

## **Abstract**

**BACKGROUND:** A healthy lifestyle is a popular topic nowadays, even among college students. However, the use of alcohol, which is associated with the lives of college students for various reasons, such as stress or sudden life changes, is also widespread.

**OBJECTIVES:** The aim of this research was to find out whether there is a difference in the level and patterns of alcohol use between a group of healthy living college students and unhealthy living college students at different universities in the Czech Republic.

**METHODS:** The research was conducted in the form of a quantitative questionnaire survey on a sample of college students in the Czech Republic. The questionnaire was distributed through social networks, and consisted of questions created on the basis of the theoretical part of this research and questions for alcohol use from the ESPAD study (Chomynová, Csémy, Grolmusová & Sadílek, 2014). The research group consisted of 150 respondents, namely 114 women and 36 men, and was subsequently divided into two groups. The healthy living group consisted of 77 respondents and the unhealthy living group of 73 respondents who either used an addictive substance or did not engage in any physical activity.

**RESULTS:** Of the healthy group, 13 % of respondents reported current abstinence, while in the unhealthy group 1 % of respondents. The most preferred alcoholic beverage in the healthy group was wine (40 %), while in the unhealthy group the respondents mentioned beer (39 %). In the last year, the largest part of respondents (28 %) from a healthy group consumed alcohol several times a month, in the second group most respondents (32 %) less often than once a month and unhealthy living group has more lifelong experience with intoxication, specifically 25 % of respondents got drunk 10 - 19 times, while 24 % of healthy people 1-2 times and the same number 3-5 times.

**CONCLUSIONS:** Although this research has shown small differences between groups, these figures are not large enough to say that a healthy lifestyle affects college students in alcohol consumption, however, most of this sample of college students do not show signs of hazardous use, which could indicate a connection for the healthy group at least.

## **Key words**

healthy lifestyle – alcohol – college students – sport – motivation