

ABSTRACT

The aim of this work was to capture and understand the unique life experience of experiencing old age in resilient population and to identify the phenomena significant in this experience. The theoretical part consists of explanation of concepts of resilience and old age. For the practical part, we have decided for qualitative research. The research sample consists of three resilient individuals aged 82 to 90, selected by the employees of a care centre for elderly according to their personal experience. We gathered the data for the research using semi-structured interviews, which we analyzed by using interpretative phenomenological analysis method. The results are presented from two perspectives. The first is the analysis of the experience of individual resilient seniors, the second represents the perspective of themes that are important in the experience of resilience and are mutual to all our respondents. Themes are following – activity, routine vs. openness to experience, internal locus of control, flexibility, relationships and affiliations, humor and realistic optimism with hope. In the discussion, we link relate emerged themes to existing research and theoretical knowledge.

KEYWORDS

Resilience. Old age. Qualitative research. Interpretative phenomenological analysis.