

# ABSTRACT

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| <b>Title:</b>                 | How seniors assess the quality of life in senior homes  |
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The bachelor thesis deals with the description and analysis of the quality of life of seniors who permanently live in a retirement home. The thesis consists of two main parts-theoretical-review and empirical. The theoretical part deals with the characteristics of geriatric age and describes the age-related changes, with which this developmental phase is related to. It also describes dynamical alterations in human needs hierarchy during aging, which are inherently related to changes in old age. It shows the possibilities of care for seniors and role of social institutions in the past and present. In general, the theoretical part characterizes the notion: „well-being“ and focuses primarily on the quality of life of seniors.

The empirical part has a form of mixed design, which took place in the retirement home in town of Hořice. The quantitative part, consisted of questionnaire survey in which the shorted version of the Older People's Quality of Life Questionnaire (OPQOL-CZ-20) was used. This questionnaire measures seven variables: 1. satisfaction with life, 2. financial situation, 3. positive approach to life, 4. family and secure base, 5. health, self-reliance and activeness, 6. loneliness, and 7. religion, that characterize the quality of life of a group of 30 seniors. The qualitative part took the form of a semi-structured interview with 5 clients of the retirement home. The aim of the research was to investigate how seniors in a selected retirement home evaluate the quality of their lives. The results of the questionnaire survey showed, that the greatest benefit for old age is a positive attitude to life, family and safe background. On the opposite side, there is loneliness, illness and an unsatisfactory financial

situation. Furthermore, it has been found that religiosity and faith play more important role for females compared to males. Congruently, the qualitative survey revealed, that meeting family, friends and, in some cases, spirituality is most helpful. In summary: the research suggests, that despite unfavourable conditions of senior age, there is wide range of ways, how a well-being in this live phase can be increased.