

Abstract

The main concern of this thesis is the influence of social factors and activities on cognitive aging. Using data from the SHARE study, it explains the status of individuals in the 7th wave of the survey, identified as suffering from severe cognitive impairment, and consequently, those in maximum cognitive fitness using social factors and activities that were constructed based on previous waves of the survey. The main finding is the positive influence of emotional proximity to members of their own social network on cognitive aging. The aim was also to use the paradigm of salutogenesis and try to find differences between the studied groups. Activities that do not in themselves act as protective factors of dementia, but only as cognitive health enhancing factors were found.

Keywords: cognitive function, cognitive aging, dementia, epidemiology, SHARE study, lifestyle, salutogenesis