



BEPRESE

BETTER PREPARATION FOR SENIOR LIFE

RESULTS OF SENIOR LEARNER EVALUATION OF COURSES

BETTER PREPARATION FOR SENIOR LIFE



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RESULTS OF SENIOR LEARNER EVALUATION OF COURSES

After completing the Bepresel Testing Course - Better Preparation for Senior Life , conducted in Ptuj in April and May 2019, we distributed questionnaires to the participants to obtain feedback on the quality of the program.

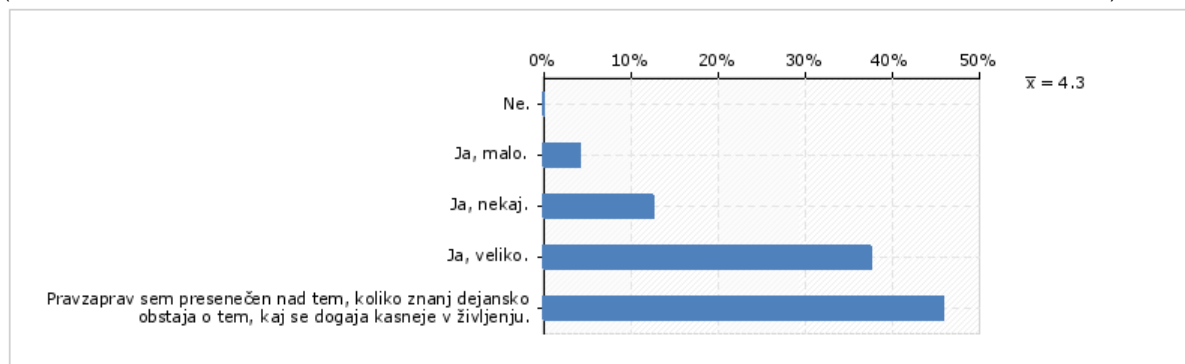
The Bepresel course program was completed in Ptuj by 24 seniors between the ages of 54 and 76. The course was attended by 19 women and 5 men. Meetings were held on Tuesdays in the morning, for 6 weeks. After the completion of the lectures (8 modules), we conducted a physical fitness test of the participants.

We wanted to find out if the seniors gained new knowledge of the aging process through the program.

Now you have completed a course of 16 lessons including time for testing. Have you learned anything new about the aging process?

1. Opravili ste 16-urni svetovalni program Bepresel, vključno s časom za testiranje fizične pripravljenosti. Ali ste izvedeli kaj novega o procesu staranja? Prosimo, označite samo eno polje.

(n = 24)

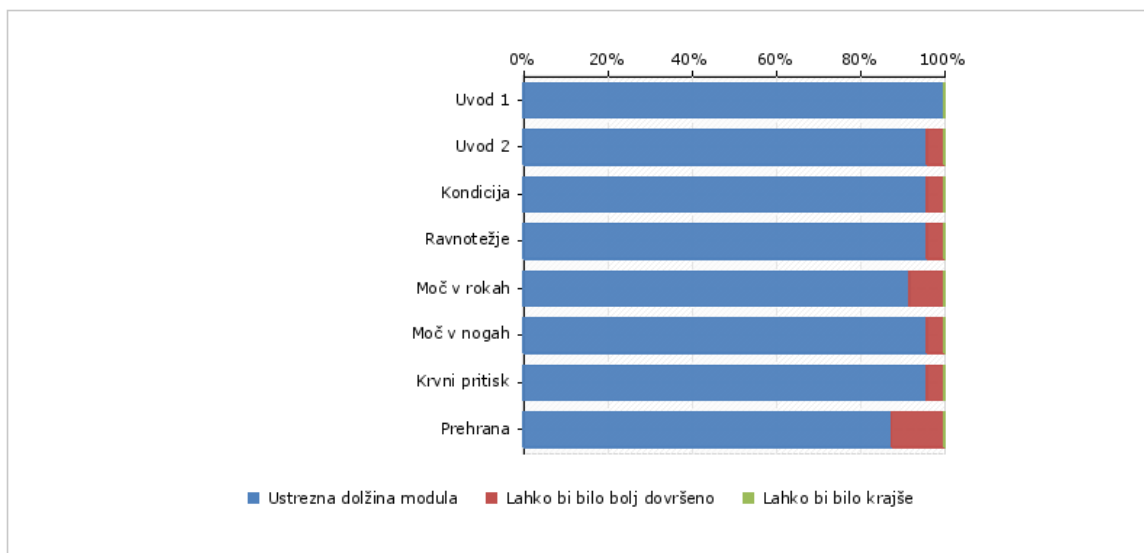


Almost half (46%) said that they were actually surprised at how much knowledge actually exists about what was happening in the third life span. Nine participants answered that they had learned a lot, three had learned something new, and only one had learned a little.

