

Abstract

The thesis studies the quality of life of male and female clients of community centres from their own perspective. The aim of this thesis is to describe ways in which social-pedagogical activities of community centres contribute to the changes in the quality of life. This thesis consists of a theoretical and empirical (research) part. The theoretical part defines the term quality of life and describes its development and contemporary interpretation by several areas of social sciences. Furthermore, community centres are characterised in this part, as well as their function and activities offered in relation to the opportunity to improve the quality of life. The empirical part is based on qualitative research using semi-structured in-depth interviews and the SEIQoL method (Schedule for the Evaluation of Individual Quality of Life). The researched group consists of female and male clients from different community centres. The study concludes that female and male respondents have created a positive dependency on the activities in community centres, which represent a possibility of their safe anchoring while searching for a solution to their own difficult life situation. No significant gender differences were discovered in the perception of benefits of community centres for the quality of their lives. Finally, the subjectively perceived quality of life of the researched group is relatively high.

Key words

Quality of life, well-being, Schedule for the Evaluation of Individual Quality of Life, community centre, community centre client