Possibilities of Digitalization in the Management of the Organization of Physical Culture and Recreation Work with Elderly People in the Republic of Sakha (Yakutia)

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Abstract: The article deals with the organization of physical culture and recreation activities for the aged people in the Republic of Sakha (Yakutia). The forms of physical culture and recreation activities during the quarantine period in connection with the spread of coronavirus infection COVID-19, are being investigated. The purpose of the research is to study and to improve the system of physical culture and sports work with aged people in the Republic of Sakha (Yakutia). Methods and organization of research: analysis and generalization of scientific and methodological literature, analysis of statistical and documentary materials. Based on the identified problems related to the improvement of physical culture and recreation activities with aged people, the authors have developed practical recommendations for stimulating and motivating aged citizens to engage in physical culture and sports.

1 INTRODUCTION

Currently, the organization of physical culture and recreation activities for the aged is the most important condition for maintaining interest in life, preserving and strengthening health, prolonging active longevity. Health-improving physical culture occupies an important place in the life of every person, especially in old age.

The relevance of the study is that in recent years, due to the spread of the new coronavirus infection COVID-19 and the introduction of restrictive measures in the field of physical culture and sports, recreational physical education is impossible or limited for the aged people. Improving the organization of physical culture and recreation activities is one of the main directions in the formation of a healthy lifestyle among the population, including the search for new methods and approaches in the organization of physical culture and wellness work for the aged.

The purpose of the work is to study and improve the system of physical culture and recreation activities with aged people in the Republic of Sakha (Yakutia).

Objectives of the research: to study the theoretical foundations of the research topic, to analyze the organization of physical culture and recreation work on the example of the Department of Physical Culture and Mass Sports for the aged people, to develop practical recommendations for the organization of physical culture and recreation work for the aged.

The methodological basis were the researches of J.K. Kholodov, L.A. Boyarskaya, M.E. Grishina, A.V. Tsarik, A. Campbell, M. Robertson, M. Gardner, S. Colcombe and A.F. Kramer, Fabre C., Chamari K., Mucci P., Masse-Biron J., Prefaut C. et al .

The scientific novelty of the research consists in the development of practical recommendations for the organization of physical culture and wellness work for the aged, taking into account the forms and

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methodological features of the organization of physical culture and wellness work with the aged.

Modern demographic changes in the world indicate an increase in the number of aged people in the general population structure (Kostsova E.V., Rezanova N.I. 2018).

In the conditions of an increase in the number of aged people, the problem of improving, strengthening the health of aged people, prolonging their active longevity, increasing physical performance is not only of important social, but also economic importance. In this regard, the activation of the lifestyle of the aged is one of the main directions of modern state policy. The strategic documents of the Russian Federation fix the state task regarding the involvement of citizens of the Russian Federation, including the aged, in physical culture and sports (Vdovina V.V., Smirnova D.K., 2022).

Aging is a long process that begins with a gradual decrease in the functional capabilities of the human body. A number of authors have been studying the issue of physical culture and wellness work for the aged, Boyarskaya L.A. Tsarik A.V., Kholodov Zh.K., etc. (Tsarik A.V. 2018, Kholodov, J.K. 2001).

Studies of many foreign scientists have been devoted to the influence of physical activity on the health, psychological and cognitive functions of aged people. So, researchers A. Campbell, M. Robertson, M. Gardner has developed wellness programs that develop strength, flexibility, and balance of aged people (Campbell A. J., Robertson M. C., Gardner M. M., Norton R. N., Buchner D. M. 1999).

Researchers S. Colcombe and A.F. Kramer, Fabre C., Chamari K., Mucci P., Masse-Biron J., Prefaut C. the effective effect of physical exercise on improving memory and attention in the aged has been proven (Colcombe, Kramer, 2003, Fabre, Chamari, Mucci, Masse-Biron, Prefaut, 2002).

