

BACHELOR THESIS ABSTRACT

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Title: Motivation to exercise and healthy lifestyle in young adults

Abstract:

This theoretical and practical bachelor thesis deals with the topic of motivation to exercise and healthy lifestyle in young adults. The main aim of the thesis is to map the motivation to exercise and healthy lifestyle among young adults aged 20–40 years and their attitudes towards these areas. The theoretical part focuses on the issues of healthy lifestyle, exercise and movement recommendations within a lifestyle framework. An important part is the motivation for exercise and healthy lifestyle and its importance in physiotherapy. Finally, it marginally examines motivations for exercise and healthy lifestyle during the Covid-19 pandemic and the changes in habits caused by various arrangements. A questionnaire survey was used to collect data for the practical part. The questions in the questionnaire relate to the topic of lifestyle, physical activity and feelings associated with physical activity and there were 33 questions in total. They were constructed according to the studied literature and some questions were taken from the book *“Motivating People to Be Physically Active”* by Marcus and Forsyth from 2010. The questionnaire was created on the Google Forms platform and was distributed on social media sites such as Facebook and Instagram. The data from the questionnaire was then compiled into graphs and tables. A total of 233 respondents participated in the survey, of which 178 (76 %) were female and 55 (24 %) were male. The results showed that a large proportion of respondents engage in regular physical activity and try to maintain a healthy lifestyle. They highlighted the importance of intrinsic motivation such as health, exercise satisfaction and fitness building as important factors for maintaining and engaging in regular physical activity. Most respondents also report a positive effect of physical activity on their physical and mental health. At the same time, this work emphasizes a comprehensive and individual approach to individuals in setting up intervention programs related to establishing regular physical activity and setting changes in their lifestyle.

Key words: motivation, healthy lifestyle, exercise, young adults