

## Abstract

This study aimed to explore the topic of academic stress among students of Czech universities, to determine the level they experience, and most importantly, to verify whether the characteristics of students at Czech universities are related to their level of perceived academic stress. Specifically, the following factors were considered: gender, year of study, field of study, unhealthy eating, average time spent on social media, and financial situation pressure. To measure individual characteristics and the level of academic stress, data was collected through own questionnaire survey, which students entered by self-selection, and the final sample consisted of 610 respondents. The questionnaire utilized a self-translated version of the Perceived Academic Stress Scale (PAS), for which internal consistency was measured using Cronbach's alpha at 0.83. This represents a higher value than the original scale and can be considered a sufficiently reliable tool. The measured values of academic stress indicated 18 % of students with low academic stress, 63 % with moderate, and 19 % with high levels. At the same time, seven out of twelve hypotheses were confirmed. Specifically, higher values of academic stress were found among female students, students of veterinary fields, students who consumed some of the selected foods and drinks more frequently, and those with a worse perceived financial situation. These results were in line with the majority of foreign publications.

**Keywords:** Academic stress, Czech university students, correlation study