

**Title**

Life quality and leisure of seniors

**Objectives:**

The aim of this thesis is to determine the level of quality of life of seniors and what activities seniors do in their free time with regard to gender, age and place where they live.

**Methods:**

To obtain the data necessary for the achievement of this work was used a questionnaire as a method of quantitative research. Data were collected during the autumn 2009th and spring 2010th. The data were processed in the Microsoft Excel program. For sub-groups of respondents was calculated score of importance, satisfaction and total score, and then I made exploring of the relationship between variables, depending on the differences between individual groups.

**Results:**

Results showed a slightly above average overall score of life quality of seniors living alone and also seniors living in home for the elderly. Health was rated as the most important area of life. Results show which parts of life are important for respondents and which parts of their life are they happy with. The investigation of leisure activities showed that older people spend their leisure time mostly passive activities. It was confirmed difference in leisure divided by sex, ages, and difference between seniors living on their own and seniors living in home for the elderly.

**Keywords:**

age, health, leisure, quality of life, senior