

Abstract

The dissertation examines the issue of leisure time and the possibility of self-fulfillment (self-realization) in the context of the First Czechoslovak Republic. Thus, it elaborates the range of leisure time of the given period from the length of working hours through public holidays, Sundays to holidays. Subsequently, it deals with the analysis of individual ways of spending leisure time, in which the search for self-realization can be observed. In several thematic areas, the work focuses on the possibilities of self-realization through stays in nature, sports or through dreaming. On the rich source material, it captures the specific attitude of the groups observed to leisure time and asks questions about the importance of leisure activities for the functioning of society and for its gradual modernization. The dissertation seeks to provide a new perspective on the Czech-speaking First Republic society, with a strong emphasis on theories in the field of sociology of leisure time or lifestyle and is inspired by the theses of humanistic psychology.

Key words: self-fulfillment, leisure, nature, sport, movie