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Everyday life of seniors in Poland and Georgia on the example of selected rural communities

The subject of the scientific dissertation is the everyday life of seniors in Poland and Georgia on the example of selected rural communities. Its main goal is a theoretical and empirical analysis of selected aspects of everyday life regarding loneliness, social exclusion, social and physical activity and identifying their causes among the elderly on the example of selected towns in Poland and Georgia.

Seniors living in rural areas are particularly at risk of exclusion and loneliness. Physical and social activity is a core element in supporting health.

In the population of 60+ it is a co-decisive factor of healthy aging and a positive health measure. Seniors very often have difficulties in accessing support institutions and activities designed specifically for them. Often their functioning depends on good relations with neighbors and family.

The doctoral dissertation is the result of my own research interests and experience. It is divided into five chapters. Three of them are theoretical, and the other two cover the methodological assumptions of the research and presentation of the results of own research.

The first chapter presents the issues of research based on sociological theories and the theory of aging. The second chapter deals with old age in the sociological aspect. The third chapter contains the methodology of own research. In the fourth chapter, the author characterizes the geographical location, natural conditions, historical background, economic conditions, culture, religion and population structure of the examined towns and their regions in Poland and Georgia. The dissertation ends with the fifth chapter, which contains the analysis of the results of own empirical research, the verification of hypotheses and the conclusions drawn.

The dissertation is supplemented with an introduction, conclusion, list of tables, charts, figures and photos. The appendix consists of the used model of research tools.