Abstract

The topic of the bachelor thesis was a probe into the quality of life of people caring for a loved one with a long-term illness. The first part contains an overview of the development of the construct of quality of life in a historical context from the literature, with an emphasis on its multidisciplinary definition in the social sciences, medicine and nursing. The second part describes the processing of data from caregivers on the basis of my own questionnaire aimed at estimating quality of life, with the intention not only to verify its parameters, but to obtain pilot data on the subjective perception of the situation in a sample of long-term caregivers. A psychological resilience questionnaire was also administered during the session.

Data collection was conducted face-to-face with respondents using the snowball method during December 2023. The data obtained from 114 individuals (41 males, 73 females), mean age $M = 56.6$, $SD = 25.45$, were processed both in terms of frequency of responses, relationships between variables and by multiple linear regression analysis. The intention was to find out how caregivers evaluate their own quality of life and what they are most concerned about in caring for a loved one. Last but not least, to identify the areas in which caregivers most often lack professional and lay support from society and what their needs should be.