We were also interested in the appropriateness of the length of each set of lectures or modules.

You have now finished a course build up by 8 modules. We will kindly ask you to comment them 1 by 1 according to the length of the individual modules.

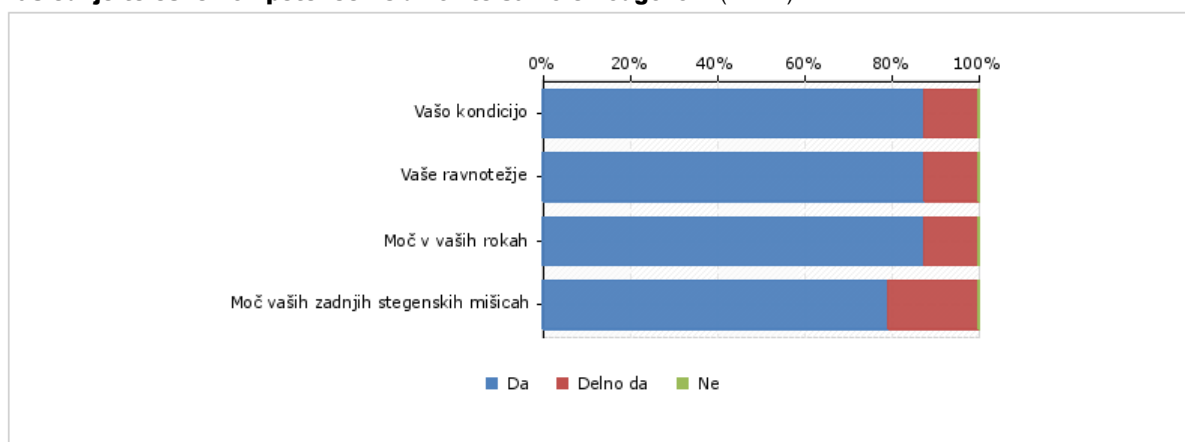
2. Zaključili ste tečaj, sestavljen iz 8-ih modulov. Prosim, da vsakega posebej komentirate glede na dolžino modula. Prosimo, označite samo eno polje za posamezen modul. (n = 24)



From the graph we can conclude that the participants were satisfied with the length of the individual modules, only a little more information was requested for the module on nutrition (3 participants), and 2 lacked a bit of content for the module on strength in hands.

Now you have finished the course, do you then have a clear understanding of how you may maintain or even improve the following physical competences?

3. Imate po končanem svetovalnem programu jasno razumevanje, kako lahko ohranite ali celo izboljšate naslednje telesne kompetence? Obkrožite samo en odgovor. (n = 24)



We wanted to make sure that participants were given enough knowledge through the program to now and have a clear idea on how to maintain or even upgrade their individual physical competencies.

Only three participants out of 24 answered that they only partially understand how to improve fitness, balance and strength in the arms and 5 seniors who partly understand how to improve their back thigh muscles, while the rest have a clear idea of how to maintain or improve their physical condition. .

Next, we wanted to find out if the senior learners have clear idea about following issues.

Now that you have finished the course, you have a clear idea of the importance of blood pressure?

Do you think you want to buy or want a blood pressure monitor and check your blood pressure from time to time - for example, a couple of times a year?

