

Abstract:

The aim of this thesis is to identify the perceived benefits on the art activities of the clients of homes for the elderly. Based on the underlying concepts of active and healthy ageing, the results of research on the impact of leisure activities on active and healthy ageing are presented, with a focus on art activities. Furthermore, the thesis discusses the impact of leisure activities in old age on mental health and touches upon their possible role in the prevention of mental illness, with a focus on elderly people living in residential homes for the elderly. The thesis includes a qualitative empirical investigation, which was conducted in the form of semi-structured interviews with eight seniors attending ceramics courses in two homes for the elderly in Prague. The investigation focuses on the subjective perception of the activity in question, assessed in terms of its impact on overall mental health and perceived well-being, including a comparison with the perceived benefits of other leisure activities. The aim of the empirical investigation is to determine the subjectively perceived benefits for the participants of art courses in the chosen homes for the elderly.