

Abstract

The diploma thesis focuses on education of older adults in relation to quality of life. The aim of the thesis is to identify the association between the participation of the elderly in education and their subjective quality of life. The study focused on identification of the association between quality of life and education at the university of the third age is designed based on theoretical and empirical findings. The quality of life is assessed using the WHOQOL-BREF and WHOQOL-OLD instruments. Quality of life assessment scores of 645 participants of the university of the third age are compared with normative scores for older adults. The study also examines the association between selected aspects of participation in the university of the third age, participation in other educational activities and quality of life of the elderly. The results confirmed that the education at the university of the third age is associated with subjective quality of life. The results also display that participation frequency and the number of semesters attended is not associated with the quality of life and that the contact with other university members and participation in other educational activities has very weak association with quality of life. These findings are discussed according to the theoretical resources and other studies at the end of the thesis.

Key words: education of older adults, university of the third age, quality of life, well-being