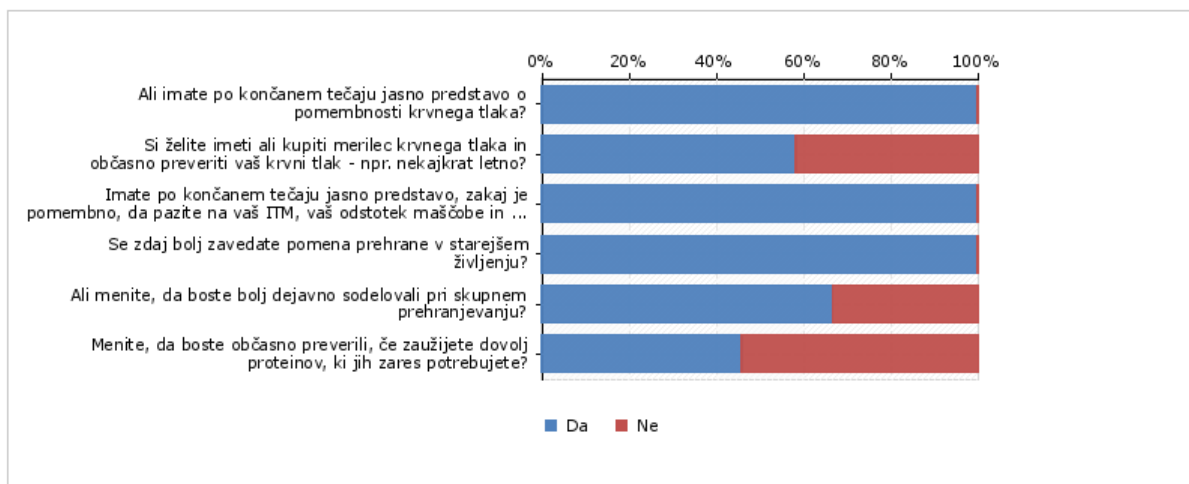
After completing the course, do you have a clear idea of why it is important to keep an eye on your BMI, your fat percentage and your hip target?

Have you become more aware of the importance of diet in senior life?

Do you think you will be more active in participating in common eating?

Do you think you will occasionally check if you get the proteins you really need?

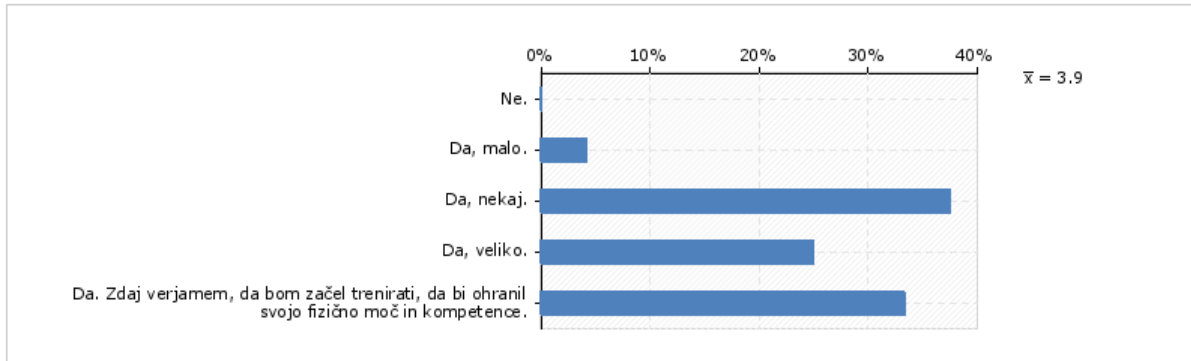
4. Odgovorite na naslednja vprašanja. (n = 24)



After completing the course, all participants have a clear idea of the importance of blood pressure. When asked if they would like to have or buy a blood pressure monitor, 58% said Yes and 42% No. After talking with the participants, we found out that those who already have a blood pressure monitor mostly responded NO. All 24 seniors also have a clear idea of why it is important to keep an eye on their body mass index, body fat percentage and waist circumference. It is also clear to everyone how important the right and healthy nutrition is and two thirds say they will be more active participating in common eating. However, only about half of the participants answered that they would check or ingest enough protein from time to time.

Do you think the course will give you more attention, to train and maintain your various physical skills?

