

Abstract

Title: Quality of life and Physical Self in Senior Population

Objectives: The main aim of this thesis is to analyze the quality of life of the elderly with respect to the place where they live and the level of physical activities performed in the past and present. Respondents are divided into those living in nursing homes and those who live in their natural environment. In particular, we want to find out whether these two groups differ in the given areas of life or not. Another criterion by which we divide and compare the respondents is the amount of physical activity in the past and present. The aim of this division is to determine the effect of physical activity on the current quality of life of the elderly.

Methods: The selected means of obtaining information for our thesis was a paper questionnaire. After analyzing several questionnaires focused on quality of life, the SQUALA questionnaire was selected. We used statistical methods for nonparametric data to evaluate the results.

Results: The results confirmed the relationship between physical activity and a higher level of quality of life. On the contrary, we have refuted the expectations of a better quality of life in the health dimension of seniors living at home. Furthermore, we found out that seniors living in nursing homes overall rated their quality of life better than individuals living in their own homes. The results also showed that the place where seniors live did not affect the amount of physical activity performed by them.

Keywords: old age, aging, health, physical activity, self-sufficiency, nursing homes, natural environment, connection, SQUALA