

ABSTRACT

Introduction to the issue: Colorectal cancer is Europe's second most common malignant disease. Among the influential risk factors of colorectal cancer are the intake of high energy foods, animal fats, lack of fiber, excessive alcohol consumption, nicotine, lack of physical activity, and obesity.

Research methodology: Empirical research was carried out using qualitative research. The purposefully selected research sample consisted of fifteen informants after colorectal cancer surgery. Data collection took place through semi-structured interviews. The data were processed by the method of thematic analysis.

The aim of the diploma thesis: The aim of the diploma thesis was to reveal the life habits of informants after colorectal cancer surgery, discover how the diagnosis of colorectal cancer has changed the way they look at their lifestyle, finding motivation and overcome the barriers to a lifestyle change.

The outcomes: Despite the illness and knowledge of risk factors, the informants were rather satisfied with their current lifestyle and did not plan to change it. A healthy lifestyle was considered financially unaffordable. When deciding on a change, the informants were prevented from having a social aspect, the absence of friends who would share a sports activity with them. Environmental and weather influences were other barriers to a lifestyle change. Psychological barriers included shame in the appearance and ridicule of their surroundings during possible physical activity. Last but not least, informants were prevented from changing their lifestyle due to poor physical condition. On the other hand, the motivation for the change was the family, dedication to children, grandchildren, partners, the desire to stay active for the family as long as possible. Another motivation for the change was to return to work. Another motivator was activities such as traveling, participation in cultural events.

The conclusion: Patients who have survived colorectal cancer are a specific group of patients. The study revealed a number of barriers to maintaining a healthy lifestyle, that could be useful in designing health interventions for patients after active treatment of colorectal cancer.

Keywords: Colorectal cancer, lifestyle, motivation, barriers, quality of life