Abstract

The thesis is focused on the attitudes of students of the University of the Third Age to their own old age. The definition of the theoretical context in the first part focuses on the issues of aging and old age in connection with identifying the quality of life of seniors. This section is also focused on the topic Universities of the Third Age, their historical context in the current form. In the research part the results of the survey have been presented. To achieve the research objective, a quantitative research strategy, a method of questioning, was used. Specifically, a standardized questionnaire of attitudes to age and aging (AAQ) was used, which was developed by the World Health Organization. The main aim of this thesis was to determine the attitudes of students of the University of the Third Age at the Charles University to their own old age and then to compare these attitudes with a group of inactive seniors. Another subject of the research was also the influence of the social-demographic indicators on the attitudes of seniors to age and motivation of the undergraduates to study at the University of the Third Age. The sample consisted of 153 respondents from Prague. The seniors evaluated positively exercise in old age, social inclusion and expressing of their feelings. On the other side, the tolerance towards each other was evaluated negatively by them, the women considered aging harder than they had thought, and subjectively they felt old. The undergraduates at the University of the Third Age evaluated their attitudes to age and aging in all domains more positively than the seniors from common Prague population. The understanding of the attitudes of the elderly people to the old age can be, together with the study of their quality of life, the basis for working with the elderly.