

LEISURE ACTIVITIES FOR ELDERLY PEOPLE IN SLOVENIA NURSING HOMES

Andrej Raspor⁴⁹⁵

Bojan Macuh⁴⁹⁶

DOI: <https://doi.org/10.31410/EMAN.2018.1023>

Abstract:

Research background: The population is getting older. Different challenges are associated with aging since the elderly can be more mentally and physically active. Living at home enables leisure activities. The elderly in nursing homes are typically more limited in mobility. Sometimes, this is a consequence of financial capacity, health or their motor disability.

Purpose: The purpose of the research was to determine the positions of the management of nursing homes and of the occupants on the offer and the interest for participation in leisure activities.

Methods of approach: A desk and field research was used. In addition to the literature study, statistical data of the Statistical Office of the Republic of Slovenia were analyzed. A field research in Slovenian nursing homes was conducted to obtain the positions. Randomly chosen elderly and management were included. A survey was used as a method for obtaining data. SPSS 20 was used for data processing. In the survey, there were 202 older people, of which 122 women and 80 men. The survey was conducted from October 15 to November 12, 2017. **Results:** We have found that nursing homes are organized and elderly are interested in leisure activities. Given the trends in natural movement and the prolongation of the old age and the growing number of active population, this need will be even more pronounced in the future.

Conclusions: The providers of nursing homes and programmes will also have to adapt to the elderly who want active aging and can afford leisure activities. Infrastructure will have to adapt accordingly.

Andrej Raspor, PhD, completed College of Engineering; after graduating in work organization from the Faculty of Work Organization in Kranj, University of Maribor, he continued his post-



graduate studies at the Faculty of Social Sciences, University of Ljubljana, and received his PhD in social sciences in 2010. His doctoral thesis was entitled: *Impact of Tipping on Workers' Motivation: Comparison Between the Hospitality and the Gaming Industry*. Out of total 30 years of employment, he has spent over 10 years working in various top positions, such as Head of General Administration, Human Resources Development Manager, Director of Strategic Projects, Head of the Expense Supervision Commission and manager of his own company.

He is the owner of the company CEATM ltd. whose vision is to link the countries of the Western Balkans and China in tourism, investment and business consultancy. He has lectured and consulted on the issues related to organization and human resources, time and cost management, service quality and career paths. His mission is to link and exchange good practices between the economic and the academic sphere. His key research interests include work relations and processes, with the emphasis on work process optimization, both from the point of view of costs and time management, as well as tourism, with the aim to link the countries of the Western Balkans and China. He has attended numerous international conferences, and has published the outcomes of his research work in several scientific peer-reviewed publications.

⁴⁹⁵ DOBA Faculty of Applied Business and Social studies Maribor, Prešernova 1, 2000 Maribor; School of advanced social studies, Nova Gorica, Gregorčičeva ulica 19, 5000 Nova Gorica, Sloveia

⁴⁹⁶ Faculty of Business and Commercial Studies Celje, Lava 7, 3000 Celje, Slovenia

Keywords: *nursing homes, aging, old age, pensioners, leisure activities, Slovenia.*

Bojan Macuh, PhD

Subject area: sociology, business ethics and organisational culture, psychology and ethics, emotional intelligence, communication.

He graduated in sociology and Slovenian language at the Faculty of Education of the University of Maribor, received a Master's Degree in sociology at the same faculty, and received a Doctorate in educational sciences at the Faculty of Education of the University of Primorska.

The doctoral dissertation is entitled: The effects of the lifelong learning on the lifestyle of the elderly in the homes for the elderly in Pomurje. For more than 30 years, he has been working in the field of education as a teacher, principal and lecturer. Currently, he teaches at the Faculty for Commercial and Business Sciences in Celje, Gea College in Ljubljana and the Higher School for Cosmetics and Wellness in Ljubljana. He has proofreading and education companies and is the Director of the BoMa Publishing House.

He is the author of two scientific monographs and a co-author of a professional monograph, author of countless scientific, professional and popular articles. He participates in scientific conferences and is a researcher of the Slovenian Research Agency and IRDO Maribor. He is known as the author of several literary works for children, youth and adults.

