



**Dr. Lukáš Šmída**

Doctoral Student  
Department of Physical Education and Sports  
Faculty of Arts, Matej Bel University in Banská Bystrica  
Slovakia (SVK)  
email: smida.lukas@umb.sk



9 788074 356797

ISBN 978-80-7435-679-7



**Lukáš Šmída**

# **Lifestyle of adolescents in relation to their health**

**GAUDEAMUS 2017**



University of Hradec Králové

**LIFESTYLE OF ADOLESCENTS  
IN RELATION TO THEIR HEALTH**

GAUDEAMUS

2017

**Author:**

© PaedDr. Lukáš Šmída

**Reviewers:**

doc. PhDr. Markéta Švamberk Šauerová, PhD.

Dr. Wioletta Łubkowska

Scientific monograph is a part of scientific grant task: VEGA: 1/0242/17  
“Physical activity as prevention of functional disorders related to the musculoskeletal system of secondary school students“.

ISBN 978-80-7435-679-7

## **ABSTRACT**

ŠMÍDA, Lukáš: „*Lifestyle of adolescents in relation to their health*“ [Monograph] / Dr. Lukáš Šmída. Matej Bel University in Banská Bystrica. Faculty of Arts: Physical education and sports department. 104 pages.

The scientific monograph consists of four basic parts and presents the results of the research in the area of health and lifestyle of adolescent girls in Banská Bystrica. The first part of the thesis deals with the theoretical basis, which is devoted to the characteristics of adolescence period, health and lifestyle in this period, as well as findings of other authors. The stated first part of the thesis creates basis for the next parts, in which we determinate the aims and tasks of the thesis. The aim of our thesis was to find out the level of selected lifestyle determinants of adolescent girls in the Banská Bystrica considering their health. On the ground of the thesis methodology we come to the results of the research that adolescent girls think that their health is good, but the acquired indicators don't attest it. Headache and pain in musculoskeletal systems, stress and insomnia were the most represented among the health disorders. Adolescent girls often choose the option of taking medicine to fight against the mentioned problems. We found statistically significant differences between groups ( $p < 0.01$ ) regarding smoking and alcohol consumption. According to these we conclude the ascertainment that the older the adolescent girls are and the longer time they spend in high school, the higher the number of smokers and alcohol drinkers among adolescents is. Respondents of our research group are doing physical activity in quite good frequency and intensity, but according to the high occurrence of problems with the musculoskeletal system we can state that the quality of physical activity is also important.

**Key words:** Adolescents. Health. Lifestyle. Physical activity.

## FOREWORD

The current prevalence of lifestyle diseases that are caused by wrong lifestyle, wrong eating habits, lack of physical activity, smoking, alcohol consumption or by stress, encourages us to search for the solutions of how to prevent these problems. The reality is that a lot of stated factors influence the health status and life of an individual already in young age. We often don't realize the consequences of current hurried time until the health problems emerge. This is the reason why the intentional care and prevention of health in every of its forms is very important factor that should be taken into account. A big challenge for the teachers should be maintaining the relationship of youth to physical activities in the way that they consider it later, when they are adults or elderly people, as a normal part of their life or better, as an everyday need that belongs to their daily routine. In today's hypokinetic world, we need to realize that regular exercise is the basic pillar of the prevention and elimination of not only the musculoskeletal system problems but also of other health problems.

*This project was supported by VEGA 1/0242/17 „Physical activity as prevention of functional disorders related to the musculoskeletal system of secondary school students“.*

# CONTENTS

<b>INTRODUCTION .....</b>	<b>6</b>
<b>1 THEORETICAL BACKGROUND.....</b>	<b>8</b>
1.1 Period of Adolescence.....	8
1.1.1 Physical and motor development of adolescents.....	10
1.1.2 Psychical and social development of adolescents.....	12
1.1.3 Cognitive development of adolescent moral consciousness.....	14
1.1.4 Specific problems of adolescents in today's society.....	15
1.2 Health.....	16
1.2.1 Health prevention and support.....	20
1.3 Lifestyle.....	22
1.3.1 Life quality.....	24
1.3.2 Healthy lifestyle.....	25
1.3.3 Exercise in relation to health.....	26
1.3.4 Daily routine and free time.....	32
<b>2 RESEARCH AIM AND TASKS .....</b>	<b>34</b>
2.1 Research aim.....	34
2.2 Research tasks.....	34
<b>3 RESEARCH METHODOLOGY .....</b>	<b>35</b>
3.1 Characteristic of researched group.....	35
3.2 Research organisation.....	35
3.3 Methods of data acquiring.....	36
3.3.1 Method of literary sources study.....	36
3.3.2 Interrogative method – CINDI questionnaire.....	36
3.4 Methods of data processing.....	37
<b>4 RESULTS OF THE RESEARCH AND DISCUSSION.....</b>	<b>38</b>
4.1 Health services and health status of the adolescents.....	38
4.2 Eating habits of adolescents.....	47
4.3 Smoking and alcohol.....	52
4.4 Physical activity of adolescents.....	60
<b>CONCLUSION.....</b>	<b>64</b>
Suggestions for the development of scientific branch and praxis.....	67
<b>SUBJECT INDEX.....</b>	<b>69</b>
<b>REFERENCES.....</b>	<b>70</b>
<b>NAME INDEX.....</b>	<b>82</b>
<b>APPENDICES.....</b>	<b>86</b>

