

## **ABSTRACT**

This bachelor thesis focuses on the happiness of seniors living in a nursing home. It focuses primarily on what are the core and main sources of happiness that people in a nursing home draw upon. As the population grows older, issues of care and happiness in the elderly are becoming more and more pressing and important, when it is a topic that will one day have an effect on everyone. It is therefore important to explore this area in more detail and to find out the main areas of people's lives where they really feel happy and help them to cope with the difficult moments that old age and the decline of strength bring with it (poorer health, diminishing social ties, depression, fear of death, etc.). Last but not least, there is an effort to show how much the environment in which the elderly live has an impact on them and how important it is to improve the quality and care of retirement homes to maximise the satisfaction of the people who live there.

The thesis is divided into two main parts. The theoretical part introduces the topic of old age and ageing. How the period of old age is periodized, what are the manifestations of ageing and how the individual adapts to this period. Then there is the topic of happiness, its characteristics, concept and what are its sources. Last but not least, there are researches (in the Czech environment and abroad) that present the findings of the topic of this thesis.

The empirical section describes the qualitative research. Eight interviews were conducted with seniors living in a nursing home and the interviews were subsequently transcribed and subjected to thematic analysis. From this analysis the five main sources of happiness were extracted, these were: family, relationships and feeling included, hobbies and interests, profession (life mission) and vitality.

## **KEYWORDS**

Seniors, nursing home, happiness, age