

Quality of life and health from the perspective of secondary school pupils

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Abstract

This work is focused on the system of values of adolescents. The theoretical part describes the basic concepts and terminology related to the topic of this work: education and educational process, most influential factors in the upbringing of children and adolescents regarding their health: family and school. Expressions like quality of life and health and healthy lifestyle are also described as well as the system of values of adolescents. The practical part is realized through the research of students' relationship to health, which reveals their habits in terms of healthy lifestyle and value system in a sample of secondary school students. The questionnaire includes 13 questions focused on the research problems related to the topic of this work. The conclusion summarizes the most important findings of the research.

Key words

determinants of health, value system, quality of health, educational process, health, healthy lifestyle