

Abstract

Title: Influence of Physical Activity over Self-care and Quality of Life of Elderly People Living at Home

Objectives: The main objectives of this thesis are measuring the level of the physical activities of elderly people living at home and the analysis of the influence of these activities on their independence in everyday activities and on their quality of life.

Methods: For research I choose a questionnaire survey as main method. To collect data for the research I used physical activity questionnaire which I created specifically for this thesis, Barthel Index the standardized self-care test, SQUALA questionnaire measuring the quality of life. To verify my hypothesis I statistically evaluated the outcomes of the tests and questionnaires. For this purpose I used the descriptive statistics in the computer program Microsoft Office Excell.

Results: The main objective was fulfilled. Results of research proved statistical important dependence among age, physical activities, independence in activities of daily living and quality of individuals life

Key words: elderly people, physical activities, quality of life, independence