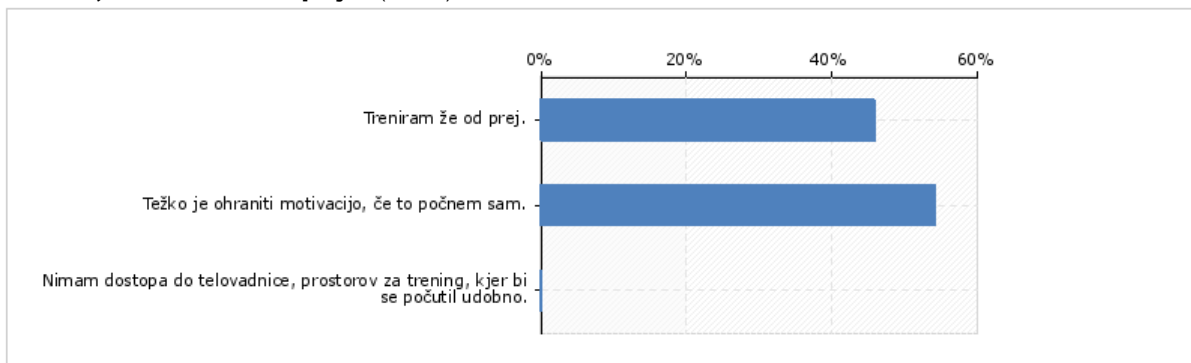
5. Ali menite, da boste po tečaju dali več pozornosti treningu in vzdrževanju različnih fizičnih kompetenc? (n = 24)



One third of seniors are aware of the importance of training and maintaining their physical competencies, as they responded that they will train in the future to maintain or improve their physical competencies and stamina. Most (38%) say that they will only pay some attention to such training after the course, six are sure that they will pay a lot of attention, and only one says that they will pay little attention to the training.

If you will not start to train in order to maintain or develop – what do you think will be the reason?

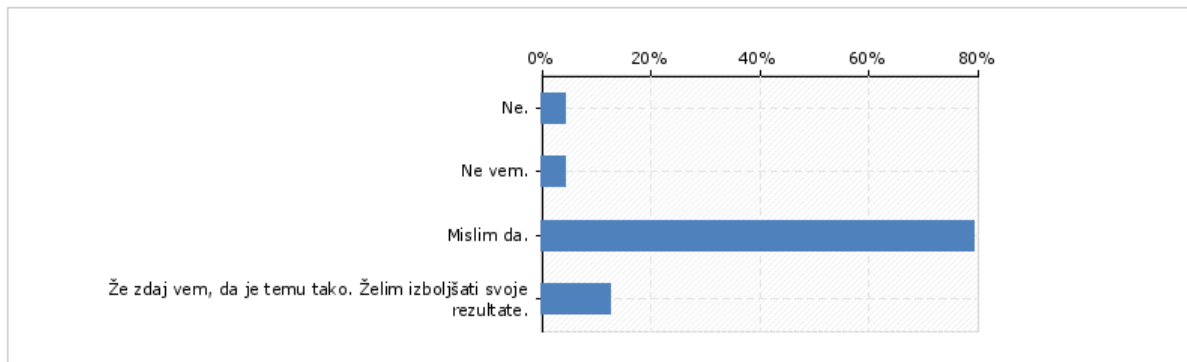
6. Če ne boste začeli trenirati, da bi ohranili ali izboljšali svoje fizično stanje, kaj mislite, da bo razlog? Prosimo, da označite eno polje. (n = 24)



11 participants have been training their bodies since before (or have done so before the course), and 54% state that the main reason for not starting or continuing training is that they will have a difficult time maintaining their motivation when they train alone.

If you have let yourself be tested, do you think that having a number of different physical competencies and areas means something to your motivation to strengthen these figures?

