

Abstract

Name: Knowledge and compliance with the Principles of a Healthy Lifestyle by Students of Prague Universities

Goals: Analysis of erudition and knowledge of students of Prague universities in the contexts of a healthy lifestyle. Determining whether these students adhere to the principles of a healthy lifestyle. An analysis of the amount of physical activity performed by these students. Determining whether students monitor their physical activity using smart devices and whether they trust such devices more than information from advisors specializing in sports. Finding out whether these students are motivated by their universities to adhere to the principles of a healthy lifestyle. Comparison of results between students from different universities.

Methods: Analysis of the theoretical basis from studied Czech and foreign literature dealing with the issue of healthy lifestyles, awareness of undergraduates within this issue and efforts of universities to motivate their students to adhere to the principles of healthy lifestyles. To expertly verify research questions, we used an online survey form, which contained 26 questions. We used verbal commentary and graphs to process the results. The percentages we report on research questions were determined expert evaluation.

Results: From the results of this study, we found that only 2,6 % of university students surveyed adhere to the principles of a healthy lifestyle, while 25,6 % live a moderately healthy lifestyle. The remaining respondents, 71,8 %, do not adhere to the principles of a healthy lifestyle. Of the students surveyed, 70,9 % exercise sufficiently and regularly, another 17,9 % exercise little and insufficiently often, and 11,1 % do not exercise at all. Only 42,7 % of respondents stated that they receive support and motivation from their university to adhere to the principles of a healthy lifestyle.

Key words: Active Lifestyle, Students, University, Varied Diet, Sleep Quality, Psychological Well-being, Physical Relaxation, Mental Relaxation, Physical Activity