

In my work I deal about problems connected with active old age and the depression in the old age. I tried to prove the relation between the incidence of depressions and the following factors: hobbies and activities, religious faith, education and loneliness. The research was carried out by filling in a questionnaire by three different groups of seniors. The target group in general was established by persons in the age category of 60-90 years of age. The three specific sub-groups as mentioned above consist of a/ persons living in retirement homes, b/ members of the club of seniors, c/ accidentally chosen seniors, visiting offices of a general practitioner and of a private gynaecologist in the town of Česká Kamenice.

The results of my research, as far as the whole of the target group is concerned, proved the association between the incidence of depressive symptoms and the three chosen factors: hobbies and activities, education, and loneliness. Most evident of all was the association between being lonely and the incidence of depression, then between the achieved level of education and the incidence of depression. Less expressed was the relation between depression and practised hobbies. The religious faith proved to be a factor without any influence on the incidence of the depression. Regarding the fact, that the chosen sample of population contains only 75 respondents, the received results may not be statistically confirmatory and significant, but they can undoubtedly serve as a material worthy of consideration in any further research carried out on a larger scale.