Abstract

Title: Utilization and preferences of smartwatches and their features for measuring health parameters in the adult population

Objectives: The aim of this master's thesis is to analyze the utilization and preferences of smartwatches in the adult population and to examine their potential for measuring health parameters through a questionnaire survey.

Methods: The research was conducted through a questionnaire survey. A questionnaire of our own design was utilized. The research section also included an analysis of parameters and functions of smartwatches.

Results: The average age of the respondents who filled out the questionnaire for this diploma thesis was 31.2 years. 63 out of 103 probands use smartwatches to monitor their health status, with the most frequently measured parameter being heart rate. All 63 respondents follow here. The most used function associated with physical activity is tracking the number of steps. 91 respondents are interested in this data. Factors such as quality, accuracy, and design play a key role when choosing a smartwatch. According to the respondents, the most used smartwatches are from Apple and Garmin. Apple Watch is used by 42% of probands and the Garmin brand by 26% of probands. Respondents often prefer the Apple brand for its compatibility with other devices, and Garmin for its high accuracy. Smartwatches also provide motivation for users to engage in regular physical activity. This was reported by 55 of the 103 probands.

Keywords: physical activity, motivation, monitoring, modern technology