TABLE OF CONTENTS

INTRODUCTION	7
1. WHO ARE ELDERS?	9
1.1. Entering the gates of the old age	
2. ELDER'S QUALITY OF LIFE	15
2.1. Subjective view of the elder's quality of life	15
2.1.1. The map of life of russian and slovak elders	20
2.2. Elders and loneliness	23
2.2.1. Loneliness and its consequences for self-esteem	
and self-reflection of elders	25
2.2.2. Self-esteem: theoretical background	26
3. OBJECTIVE FACTORS RELATED TO OLD AGE	37
3.1. What is ageism?	38
3.2. What affects the attitudes toward ageing and ageism?	46
3.2.1. Ageing anxiety	46
3.2.2. Intergenerational contact – segregation vs. integration	58
3.2.3. Knowledge about the ageing process as a brake on	
ageing myths and stereotypes	72
4. ELDERS AND WORK	81
4.1. Elders and ageism at work	83
4.2. Attitudes toward employment of elders as viewed by the younger,	
middle and older generation of employees	
CONCLUSION	
BIBLIOGRAPHY	101