

TITLE:

Sense of Coherence and Adherence to a Healthy Lifestyle of Academics in the Age Group 45-56 Years

ABSTRACT:

The study examines personal resilience of the sense of coherence type related to healthy lifestyle adherence of university teachers between 45 and 56 years. The theoretical part deals with healthy lifestyle, its approaches and impacting factors with main focus on individual well-being and physical activity. Using the Stress Profile, the Resilience of the Sense of Coherence Type, and Self-assessment Scale SCL – 90 questionnaires, the study examines mutual relationships between personal resilience and health supporting factors of the observed target group. Based on the results of research, lifestyle changes are recommended toward the healthy lifestyle, emphasizing the need to increase regular physical activity. Finally, “The Stages of Motivational Readiness for Change Model” is presented.

KEYWORDS:

Healthy lifestyle, sense of coherence, physical activity, university teacher, individual well-being