

## ABSTRACT

**Title of the Thesis:** Adventure and its significance in life

**Objective:** The aim of this thesis is to use a survey to determine where the general population encounters adventure during adolescence, what emotions they experience during these encounters, and whether these experiences have an impact on shaping an individual's personality. These findings, along with theoretical foundations, should provide enough information to enrich existing adventure programs and serve as a basis for further scientific research.

**Methods:** The theoretical part of the thesis is conducted through a literature review. The research is carried out through a survey and its subsequent analysis. Data collection took place from August 15, 2023, to September 5, 2023, and the research sample consisted of 127 respondents older than 20 years of age. Data were analyzed using Microsoft Excel and Google Forms.

**Results:** Respondents most commonly experienced adventure at summer camp (48%) and in the context of tourism (44.1%). They mentioned that in the context of adventurous activities, they most frequently experienced excitement (59.1%), adrenaline (52%), or stepping out of their comfort zone (40.2%). 96.7% of respondents believe that the adventures they've had had a positive impact on them. They most commonly stated that these adventures had a positive impact on their self-confidence (44.1%), physical resilience (36.2%), or problem-solving (42.5%). As the most common negative emotions experienced during adventurous activities, respondents mentioned uncertainty (44.1%), nervousness (48.8%), and fear (44.1%), but essentially did not mention long-term negative effects. Results exceed 100 due to multiple choice answers.

**Conclusions:** Respondents most frequently encountered adventure at summer camps, during tourism activities, in hiking groups, or during school events, as well as in adrenaline sports. They experienced a range of positive emotions, from excitement to a sense of camaraderie with others. They perceive that the adventures they had had a positive impact in various areas, from improving self-confidence to being open to new experiences. They also reported a wide range of current negative emotions during adventurous activities, but this did not translate into long-term negative effects of adventure, as only a minority of respondents reported experiencing trauma.

**Keywords:** adventurous activities, adventure programs, challenge, adolescence, emotions