## INTRODUCTION

Nowadays, we can observe the influence of the overall social development on human health, especially through social networks, IT technologies or media. All of these inform people about health and healthy lifestyle in private or social life (Mills, 2016). However, the influence of current trends has negative character as well and is responsible for causing lot of physical and mental illnesses together with cardiovascular diseases, cancer, diabetes mellitus, chronic respiratory diseases, musculoskeletal system weakening and other health problems. The current lifestyle diseases are from a major part caused by wrong lifestyle, wrong eating habits, lack of active life, smoking, alcohol and stress (Fitton et al., 2013). In actual fact, lot of stated factors influence the health status and life of a human already in young age. We often don't realize the consequences of current hurried time until the health problems emerge and that is why intentional care about the health is very important (Nemček, Bergendiová, 2013).

Rational eating habits are very important for natural somatic and neuropsychological development of an individual from both qualitative and quantitative side (Mužík, 2007). The aim of rational nourishment throughout the life is to cover his energetic needs. However, in young age the aim extends to ensuring of sufficient intake that is needed for the development and physical growth. The major problems of the current eating habits of youth are exceeding the recommended daily fats intake and their disproportionate proportions, increasing sugar consumption, absence of breakfast and morning snack, insufficient lunch. However, we notice a lower intake of vegetables, fruit, dairy products, fibre and bad water intake. The physical activity has enormously important impact on the right development of children and youth. Sufficient and varied physical activity has a positive impact on both physical and mental health, takes part in harmonious energetic balance and that is why it prevents from the obesity. We need to state that from the beginning of current technological period we have recorded recently that hypokinetic lifestyle, which includes inefficient spending of free time in front of the computer, television or with smartphone, early alcohol consumption and smoking prevails.

The thesis consists of fourth main chapters and represents the results of the research in the field of health and lifestyle of adolescents from Banská Bystrica. In the first chapter we state the theoretical backgrounds,

especially about the period of adolescence, about health and lifestyle in this stated period as well as about the ascertainment of the authors that are dealing with the stated issues. This first part creates a basis for other parts of the work. We stated the main aim and tasks of the thesis on its basis. The aim of the work is to establish the level of the selected lifestyle and health determinants of adolescent students in Banská Bystrica region with connection to their health. Following the methodology and fulfilling the stated tasks we came to the results of the research, which state that on the one hand, the adolescents from our researched group think that their health status is good but on the other hand, the ascertained results don't attest that. Headache, problems with musculoskeletal system, stress and insomnia were the most represented among the health problems. These health problems cause that adolescents often choose to take medicine. We recorded statistically significant differences between the groups ( $p < 0.01$ ) in cases of smoking and alcohol consumption. On their basis we state that the older the adolescents are and the more time they spend at secondary school, the higher is the number of smokers and alcohol drinkers. The respondents from our research group do the exercise in relatively good frequency and intensity, but regarding the presence of the musculoskeletal system problems we state that the quality of exercise is also very important.



Title: Lifestyle of adolescents in relation to their health

Author: © PaedDr. Lukáš Šmída

Reviewers: doc. PhDr. Markéta Švamberk Šauerová, PhD.  
Dr. Wioletta Łubkowska

Translation: Prekladateľská a tlmočnícka spoločnosť  
Filozofickej fakulty Univerzity Mateja Bela  
v Banskej Bystrici & M. A. Monika Deliová

Year: 2017

Publication: first

Impression: 100

Size: A5

Pages: 104

Publisher: GAUDEAMUS – University of Hradec Králové

Published by Gaudeamus, University of Hradec Králové as its 1616 publication.

ISBN 978-80-7435-679-7