

Abstract:

Background: The global trend of population ageing causes in new challenges, one of them is a wider dedication to the mental health of the elderly. In line with the mental health of the elderly the alcohol consumption issues among this group are still in place and those are one of the crucial factors that might causes negative impact on the health of the elderly. There is a large group of seniors in the Czech population living in the cities however numerous groups of the seniors still live also in the countryside where the living is very different to the one in the cities and there are also many specifics in alcohol consumption among those living in the countryside.

Aims: The qualitative study aims to learn about the subjective evaluation of the alcohol consumption among the elderly in a small village community through the deep interviews and thus enriches the contemporary knowledge of the alcohol consumption level among the elderly.

Methods: Semi-structured interviews complemented by the AUDIT screening questionnaire were executed within the 14 elderly in a small village during July – August 2019. The research group consisted of 5 men and 9 women aged 65 and over was selected using a simple purposeful selection method. The data were processed by thematic analysis.

Results: The results of the study demonstrate numerous topics related to the beginning of the alcohol consumption in youth, adulthood and today. Particularly the issues of contemporary alcohol consumption are related to the hazardous usage when combining it with the medicaments. Social events are the crucial occasions connected with the alcohol consumption in youth, adulthood and today. Some seniors declared their moderate alcohol consumption throughout their lives however some consumed the alcohol minimally based on their statements. The elderly agreed a man needs to be very cautious when combining alcohol and medicaments. Significant differences in consumption between spouses were characterized either by more frequent consumption of the man in the couple or moderate consumption of both. Seniors have expressed their belief in the harmful effects of the alcohol if it is consumed excessively. Opinions of the elderly on professional help with alcohol problems differed – some of them agreed that the need of professional help with alcohol abuse is a must but some considered the professional help is no longer important in old age. According to the results of the AUDIT questionnaire, 4 seniors with risk alcohol use were found in the research group.

Conclusion: The elderly voiced the issues related to the alcohol consumption during their lifetime until the evaluation of their contemporary consumption combined with their opinions on professional help with alcohol problems. The study provided many findings of the risk of alcohol consumption, which was detected among the group of 4 seniors based on the results of the AUDIT questionnaire. The study also provided knowledge of the evaluation of current consumption, which was usually related to the social context or was considered as a part of a normal elderly's day or alcohol consumption was assessed as exceptional.

Keywords: Elderly population, alcohol, risk use, rural area