

2nd International Conference on

Social Sciences & Interdisciplinary Studies

June 18-19, 2018 | Rome, Italy

Educational activity of seniors and their quality of life

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Background: In the face of global population aging, particular attention is given to active aging, where lifelong learning plays a key role (European Commission 2006, United Nations 2002, 2009). Implementation of the active ageing concept is one of the key priorities of the European policy aimed at combating negative consequences of ageing, in accordance with the saying, “add life to your days, not days to your life”. In contemporary gerontology the education of the elderly is treated as the process of emancipation, allowing senior citizens to gain greater control over their lives. Education has become a prerequisite for ensuring independence and quality of old age.

Aim: Aim of this study is to understand and recognize the influence of educational activity on the way seniors function (after retiring).

Materials & Methods: Interviews with the attendees of the University of the Third Age and other educational forms within the Grundtvig Programme.

Results: Educational activity fosters the process of finding new roles, developing new passions and occupying free time. It allows integration and participation in social life, protects seniors from isolation and brings positive changes not only in individuals, but also yields long-term benefits for the society as a whole.

Biography

Jolanta Mackowicz is an Associate Professor with 13 years work experience at Pedagogical University of Cracow in Poland and short-term stays at different universities in Europe. And she is an Accomplished researcher in gerontological, social and educational problems issues. She is Author for (and co-author) over 40 publications (also indexed in JCR). And Member of the Scientific Board of *Polish Social Gerontology Journal*. Her qualification also includes National Representative of Poland in INPEA (International Network for the Prevention of Elder Abuse). And also in Independent expert of European Commission Research Programme HORIZON 2020.

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