

Abstract

Title: Leisure time and outdoor activities among students of grammar school in Prague 3.

Objectives: The aim of the diploma thesis was to find out what activities students include in their free time and whether they also engage in outdoor activities.

Methods: The research sample consisted of 84 high school students aged 17-19 from a six-year grammar school in Prague. In order to obtain the necessary information, a questionnaire was compiled, which was intended for fifth and sixth grade students. The questionnaire consisted of 17 questions and I sent it out via electronic communication. The obtained data were analyzed using basic statistical methods and subsequently interpreted through graphs.

Results: I found, that students most often spend their free time meeting friends (96 %), followed by a walk or a trip (93 %), then use their free time for social networking (89 %) or sports (86 %). 50 % spend most time hiking in nature. This is followed by activities such as running (15 %), cycling (14 %) or camping (10 %). Organised forms of leisure time activities are used by (45%).(82%) of students are satisfied with their leisure time and its content, (45 %) do not feel any limitation in the way they choose activities for their leisure time.

Conclusion: Students mostly meet friends during their free time. In nature, students are mostly engaged in hiking, they can navigate in nature using GPS. Students are more than $\frac{3}{4}$ satisfied with their free time. Less than half of the students use the experience gained from sports courses in their free time.

Keywords: youth, sport, friends, hiking