

Summary

Psychosomatic diseases represent an important (*emerging*) group of diseases. It is known that the main cause is the effect of prolonged stress. On the contrary, they can be positively influenced by a healthy lifestyle. They may manifest as different diseases, affecting nearly all parts of the body, e.g., asthma, migraine, back pain, gastric ulcer, skin diseases, depression and others. Therefore, it is important to *pursue* them and to think about their prevention.

As the main goal of my work, I determined to find out whether college students are vulnerable to a possible psychosomatic illness. To achieve this, I have set a number of partial objectives, namely: whether and how has changed the lifestyle of university students, whether they have difficulties that could indicate psychosomatic illness, whether they have been diagnosed with psychosomatic illness, whether they have information about prevention, whether they comply with any preventative measures and whether the risk of psychosomatic illness depends on field of study.

For quantitative measures, the data was collected using a web-based questionnaire. The questionnaire was anonymous and was distributed via web link. Data were collected using a method of “self-selection”, in the period from 4th to 24th of January 2016. Respondents were present or past university students. Final count of subjects participating in the study and used in data analysis was 397 subjects.

Resulting findings of the study were following: 54,16 % of respondents suffer from frequent stress, the university negatively affected the lifestyle of 47,36 % of respondents, 41,56 % of respondents suffer from recurring health problems, and psychosomatic illness was diagnosed in 5,79 % of respondents.

Study has shown that college students may be vulnerable to psychosomatic diseases. And therefore it would be advisable to pay increased attention to the prevention of psychosomatic illnesses and to ensure its accessibility in the group of college students.

keywords: Psychosomatics, psychosomatic illness, stress, healthy lifestyle, an undergraduate student