

Abstract

This bachelor's thesis evaluates the lifestyle changes of young adults caused by the covid-19 pandemic. The aim of the thesis is to understand how the change in lifestyle associated with the pandemic was experienced and evaluated by two groups of young people – students and workers – in the Czech Republic and what permanent changes it brought to their lifestyle. From a theoretical point of view, the work is based on Pierre Bourdieu's concept of habitus. It mainly focuses on two areas of lifestyle – healthy lifestyle and free time. As one of the very significant problems of a healthy lifestyle, the sedentary lifestyle that the pandemic has promoted is considered. The main core of this work is semi-structured in-depth interviews with seven communication partners. Interviews with communication partners showed that almost half of them encountered a major impact on their life path during the pandemic, in the form of, for example, loss of housing or employment. As a result of the pandemic restrictions, they began to prefer home food more and to limit eating at fast food restaurants. Students were more affected by social isolation and a sedentary lifestyle than working individuals. The restriction of outdoor sports fields has caused a change in physical activities for some young adults, with young people preferring more exercise in the home environment and nature. Three communication partners developed during physical inactivity associated with the coronavirus disease with some kind of disease. Conversely, those who followed the principles of a healthy lifestyle were vital or even experienced improvement.