

Abstract

Title: The effect of size of residence on adult's attitude towards physical activity and sport

Objectives: The main aim for this thesis is to find out whether the size of the residence effects the attitude of adult population towards physical activities and sport.

Methods: 957 of men and women from each region of Czech Republic aged 15-91 (mean age 41) filled a questionnaire SFSPA (Social function of sports and physical activities). Collected data were evaluated in a relationship with size of a residence of the respondents in these categories: less than 500, 501-2000, 2001-5000, 5001-20000, 20001-50000, 50001-100000, 100000 and more inhabitants.

Results: The results don't show any clear trend that could prove the fact that the bigger the size of the residence, the more positive or negative relationship there is of its inhabitants towards physical activity (PA). There is a constant difference though between the smallest size of the residence (small villages; less than 500 inhabitants) and the biggest size of the residence (big cities; 100000 and more inhabitants), where data from questions related to PA relationships are always more positive from probands of big cities then from small villages. Non-sportive activities (walking, dog walking, cleaning, gardening, family walks and mushroom picking) are more popular within inhabitants of the smallest size of the residence (less than 500 inhabitants; 67 %) than of the biggest size of the residence (more than 100000 inhabitants; 34 %). PA is done in the nature more by inhabitants of the smallest size of the residence (less than 500 inhabitants; 52 %) than of the biggest size of the residence (more than 100000 inhabitants; 40 %).

Keywords: Physical activity, sports, adult population, size of the residence, residence, motivation