

ABSTRACT

This bachelor thesis deals with the problem of healthy lifestyles of nurses working in various working conditions. The theoretical part brings an overview of principles of the healthy lifestyle. Besides, the first part also explains particular health determinants and risk factors which have a substantial influence on the mental and physical wellbeing of an individual. The thesis also depicts the current role of nurses. The empirical part consists of results of qualitative research focusing on healthy lifestyle and stress of nurses working in various conditions. The research was carried out in the form of a structured interview. Data has been processed via open coding. Using triangulation, the results of the survey have been compared with earlier studies dealing with similar topics. The following issues have been revealed. Nurses tend to belittle their health problems. Furthermore, most nurses suffer from fatigue and their perfect idea of rest is always connected with a passive way of relaxing. Nurses are also exposed to a whole range of stressors. Their working environment is on one hand a source of stress but on the other hand a source of energy. Nurses nearly always associate important life events and mentally demanding situations with their private lives. Besides, nurses do not commit their time to activities which would help them.