

This Bachelor thesis is focused on lifestyle issues of nurses. The Theoretical part of this work mentions factors that influence lifestyle. The Main Topics are nutrition, smoking, physical activity, stress and relaxation.

Focus of the work consists of a quantitative research, are treated by statistical methods and relate to the difference of three groups (nurses single and married, nurses working in ICU and on a standard ward, nurses to practice within 5 years, with experience 5 - 10 years, more than 20 years) that are compared block by block from the questionnaire. The sample consists of only women who work in shifts in the ICU or on a standard ward.