

Abstract

The bachelor's thesis deals with the topic of well-being and personality traits of elderly people attending a university of the third age (U3A). The thesis is written in relation to factors that may have a significant role in the context of the education of elderly at U3A. The aim of the thesis is to analyse the relationship between well-being and personality traits. Additionally, it also monitors other factors that may be related to both key variables, including the length of participation in educational activities and general demographic data such as gender, age, and education. This thesis firstly examines the theoretical framework by explaining key definitions such as elderly citizens and university of the third age. It outlines characteristic of elderly students attending U3A, for example their motivation behind studying at U3A or the extent of representation of their personality traits. Subsequently, the thesis presents the concepts of personality traits of the five-factor model and well-being. Emphasis is placed on the connections between these two ideas that have been discovered by researchers thus far. The additional part of the thesis is also empirical research, which is conducted through questionnaires and focuses specifically on the concept of psychological well-being. The research sample consists of elderly participants aged 65+ who are attending selected universities of the third age in Prague. The aim of collecting this data is to recognise the factors that influence the psychological well-being of the respondents and therefore determine the environment that might allow elderly people attending U3A to achieve a higher level of psychological well-being.

Key words: elderly, well-being, psychological well-being, personality traits, Big Five personality traits, University of the Third Age