

Abstract

This rigorous thesis deals with spirituality, resilience and their relationship in the elderly. It is an extension of the diploma thesis that was defended in 2021 as part of the master's program in psychology. The literature-overview deals with spirituality, resilience and their connections and are supplemented with information regarding seniors. The aim of the empirical part is to investigate the connections between spirituality and resilience in seniors and to compare the results with research from the diploma thesis. The research sample consists of 180 respondents aged 60 to 89 from University of the Third Age students. Data were collected online using the Prague Spirituality Questionnaire and the Connor-Davidson Resilience Scale. A statistically significant connection between spirituality and resilience was found. This correlation is significantly stronger compared to research from the diploma thesis (persons aged 18 to 30). Possible negative association between resilience and one of the aspects of spirituality (from Prague Spirituality Questionnaire) have not been found.

Keywords

spirituality, resilience, adversity, seniors