

Abstract

The thesis deal with self-concept and body image in the elderly population. The theoretical part deals with the definition of body image in the context of the senior period. The research is of quantitative character and uses several questionnaire methods. The Multidimensional Body-Self Relations Questionnaire, the Stunkard Figure Rating Scale, and the Rosenberg self-rating scale were used in the test battery. The data were obtained in Prague and the Central Bohemian Region on the basis of non-critical criteria. In the research participated 140 people (96 women and 44 men) older than 60 years. Test battery result were statistically analyzed based on defined hypotheses. It has been found that with increasing age, body image scores are diminishing. Additionally, seniors who make at least once a week physical activity have a higher body satisfaction than seniors who do not perform regular physical activity. Women with BMI 18.5-24.99 kg/m² show higher body satisfaction in compared with women with BMI \geq 25 kg/m². Next, it was found that seniors aged 60-74 show greater satisfaction with body parts than seniors aged 75 and over. However, the relationship between global self-esteem and body image has not been confirmed.