

Abstract

The name of the Thesis: Life Satisfaction of Seniors

The Goal of the Thesis: The primary goal of this thesis is to find out and compare the life satisfaction level amongst passive and sports-active seniors (65+). The secondary goal is to find out the depression level within the group of seniors, evaluate the geriatric depression scale and define relations between level of depression and life satisfaction.

Methods: Questionnaires in writing are used for collection of data and to identify life satisfaction level and the level of depression. The collected data are statistically processed and evaluated. They are analyzed in order to define relations between life satisfaction and sports activities and to define relations between life satisfaction and depression.

Results: The results of the study should help to understand the importance of sports activities for life satisfaction of seniors and to define relations between life satisfaction and depression, which is typical for old age. The results can also serve as an impulse for further research activities, concerning life satisfactions of seniors and the role of sports activities in old age.

Key Words: Old Age, Ageing, Quality of Life, Life Satisfaction, Active Old Age, Depression