

ABSTRACT

The thesis focuses on the attitudes of seniors towards active ageing in the region of Kolín and explores their views on this issue in the context of education and leisure activities. The theoretical part of the thesis deals with the concepts of old age and ageing with emphasis on the concept of active ageing and describes its impact on the life of seniors. It also highlights the importance of lifelong learning and education of older individuals. The empirical part uses qualitative research, specifically semi-structured interviews with a total of eight participants. The aim of the work was to ascertain how people in old age imagine active ageing and how they involve themselves in this process. It was found that for these people, active and healthy ageing is particularly associated with the need to maintain physical and mental activity. Furthermore, the motivation of the research participants to participate in activities related to active ageing was analysed. This is related to their interest in new information and the need for social interaction. Accessibility of the venue and the health status of the elderly individuals were identified as the most significant barriers to participation in organized programs. The interviews also led to an assessment of the importance of educational and leisure activities for older people. These activities have a positive impact on the lives of seniors as they promote the maintenance of social relationships and the development of cognitive functions. Based on the data collected, practical advice was proposed to engage seniors more effectively in educational and leisure programs and to promote an active and healthy lifestyle.

KEYWORDS

active aging, senior, senior education, leisure aktivit, quality of life, motivation, barriers