

## **ABSTRACT**

**Title:** Motivation of seniors to be physically active in water

**Problem:** Czech population is ageing. Thanks to an effective and accessible health care and increased interest in a healthy lifestyle, the population of elderly without any health limitations in their everyday activities is increasing. There is also a growing potential and need for quality physical activity programs for seniors which would respect their individual needs.

**Objective:** This thesis focuses on the motivation of seniors to be physically active in water, on the perceived benefits of this activity to their quality of life and also concentrates on the influence of participation in such activity on the social life of a senior. The thesis deals also with factors which could act as barriers limiting the participation of seniors in physical activities.

**Methods:** Respondents – seniors of 60 years and older – were selected from active participants of organized physical activities in water in Prague. Their opinions were investigated in a questionnaire survey based on standard psychometric research tools from the area of sport psychology. The collected data were recoded and saved in a database, which was consequently subjected to a statistical analysis with the help of the SPSS software.

**Results:** Physical activities in water obviously have positive influence on the mental health, temper and mental vitality of an individual. On the contrary, we have not proved any association between the physical activities in water and the social life of seniors in our sample. The main motivation factors revealed were mainly the pleasure of exercise itself and the effort to stay in shape, as well as the opportunity to use the pool and its facilities. Health problems and potential injury were the only important factors limiting the determination to a regular exercise.

**Keywords:** ageing; seniors; physical activities; swimming; motivation; quality of life.