

Abstract:

Successful aging is increasingly topical issue given the rapidly aging population and it is therefore crucial to deal with the way the old people adapt to the coming age, and whether there is some way we can be prepared for it. Model coping with life's problems - selection, optimization and compensation is a lifelong adaptation strategy, which currently in old age leads to successful aging. Besides adaptation are important attitudes towards aging and old age, that have an impact on senior's self-esteem. The main goal of this thesis was to analyze attitudes towards age and the use of model coping with life problems in a sample of younger and older Czech seniors using questionnaires SOC and AAQ. The research had a qualitative aspect, which focused on mapping the topic of retirement planning and strategies for successful aging. It turned out that the younger and older seniors differ from each other only in the use of the strategy chosen selection, in other strategies there was no difference between age groups. In the area of attitudes to each other, age groups also did not differ. The results also show that between using SOC strategies and their own attitude to old age, there is no relationship. Seniors recommend to young people and to their peers to think of their health, maintain good relationships with family and friends and to be engaged in social life and in their hobbies. The diploma thesis opened the topic of successful aging and it may inspire people to spread the concept of coping with life's problems.

Key words:

The elderly, aging, attitudes, ageism, adaptation, strategies for coping with life's problems, model SOC, successful aging