

ABSTRACT

Title: The impact of physical activity in natural environments on fatigue

Objectives: This thesis employs an empirical-theoretical approach and utilizes a quantitative method of data collection through a questionnaire survey. For the purpose of the research, an original questionnaire was developed consisting of a total of 24 questions—23 closed-ended and 1 open-ended. The target group comprised 12 adult respondents, regardless of gender, who have personal experience with physical and mental fatigue in various life situations. The questionnaire was distributed and completed via the online platform Google Forms, enabling efficient and clear data collection.

Methods: The individual results are presented in the form of graphs, accompanied by commentary highlighting key trends in responses. The study's findings indicated affirmative answers to research questions 1 and 2, thus supporting the hypothesis that walking in natural environments contributes to regeneration and improved mental well-being. The third research question could not be verified within this sample, as all respondents reported a positive relationship with the natural environment.

Results: The individual results are presented in the form of graphs, accompanied by commentary highlighting key trends in responses. The study's findings indicated affirmative answers to research questions 1 and 2, thus supporting the hypothesis that walking in natural environments contributes to regeneration and improved mental well-being. The third research question could not be verified within this sample, as all respondents reported a positive relationship with the natural environment.

Conclusion: The research demonstrated that short-term physical activity in natural environments—specifically in forests—positively influences the reduction of subjectively perceived general, physical, and mental fatigue, while simultaneously increasing motivation for physical activity.

Keywords: Forest, movement, walking, health, motivation, exercise