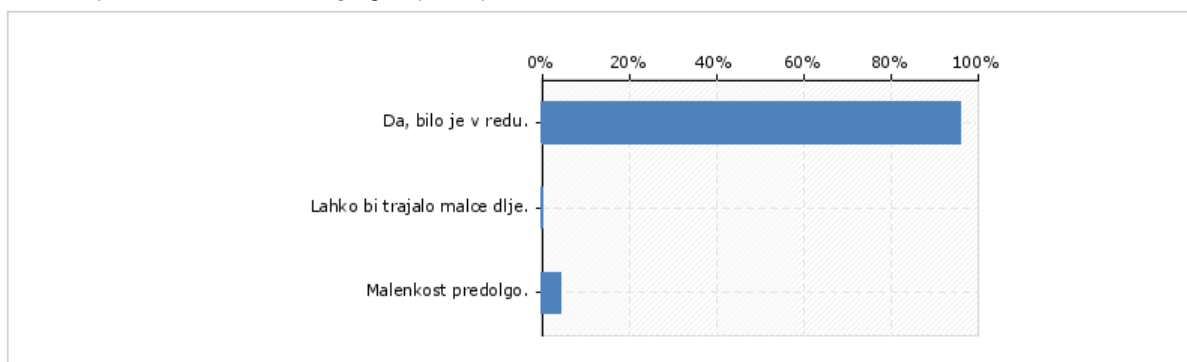
7. Če ste opravili test fizične pripravljenosti, ali menite, da vam rezultati za različne kompetence na različnih področjih fizične pripravljenosti predstavljajo motivacijo, da jih izboljšate? Prosimo, označite samo eno polje. (n = 24)



All 24 participants also took a fitness test and we were interested in finding out if the results they got motivate them to further improve their physical condition. Almost 80% think that the results are great motivation, 13% are already convinced that they want to improve their results, only one participant thinks that the test results will motivate her and one who thinks that the results will not affect her motivation for improving physical competencies.

Has the course organization with 4 Wednesdays been comfortable for you?

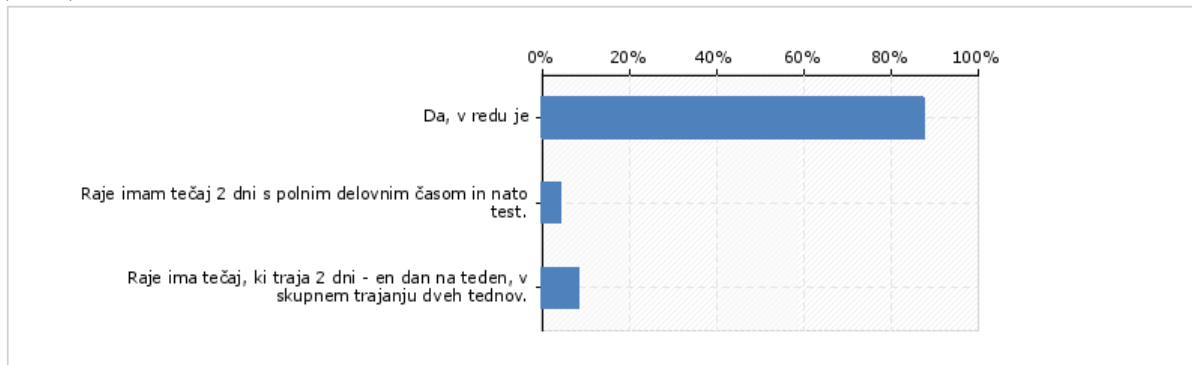
8. Je bila organizacija tečaja (2 uri tedensko - 4 tedne + test fizične pripravljenosti) za vas ustrezna? Prosimo, označite samo eno polje. (n = 24)



With the organization of the course in the form offered in Ptuj was satisfied the vast majority of participants. Only one replied that the course was a little too long for him.

Has the course organization with 4 mornings up to noon been comfortable for you?

