the mentioned discoveries of previous studies dealing with a similar topic. Although the rate of smoking decreased for most of the participants, this was mainly due to reasons other than fear for their own health. General awareness of the harms of smoking was relatively high, but awareness of the risks of developing a stroke was lower. The research also confirmed the strong relationship and attachment of smokers to smoking, which is associated with a strong rationalization of smoking.

Conclusion: The bachelor's thesis examines the views of active smokers, patients of outpatient services, after a stroke on smoking, the extent of their smoking and the importance of smoking in their lives.

Key words

smoking, attitudes, stroke, risk factor