

## Summary

Quality of life is a multidimensional concept that has been researched in many scientific fields. It has gained an important position especially in medicine, sociology, and psychology.

The aim of the study was to monitor specific indicators of quality of life (QoL) and lifestyle in a representative sample of Czech children within an international study of the World Health organization (WHO), *The Health Behaviour in School Aged Children: A WHO Cross National Study* (HBSC), to analyze QoL in Czech children according to age, gender, and place of residence, and to evaluate it as it relates to other important factors associated with lifestyle (formal structure of the family, the amount of time spent together in the family, adaptation to school, subjectively perceived degree of demands for achievement in the school, social relationships, alcohol and tobacco consumption).

The data were obtained using a questionnaire in 86 randomly selected elementary schools and multiannual secondary schools. The study methods emanated from the WHO recommendations. The target population for the research study was a representative sample of Czech children aged 11, 13, and 15, a total of 4,782 children. We monitored subjectively perceived QoL based on a subjective evaluation of the health status, the feeling of happiness, and overall QoL using four different scales (the Cantril Scale, Huebner's Scale, Kidscreen-10 Index, and Life Satisfaction). A combination of the mentioned variables enabled to evaluate QoL in all four dimensions (physical, mental, social, spiritual).

Results: Using the QoL scales, most children reported values higher than two thirds of the possible maximum score. More than 80 % of the children felt happy. Almost 90 % of the children evaluated their health status as excellent or good. In our work, we found statistically significant relationships between QoL, gender, and the children's age. Girls and older children reported worse QoL. In addition, QoL of the children was associated with the family's formal structure, the amount of free time spent together in the family, the attitude of the children towards their school, the attitude towards the teachers, the degree of perceived demands for achievement in the school, social relationships, and smoking. Children from complete families, children from families that spent a lot of time together, children evaluating their teachers positively and having a positive attitude towards school, children perceiving an appropriate degree of perceived demands for achievement in the school, children without problems in social relationships, and children who did not smoke reported statistically

significant higher QoL more frequently. Social relationships and the amount of time spent together in the family had an effect on subjectively perceived QoL in children the most significantly. Spiritual aspects, especially the experience of purpose, importance of life, self-confidence, and future orientation had a significant effect on the perceived feeling of happiness. We did not find a statistically significant relationship between the children's QoL and the place of residence.