

Abstract

Title: Paraglider's lifestyle

Objectives: The main aim of this thesis is to find out the impact of paragliding on human lifestyle and to explore the temperament characteristic of paragliders.

Methods: The data was collected using a semi-structured interview with five respondents and through standardized EPI questionnaires. The respondents are men between the age of 26 and 37. The interviews were recorded on the recording device and then transcribed into a Microsoft Word document using the Listen N Write application. The questionnaires were evaluated and processed in Microsoft Excel. The impact of paragliding on lifestyle was evaluated through the use of qualitative research processes such as interviews and questionnaires. Comparative methods were used to compare the obtained results with other case studies dealing with lifestyle, motivation, flying and similar sports.

Results: The results of the thesis show that the impact of paragliding on lifestyle is significant. The paragliders describe the paragliding group as very different from the ordinary population. They are people who seek excitement, the feeling self-control, and especially want to define themselves. They focus more on the quality of their lives than on material goals. They perceive paragliding as more than just an activity and they understand it as a lifestyle that defines them. They use it as a tool to "clean" the head. The main factor that is transferred from paragliding to the ordinary life is frequent analysis of the surroundings. The greatest influence occurs in planning and organizing of their time, which is affected by the current weather. Dominant temperament is in the sanguine segment, closer to the center, insignificant stability - extrovert. Neuroticism scores have moderate, rather lower values and extrovert prevails. The results this research coincide with studies of a similar focus.

Keywords: Paragliding, paraglider, lifestyle, temperament.

Conclusion: The study was conducted without any major problems and the results were satisfying. The strong influence of paragliding on the lifestyle of paragliders was confirmed, as expected when starting the research.