

Content

Introduction	5
1 Definition of basic concepts - the aging and old age	7
1.1 Old age characteristic.....	7
1.2 Biological aspects of aging.....	10
1.3 Psychological aspects of aging.....	12
1.4 Social aspects of aging	13
1.5 Spiritual aspects of aging	15
2 Senior stage of his life	17
2.1 Current senior's problems.....	18
2.2 Nowadays view of old age	18
3 Senior's need.....	21
4 Social worker and senior.....	27
4.1 The social worker's role in caring for senior.....	28
4.2 Adaptation of elderly to their new socio-cultural conditions in retirement homes	30
4.3 Leisure and senior.....	31
4.4 Determinants of leisure	32
4.5 Meaningful leisure Seniors	32
5 Empirical Part	35
5.1 Aims and research objectives	35
5.2 Method and processing methods	35
5.3 Hypothesis	36
6 Results of quantitative research.....	37
6.1 Testing hypotheses.....	58
6.2 Discussion	70
7 Research on methods of Focus Groups	73
7.1 Definition of Focus Groups.....	73
7.2 Conclusions methods of Focus Groups	76
Conclusion	79
List of bibliographic references	80