

Abstract

This bachelor thesis deals with the issue of preconception preparation in women of reproductive age and factors that influence planned conception. The health status of a woman in the preconception period has an impact on spontaneous conception, the course of pregnancy or fetal development. Since women are primarily focused on healthy lifestyles during pregnancy, it is desirable to address this topic more closely.

The thesis is designed as a theoretical-practical one. The theoretical part describes the areas that have been identified by the World Health Organization (WHO) as priorities in the preconception period. These areas include healthy nutrition, weight management, physical activity, planned pregnancy and physical, mental and psychosocial health. They are also key factors in determining the overall health of the population, but in this case the emphasis is on their links with women's reproductive health and spontaneous conception. Furthermore, the theoretical part includes the issues of endocrine disruptors and gynaecological physiotherapy.

In the practical part, the results of an anonymous questionnaire survey conducted in an online environment are presented. The main aim was to find out how women who had planned to become pregnant prepared for conception. The following sub-objectives were also set: to highlight the areas of preconception preparation that women are most and least involved in and whether there are differences in this preparation across age groups.

Key words: preparation for conception, planned pregnancy, preconceptional care, lifestyle before conception.