

ABSTRACT

This bachelor's thesis examines the subjective quality of life and leisure time of adults. The aim of the thesis is to find out whether adult participants of educational and sports activities of the Czech Sokol Organization feel the influence of these activities on their quality of life. The work tries to achieve its goals by comparing selected researches on the influence of leisure activities on the quality of life of adults with own research. First, the thesis deals with concepts of the quality of life and methods of its measurement. The concept of well-being, which is closely related to quality of life, is also introduced. The third chapter is devoted to leisure activities of adults and their potential influence on the quality of life. Subsequently, the Czech Sokol Organization is also introduced. Among other things, the chapter is devoted to the Czech Sokol Organization in the present day and its current activities. Part of the work is a quantitative questionnaire survey, the aim of which is to find out the subjective view of the participants in the activities of the Czech Sokol Organization on the potential influence of these activities on their quality of life. The research investigation is carried out using a standardized questionnaire to measure the subjective quality of life SQUALA and additional questions on the respondents' participation in the activities of the Czech Sokol Organization.

Keywords

quality of life, well-being, adult leisure time, educational and sport leisure time activities, Czech Sokol Organization, SQUALA