

LEISURE TIME OF SENIORS

Helena Grecmanová

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The scientific monograph was written in order to systemize important information on the life style in old age, with focus on leisure time in this life stage. It is intended for experts, students of humanities, but also for other readers interested in this issue.

The publication concerns an important period in human life – old age, with respect to the leisure time phenomenon. The authors are aware of the controversial character of some information presented by them. But their opinions and evaluations are even more valuable thanks to it. They present current findings on the topic in question, resulting from theoretical and empirical research. They focus not only on the description of the life of seniors, but they are also interested in ways how to improve active ageing of seniors. I consider important that the seniors are viewed as actors of lifelong education. The life conditions in old age are very variable and the quality of leisure time changes in dependence on them. The concept of the publication is elaborated. The sequence of chapters is logical, helping the reader to keep concentrated when reading the text. In this context, their adequate length should be highlighted as well. The authors mostly succeeded in condensing the most important information to have sufficient information value without being lengthy.

Author:

prof. PhDr. Helena Grecmanová, Ph.D.
Faculty of Arts, Palacký University in Olomouc
Department of Sociology, Andragogy and Cultural Anthropology
tř. Svobody 26, 779 00 Olomouc, The Czech Republic
helena.grecmanova@upol.cz