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**Health-related behaviour: determinants, models and consequences :
summary**

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10 SUMMARY

Health-related Behaviour: Determinants, Models and Consequences

The collective monograph of authors, Burešová, Dosedlová, Havigerová, Jelínek, Klimusová, Pučelíková, Slezáčková & Vašina summarizes the main outputs of research supported by the Czech Science Foundation in years 2013-2016 called “Health-promoting and Health-threatening Behaviour: Determinants, Models, Consequences” registered under no. 13-19808S. The publication maps selected internal and external determinants of health-related behaviour on a large sample of current Czech respondents through five research sub-studies; the research sample consisted of 2,666 respondents (62.1 % women and 37.9 % men) aged 11 to 93.

The first chapter presents the current constructs of optimism/pessimism and attempts to contribute to their explanation by creating a model of optimism based on the concept of dispositional optimism, unrealistic optimism, defensive pessimism and hope. The first model verified 1st order factors, while the second worked with a single, 2nd order factor, “optimism”. The third model confirmed the distinctiveness of two factors of the 2nd order, “pessimism” and “hope”.

The next three chapters are connected through detailed analysis of variables entering the self-regulation process related to protecting and endangering one’s own health. The theoretical introduction (Chapter 2) reflects general findings regarding the attitude to health, presents the current conceptions of health and the determinants of health and examines the individual components of health-related behaviour. The third chapter presents non-experimental comparative theoretical research of health-related behaviour. It compares four models of health-related behaviour: unifactorial model, basic two-factorial theoretically deductive model, expanded three-factorial theoretically deductive model and a statistically deductive model. The statistical indicators obtained suggest that all four models have the properties of a sound model. The next chapter reacts to current trends con-

necting the topic of health psychology and positive psychology. The aim of the empirical study was to explore the mutual relations between mental health, health-promoting behaviour, the extent of health-related complaints and social support in Czech adult respondents aged 20 to 65. Results in line with holistic approach point to the importance of the influence of positive emotionality, mental hygiene and social support on physical and mental health.

The fifth chapter maps and compares health-related behaviour in adolescence, young, middle and mature adulthood and old age, with emphasis on identifying the main predictors of health-related behaviour for the individual stages of ontogenesis.

The final chapter examines neuropsychological markers of health-related behaviour. The aim of the research was to verify whether the negative influences of the environment, emotional stress and traumas during human development lead to disorders in neuron connectivity, changes in parameters of neuron complexity and brain disfunctions which may then cause mental dysfunctions. The author approaches the research as the first stage of an extensive research project based on a new paradigm of understanding the relationship between the brain and the psyche. Its goal is to confirm or disprove the hypothesis that a mental phenomenon is a specific quantum phenomenon (SQC - phenomenon) of non-linear nature with more than eleven dimensions.

The presented conclusions of individual studies contribute not only to deeper theoretical understanding of the relationship between personality, health, attitude to health, and health-related behaviour, but also contribute to practical support of self-regulation mechanisms of readers who will then take better care of their own health.