

## Abstract

This master thesis analyses possible correlations between the use of if and how the mobility behaviour has an impact on the wellbeing of primary school children. To analyse potential correlations children, parents and teachers were interrogated. The questionnaire took place in five primary schools in Lower Austria. The individual interrogations of the children and parents included an inquiry on mobility behaviour and an assessment of the childrens' wellbeing. The teachers were interrogated about the children's school achievements and social behaviour.

Studies on this topic show that physical activity has basically a positive impact on physical and mental health and reduces for instance the risk of cardio-vascular diseases, obesity and chronic diseases. (WHO, 2010; Department of Health, 2004; Robert Koch Institut, 2008; Tremblay et al., 2011; Stadt Wien, 2012). Evidence for a positive impact on mental health appears for example as reductions in the sensitivity to depression and anxiety. Therefore, this thesis questions if there is also a potential correlation using different transportation modes. This thesis examines especially the question if there are also positive correlations by the use of active transport modes.

Compared to (rather) passive transportation modes like the car or public transportation, active transportation modes like bike and scooter as well as walking show a more positive impact on wellbeing, by the assessment of both children and parents. The children do not only prefer predominantly the use of active transport modes, but also show the highest wellbeing after using the bike to school. It is also verified that the wellbeing after the use of active transport modes to school lasts longer than after the use of passive transport modes. Also, the parents assessed a better wellbeing on active than passive transportation modes. However, there could not be found a significant correlation between the use of active transport modes and school achievements.