

Summary

This bachelor work deals with the question of life meaning in the elderly period of human life. The work is divided in theoretical and practical part. The theoretical part give an overview of old age concept, its periodization and characteristics of concrete aging periods, changes in old age and the process of adaptation to old age. Furthermore, in this part of the work, there are chapters dealing with topics closely related to the meaning of life, such as quality of life, the concept of active old age, values, goals, needs and autonomy. The ideas of V. E. Frankl on the meaning of life are presented in details as the key authority in the field of life meaning study and the founder of existential analysis and logotherapy. Ideas of other important figures in this field of study are mentioned as well, including F. Nietzsche, C.G. Jung, E.H. Erikson and A. Adler. The practical part is devoted to the analysis of case reports of very old clients of a home for the elderly. The case reports are based on a one year-long participatory observation and my work experience as an activating worker with six elderly aged 90 to 107 years. The observation process focused on the perception of the meaning of life by seniors themselves, the factors that affect it, the specifics of life in a home for the elderly, life changes and the influence of the attitude to death on the experience of life.

Keywords

Meaning of life, elderly age, retirement home, quality of life, autonomy, active aging