

Abstract

Nowadays, an often discussed subject is the increasing occurrence of obesity amongst children and adolescents.

However, occasionally only we can hear about the increasing level of body dissatisfaction amongst adolescents associated with dieting and unhealthy weight control behaviours and may increase the risk of developing eating disorders.

The theoretical part of the thesis defines dieting, studies concrete methods of weight control behaviors and additionally examines the psychology of nutrition and eating habits.

The purpose of the empirical part is to examine experiences associated with dieting and weight loss attempts amongst the Czech adolescent population (12-18 year-old), and compare them for two observed groups.

The study participants comprised 151 teenagers, 50 of which came to the first outpatient examination for obesity, and the other 101 were treated with different diagnosis by the same doctor (n=58) or came from a different environment (n=43).

We have employed the quantitative aspect of research which is based on questionnaire that contain questions about dieting, weight loss diets and their corresponding informational source, and the body satisfaction amongst adolescents.

We have discovered that 44% respondents from the total cohort have already been engaged in dieting (*dieters*, n=66), whilst 56% respondents have abstained from doing this (*non-dieters*, n=85).

Dieting and unhealthy control behaviors were found to be particularly prevalent in 48% females against 36% males, whilst above 90% (n=92,4) *dieters* have reported negative body satisfaction. The findings also clearly indicate that in many cases (40%) the information associated with weight loss diets comes from the family.

In conclusion, I would recommend to increase awareness about dieting and the healthy lifestyle in which exclude weigh loss diets. We should focus our attention on parents and relatives as the important nutritional information comes from them in most cases.

Key words: adolescent, eating habits, dieting, weight loss behaviour, body satisfaction