9. Je bila organizacija tečaja s štirimi dopoldnevi za vas ustrezna? Prosimo, označite samo eno polje.
(n = 24)



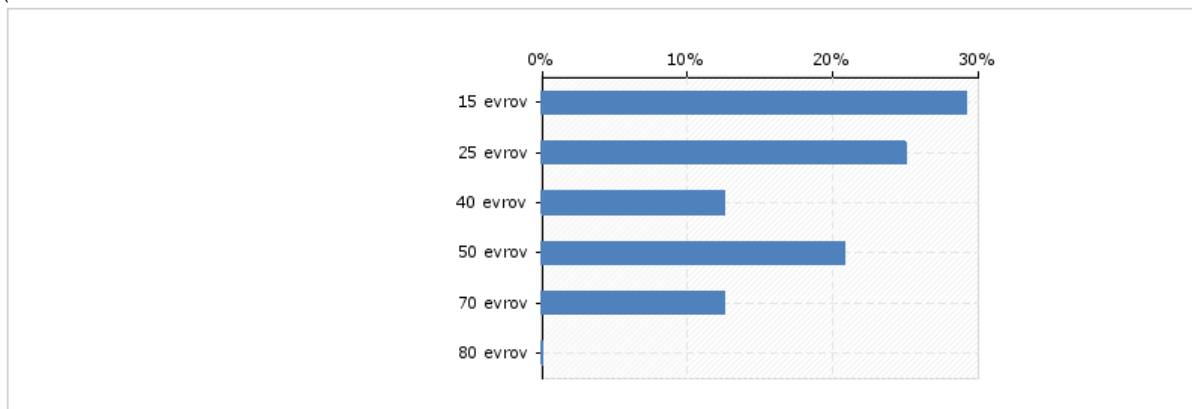
If the course were offered in a different format, e.g. two short days of lectures and then a test, only one candidate would prefer it, and two would prefer to complete the program in two weeks, one day a week - short lectures. The others were most satisfied with the organization of the course as we conducted it in Ptuj.

This course was free - but now you know what it contains - what would you think it has value?

How much will you pay for the knowledge you have today?

You may try to relate your answer to what you otherwise pay for courses with other content.

10. Ta svetovalni program je bil za vas brezplačen - ampak zdaj, ko poznate vsebino - kaj menite, kakšno vrednost ima? Koliko bi bili pripravljeni plačati za znanje, ki ga imate danes? Vaš odgovor lahko oblikujete na osnovi cene, ki jo morebiti plačujete za kak drugi tečaj. Prosimo, označite samo eno polje.
(n = 24)

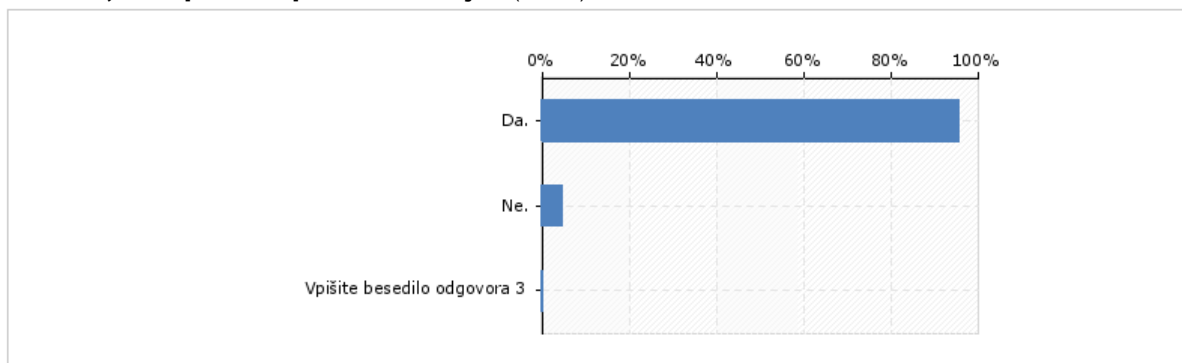


We were also interested in how much seniors would be willing to pay for such a course if it was payable. Most (29%) would be willing to pay 15 €, one quarter of participants would pay 25 €, three would pay 40 €, 5 would pay up to 50 €, and the largest contribution to such a course would be 70 €, which 13 % of the participants are willing to pay.

Despite the survey answers, most participants would like to see such retirement programs implemented free of charge.

Do you think the course and course have had a content and a quality that will make you recommend your acquaintances to participate if it is re-launched?

11. Menite, da ima program takšno vsebino in kakovost, da bi ga z veseljem priporočili prijateljem in znancem, če bi prišlo do ponovitve tečaja? (n = 22)



88% of seniors would be happy to recommend this program to friends, acquaintances, if the course should be repeated. Only one responded that he/she would not recommend it further.

