

Active Lifestyle as a Determinant of Life Satisfaction among University Students*

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ABSTRACT The purpose of this study is to examine the current level of life satisfaction and its components between two groups of Czech University students with the first group having an active lifestyle and the second group having a non-active lifestyle. The study included a total of 523 students. Life Satisfaction Questionnaire was used to determine the level of life satisfaction. The active lifestyle was represented by the level of regular physical activity that was determined using the General Physical Activity Questionnaire. Students with active lifestyle showed a significantly higher level of overall life satisfaction when compared to students with a non-active lifestyle. Similar results were found in the area of satisfaction with own health, work, sexuality, and the individual's person. The results of the study indicate that active lifestyle may positively influence the overall level of life satisfaction, subjective level of health and further components of satisfaction among University students.