

Impact of leisure and social activities on quality of life among elderly in Europe – SHARE data analysis

Abstract

Due to demographic aging, the quality of life of an increasing proportion of seniors is becoming more important than ever. According to activity theory and the concept of active aging, active life is a way to experience good old age. The diploma thesis focuses on the impacts of leisure and social activities on the quality of life of elderly over 65 in 17 European countries. Sixth wave data from The Survey of Health, Aging and Retirement in Europe (SHARE) from 2015 and the easySHARE panel dataset are analyzed using binary regression analysis and multilevel modeling using binary regression analysis. The relationship of 11 selected activities, which were divided for the needs of this thesis into social, individual activities and activities aimed at helping others, and quality of life is controlled for socio-economic, demographic and health characteristics. Quality of life is measured using the CASP-12 indicator. For social and individual activities, active elderly have a higher chance of a high quality of life (CASP-12 score > 39) than inactive. Elderly who do not provide personal care assistance to people from the same household also have a better chance than caregivers.

Key words

ageing, ageing of population, quality of life, social activities, The Survey of Health, Ageing and Retirement in Europe, Europe