

## **Abstract**

This thesis talks about the problems of dependence on nicotine and the problems on quitting smoking. It gives us a brief overview about the possibilities of quitting and about the opinions of smokers on quitting smoking.

The theoretical part gives us the list of contentual substances in nicotine, list of possible health complications from smoking and possible therapies on dependence on nicotine.

By individual substances is mentioned the mechanism and its effects and possible side effects on our organism. Before the chapter dealing with health problems due to smoking is a brief overview about the dependence and the origin of dependence. The following chapter deals with side effects and health complications from smoking, there is a detailed list with influences of smoking during pregnancy or while taking contraception. Following separated chapters deal with the problematic of passive smoking and legislative smoking in the Czech Republic and in the world. The last chapter in the theoretical part is dedicated to a detailed overview with possible therapies. There are listed the forms of pharmacotherapy as well as forms of psychological-social Intervention.

Experimental part of this thesis is dedicated to data processing from questionnaires. The questionnaire was focused on contemporary as well as on former smokers, who are trying to quit smoking. Information from questionnaire were used to find out if people are good informed about possibilities in quitting smoking and about health problems due to smoking. The questionnaire concentrates on the examination of motivation in quitting smoking.