

The aim of my thesis is to describe how do the older adults cope with loneliness, which coping strategies do they use. Loneliness is natural part of life and is interwoven in older age with many changes and losses. The method to achieve goal of my thesis was processing theoretical literature, outlining the determinants of loneliness and categorizing chosen coping strategies including their description and illustration on concrete cases. Two main approaches were used for categorizing of coping strategies in my thesis: problem-focused coping and emotional-focused coping. Problem-focused coping of older adults included for example those coping strategies: engaging the social support network and helping those who are in need. Emotional-focused coping included for example strategies like: reflecting and accepting, reminisce or finding solace in watching television.