Abstract

Title: The influence of factors on 21st century lifestyles.

Objectives: The aim of my bachelor's thesis is to analyse the influence of 21st century lifestyle factors on the population aged 20 – 30 years, or what the influence of social networks is and what was the influence of the covid-19 period on lifestyle, specifically on eating habits and physical activity.

Methods: 87 respondents took part in the survey. An anonymous survey method was used. The survey was created in the online platform Survio and then shared via a link. The content of the survey consisted of 16 closed-ended questions and the data collected was processed and evaluated in Microsoft Excel. The results were interpreted using bar charts with brief comments. All data collected through this survey was used for the research results.

Results: The results of the survey showed that social networks are considered by respondents as the most risky lifestyle factor nowadays. Specifically, it was identified as a negative lifestyle factor by 60 % of respondents and more than 70 % of respondents identified social networking as a risk factor. Respondents also indicated that the covid-19 period had the greatest impact on their time spent on social networking sites. Another significant impact of covid-19 was on the change in physical activity, but this tended to increase during the pandemic period for most respondents. 72 % of respondents reported that they practiced alternatives to sports during the quarantine period and more than 30 % identified the pandemic period as motivating them to exercise more.

Conclusions: Social networks are most often identified as risk factors negatively affecting lifestyle. Then there are drugs and alcohol. On the other hand, family and friends and good lifestyle are perceived as positive influences. The covid-19 period had a great impact on changing eating habits and physical activity both positive and negative.

Keywords: lifestyle, eating habits, physical activity, social networks, covid-19