

ABSTRACT

This thesis studies the relations between personality traits of the Big Five model (neuroticism, extraversion, agreeableness, openness to experience, conscientiousness) and eating habits. The aim of this work is to map the relation between personality traits and eating habits, to describe the relation of specific traits with specific eating habits and to discuss possible use in practice. Data were obtained using two questionnaires administered anonymously in an online environment. The NEO-FFI questionnaire was used to measure personality traits, and a self-created questionnaire based on World Health Organization (WHO), Food and Agriculture Organization of the United Nations (FAO) and The Czech Society for Nutrition (CSN) nutritional recommendations was used to measure eating habits. Data from 91 respondents (22 men and 69 women) were analyzed. The results showed the association of neuroticism with some eating habits that were classified in the unhealthy group, the association of conscientiousness and agreeableness with some eating habits that were classified in the healthy group. Extraversion and openness to experience were associated with habits from both the healthy and unhealthy groups. The results are consistent with previous studies in the context of conscientiousness and neuroticism. Agreeableness showed a greater association with healthy eating habits than conscientiousness among men in this study. These relations can be used for individualized education and targeted reinforcing of competencies for health-supportive behavior of the individual.