

## **ABSTRACT**

**Title:** The Impact of Physical Activity in a Natural Environment on Changes in Current Emotions

**Objectives:** Purpose of this thesis is to determine the impact of physical activity conducted in a natural environment on changes in a person's current emotions.

**Methods:** This is a research thesis. A questionnaire with three questions was used to determine the results. Each participant answered the questionnaire three times: before the physical activity, during, and after its completion. Five respondents participated in the study.

**Results:** The results of the questionnaire indicate that natural environments and physical activity within them can have a positive impact on changes in currently perceived emotions.

**Conclusion:** The research demonstrated that natural environments have the potential to improve human mental health.

**Keywords:** mental health, nature, pleasure, arousal, emotional control