

SUMMARY

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Introduction: Leisure time is a framework for a wide range of activities. Preferred activities during leisure are activities that individuals can freely choose and perform. Providing opportunities for health-promoting activities leads to a healthy lifestyle that can prevent risk behaviors or health problems. **Objectives:** Identify the choice of respondents' leisure time activities based on their place of residence. Explain how teenagers perceive risks associated with risky behaviors. What are the demographic, geographic and social predictors of risk behaviors, and the selection and implementation of selected leisure activities. To analyze the relationship between the risk behaviors of youth and the risk activities involved, ie to determine which activities are conducive to risk behaviors and which are protective in nature.

Methods: Our monitored set consists of 3. and 4. grade students at selected secondary schools. The main research tool we used was a questionnaire. Altogether, we collected 453 questionnaires. To analyze differences by place of residence, we used the Chi-square test. In the second part of the analysis we tested the relation between the dependent and the independent variable by means of binary logistic regression. **Results:** Men have a higher chance of under-performing risk behaviors and also of regularly engaging in sporting activities. Study at church school has shown us a protective factor. Higher likelihood of reading books was reported by women, gymnasists and rural respondents. We have found that the more often young people play computer games, the higher is the likelihood of having a marijuana experience. We have also shown the relationship between active sporting and alcohol consumption. At the same time, risky behavior has been associated with going out.

Conclusion: We have succeeded in meeting all the goals set. It is important to focus in particular on increasing control of teenagers, reducing the use of both legal and illegal drugs and monitoring compliance with legislation.

Key words: leisure time, risk factors, protective factors, leisure activities, health risks, risks, youth behavior.