Educational background

Highest graduation

12. Prosim, vpišite vašo stopnjo izobrazbe.

Q12	Prosim, vpišite vašo stopnjo izobrazbe.				
	Odgovori	Frekvenca	Odstotek	Veljavni	Kumulativa
	izobrazba	1	4%	4%	4%
	visokošolska izobrazba.	6	25%	25%	29%
	višja izobrazba.	4	17%	17%	46%
	srednja šola.	2	8%	8%	54%
	osnovnošolska izobrazba	1	4%	4%	58%
	srednješolska izobrazba.	10	42%	42%	100%
Veljavni	Skupaj	24	100%	100%	

Half of the participants in the Bepresel course have completed secondary education, a quarter have completed higher education, four have completed post-secondary education, and only one has completed primary education.

My last position/job type before I retired.

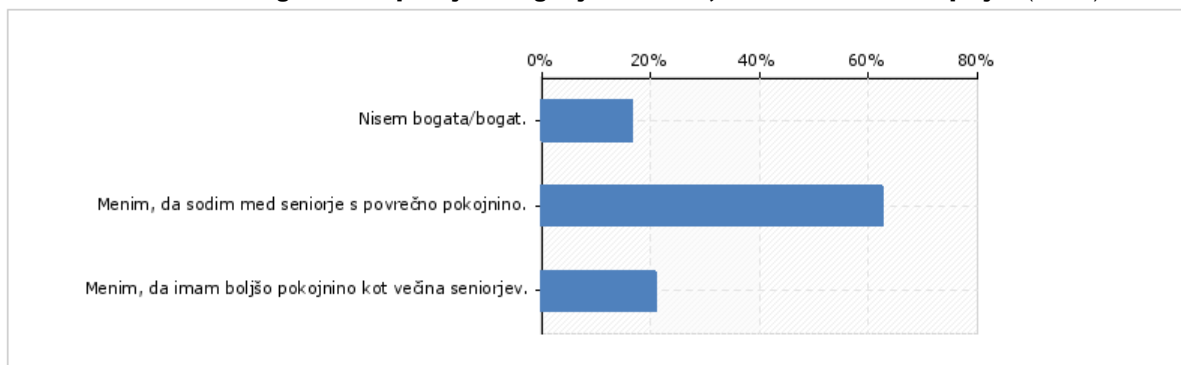
13.Vaše zadnje delovno mesto, preden ste se upokojili je bilo

Q13	Vaše zadnje delovno mesto, preden ste se upokojili je bilo				
	Odgovori	Frekvenca	Odstotek	Veljavni	Kumulativa
	trgovka	1	4%	4%	4%
	nezaposlen	1	4%	4%	8%
	organizator delovne prakse	1	4%	4%	13%
	prodajalka	1	4%	4%	17%
	vodja pravne službe	1	4%	4%	21%
	knjižničarka	1	4%	4%	25%
	medicinska sestra v urgentnem centru	1	4%	4%	29%
	mikrobiologinja	1	4%	4%	33%
	pošta slovenije.	1	4%	4%	38%
	delavec	1	4%	4%	42%
	administrativni tehnik	1	4%	4%	46%
	tajnica v gospodarski organizaciji	1	4%	4%	50%
	učiteljica na osnovni šoli	1	4%	4%	54%
	učiteljica v srednji šoli	3	13%	13%	67%
	računovodja	1	4%	4%	71%
	tajnica	1	4%	4%	75%
	zdravstveni dom ptuj	1	4%	4%	79%
	večer- podružnica ptuj	1	4%	4%	83%
	vodja nabave	1	4%	4%	88%
	varnostnik	1	4%	4%	92%
	učitelj strokovnih predmetov	1	4%	4%	96%
	analitik stroškov	1	4%	4%	100%
Veljavni	Skupaj	24	100%	100%	

Salesperson (2), unemployed (1), organizer of work practice (1), head of legal department (1), librarian (1), nurse at the emergency center (1), microbiologist (1), post office Ptuj (1), worker (1), administrative technician (1), secretary in an economic organization (2), primary school teacher (1), High school teacher (4), accountant (1), nurse (1), Večer – newspaper journalist- (1), Head of Purchasing (1), security guard (1), cost analyst (1).

Where will you place your self according to these categories?

14. Kam bi se razvrstili glede na spodnje kategorije. Prosimo, označite samo eno polje. (n = 24)



Most, as many as 63%, think they have an average pension, 21% think their pension is higher than most seniors, and four say they have a lower than average pension.

