

Abstract

Title: Comparison of mood changes during physical activity in four different environments

Aims: Using a questionnaire survey and the use of the Stroop test to induce cognitive stress during measurement, the aim of this study is to identify and analyse changes in mood during physical activity in four different environments.

Methods: The work was based on a comparative analysis of the data obtained from the questionnaire survey. The Profile of mood states questionnaire was filled in by the probands during one measurement a total of 4 times, before the Stroop test, immediately after it, after 20minutes of walking and after 40 minutes of walking. Data collection took place in February and March 2024 and 6 respondents, respectively students of the Faculty of Physical Education and Sport of Charles University, aged 21 to 25 years, participated in the research.

Results: The study shows that natural environments such as forests and watercourses have a positive effect on psychological well-being, reducing negative moods, improving cognitive function and increasing vitality. In contrast, urban environments and laboratory conditions can lead to increased fatigue and decreased mental vitality.

Conclusion: The study confirms the significant positive effects of natural environments on mental well-being and vitality, whereas urban and laboratory environments can increase fatigue and decrease mental vitality. These results highlight the importance of integrating natural elements into urban planning and health programs aimed at improving human health and well-being.

Key words: Questionnaire, Stroop test, stress, well-being, emotions