

Free Time Activities of Seniors 65+ In Context of Social Exclusion

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Abstract

Background: Social exclusion is a topical issue not only in the Czech Republic (CZ). Due to the demographic aging of the population, the number of seniors 65+ who are at risk of social exclusion is increasing. The use of free time activities can be one of the prevention of social exclusion in old age. **Aim:** The main aim of the project is to identify the forms, causes and consequences of social exclusion among seniors aged 65+ living in the home environment in CZ. A partial goal of the quantitative research was to map leisure time activities of 65+ seniors in CZ. **Methods:** Quantitative research was conducted 27.01.-14.02. 2020 in 1172 seniors 65+ living in their own households in CZ. This is a representative quota sample of seniors from the senior population living in CZ. **Results:** All respondents stated their interest or hobby. TV shows and reading are the most popular activities. 71% of the respondents also like walking and excursions, 64% solving crossword puzzles and Sudoku, 57% work in the garden. One third of respondents like to attend theaters and concerts and one fifth likes physical exercise. Marginal issues are memory training courses and University studies of the Third Age. Among other things, seniors 65+ mentioned cooking, fishing, music, sports, the Internet, or taking care of animals or children. The contribution was supported from the project „Social exclusion of seniors 65+ living in the home environment in the CZ“, no.LTC18066, Ministry of Education (CZ), INTER-EXCELLENCE program, INTER-COST sub-program.

Keywords: Free time activities; Social Exclusion; Seniors; Free time; Czech Republic