

ABSTRACT

This thesis deals with the perception of the benefits and risks of consuming energy drinks by students of selected high schools in the Central Bohemian Region. The goal was to determine the extent of consumption and the attitudes of students towards the use of these drinks. The theoretical part introduces the history and composition of energy drinks, including a review related to the risks of consumption. The practical part describes the quantitative research conducted through a questionnaire, which revealed relatively frequent consumption of energy drinks in relation to the preferred benefits and rather good knowledge of the consequences and risks of high consumption. The research results presented in the thesis demonstrated a preference for price and taste when choosing an energy drink and a connection of the frequency of use in correlation with the norms of the peer group. Furthermore, data were compared in related factors such as sleep quality and habits of students using energy drinks. Among other findings, it was discovered that students who consumed drinks more frequently experienced less adverse effects likely related to the innervation of the sympathetic nervous system, supporting the theory of the development of caffeine tolerance with its frequent consumption in high doses. It was also found that students of selected high schools consume energy drinks in a risky amount and frequency at a minimum. Based on the identified habits and attitudes, a proposal for educational material was developed, targeting awareness and evaluation of the risks of personal use, monitoring composition, and consumption in an amount corresponding to the manufacturer's recommendations on the packaging of energy drinks.

KEYWORDS

energy drinks, disadvantages of use, benefits of use, health risks