

Abstract

The active lifestyle of undergraduates

(students of The Faculty of Electrical Engineering of CTU in Prague)

The main aim of this study was to investigate what opinions, attitudes and practices of students of FEE CTU change and develop during the university studies in selected dimensions of an active lifestyle.

It was done by the mixed research. The main research was carried out by using the method of repeated cross-sectional quest, when the incoming students to the first volume in 2007 in the count of 625 were immediately underwent the questionnaire quest after their entering to the school in October in 2007 and students of higher volumes in the count of 581 then at least after 4 passed semesters of their studies in May and June in 2008.

Changes between the two groups were proved by „effect size“, which was calculated in each indicator as the difference of relative frequencies of „median categories“ of both files.

To further identify the causes of found differences by questionnaire quest using statistical methods between the collection of students of the first volume and the collection of students of higher volumes, were used techniques of qualitative research at the conclusion – individual and group interviews with 32 students of higher classes and content analysis of written text, which was provided by 27 students of higher classes.

The study found, that there were done these major, demonstrate, positive changes in the life of students during their university studies: older students drink more reasonable fluids; indulge more often sufficient sleep; negatively evaluate obesity; negatively evaluate smoking and less of them smoke tobacco cigarettes; spend more time with partners; have more working obligations, earn more and have greater amount of money; they are owners of larger quantity of more exclusively sporting equipments; they are more attracted to sport by themes such as „personal, character and moral volition characters development“; „relaxation, compensation, reduction of tension“ and „efficiency, health, perfect appearance“; they give up the racing sport less because of reasons of health problems and because it will become not funny for them; There was growth of popularity of conditional strengthening, swimming, climbing walls, bowling, archery and squash; they have more positive relationship to sport and to other physical activities which proves mainly in the understanding of sport as part of a healthy lifestyle, in willingness to exercise regularly, in the requirement to have the opportunity

to go to faculty conditional strengthening several times per a week and also in higher count of individual sporting.

There were done these major, demonstrate, negative changes in the life of students during their university studies: older students have more irregularly lunch; they're more tolerant to use of drugs; they use drugs more often and most of them have tried marihuana and hashish; they suffer from mental stress more often; have less free time for leisure activities; watch less sport in the media; give up the racing sport more often because of less time, because of hard study, because of the change of the residence to Prague and because of the need to go to work.