

Summary

The bachelor thesis deals with caffeine and its effect on the human organism. The thesis is divided into two parts – theoretical and practical.

The theoretical part begins with an introduction to caffeine, including its classification within the methylxanthine group, its chemical properties, and its origin and history. It then describes the natural sources of caffeine, pathways of its synthesis, and the process of caffeine metabolism. The most extensive chapter discusses the effects of caffeine on the human body, its individual parts and the development of certain diseases. Important sections of the theoretical part also cover caffeine in human nutrition and its impact on different population groups. The theoretical part concludes with a focus on caffeine toxicology.

The practical part of the thesis involved research conducted through an online questionnaire survey involving 403 respondents. The questionnaire consisted of 18 questions examining not only the knowledge of caffeine products, their consumption, and associated habits, but also the public's awareness of the effects of caffeine on the human body. It also investigated whether medical students and graduates have a better knowledge of the effects of caffeine compared to lay people. The results of the practical part were presented in the form of graphs accompanied by commentary.

The results showed that knowledge of the effects of caffeine on the human organism is relatively high among the general public, but higher among health professionals compared to lay respondents.

Key words: caffeine, coffee, organism, effect