There are three stages of this period: aged age – 60-74, senile age – 75-89 years and longevity – 90 years and older. The aged age for women is 55 years and older, for men - 60 years and older. Researchers S.S. Gulyaeva, S.S. Dobrovolsky note that in extreme conditions of the North, there is a significant reduction in the working age and earlier biological aging of people. Due to harsh climatic conditions, most diseases among Northerners begin to manifest at an early age and proceed more severely (Gulyaeva S.S, Dobrovolskiy S.S., 2020).

According to the statistics of Sakhastat, it follows that the number of aged people in the Republic of Sakha (Yakutia) is 169,549 people. Of these, the female population exceeds the male by 65,317 people (60.9%). The number of aged urban population is 107,185 people. Of these, 75,610 women and 31,575 men. The number of aged rural population is 62,364 people. Of these, 41,823 women and 20,541 men.

In the Republic of Sakha (Yakutia), there is an aging trend in the population – the increase in the proportion of people over the working age (men over 60 and women over 55) for 2014-2018 amounted to 17.5% – from 14.5% in 2014 to 17% in 2018. A high proportion of people older than working age is noted in the districts: Verkhnekolymsky - 24.1%, Ust-Maysky - 22.9%, Oymyakonsky – 22%, Aldansky – 21.6%, Neryungrinsky – 20.5%, Abysky - 20.1%, Khangalassky – 19.8%, Olekminsky – 19.8%, Tomponsky – 19.3%, Lensky – 19.2%, Allaikhovsky – 19.1%, Tattinsky – 19.1% and Srednekolymsky – 19.1%.

According to the data of the Registry Office under the Government of the Republic of Sakha (Yakutia), the mortality rate in 2020 was 9001 cases, the excess compared to 2019 was 1,302 cases. The causes of the increase in mortality were coronavirus infection with COVID-19.

As of December 13, 2022, 112,932 confirmed cases of Covid-19 coronavirus infection were recorded in the Republic of Sakha (Yakutia). 1887 people, unfortunately, died. A complete cure from the virus has been recorded in 86,324 people in the Republic of Sakha (Yakutia) today. The mortality rate for today is: 1.67%. According to statistics, the greatest risk of coronavirus infection by age remains for people over 60 years old. It is in them that the infection most often turns into a form of severe pneumonia with the need for artificial ventilation of the lungs.

Aged people with chronic diseases, namely diabetes, cardiovascular ailments, cancer, lung disorders, asthma, after a heart attack or stroke, with transplanted tissues and organs are at particular risk.

Systematic motor activity has a positive effect on a person. Age-related heart safety margin it increases, blood vessels become more elastic, and blood pressure is maintained at a level characteristic of a person's age. Physical activity, increasing oxidative and metabolic processes in the body, delays the development of atherosclerosis, osteoporosis, calms the nervous system, promotes weight loss, cholesterol breakdown.

The study was organized in three stages. For the study, the accounting documents of the physical culture and recreation activities carried out from 2018 to 2020 were used.

The State Budgetary Institution of the Republic of Sakha (Yakutia) "Department of Physical Culture and

Mass Sports" is a subordinate institution of the Ministry of Physical Culture and Sports of the Republic of Sakha (Yakutia), whose main goal is the development and improvement of mass sports and physical culture and wellness work, as well as the introduction of a healthy lifestyle among the population of the Republic of Sakha (Yakutia). The priority direction of the development of physical culture in the Republic of Sakha (Yakutia) is the mass coverage of the population by physical culture and sports. According to the Strategy for the Development of physical Culture in the Republic of Sakha (Yakutia), this figure in 2024 should be 55%.

According to statistics, the greatest coverage of physical culture and sports for the aged was revealed in 2019 – 24,657 people, which amounted to 6.5% of the total number of people engaged in physical culture and sports in the Republic of Sakha (Yakutia).

In 2020, there was a decline in physical culture and recreation work in the Department of Physical Culture and Mass Sports of the Republic of Sakha (Yakutia), due to the introduction of restrictive measures in the Republic of Sakha (Yakutia) related to the spread of COVID–19 coronavirus infection. Coverage of the aged in 2020 decreased by 2% – 17,681 people (4.5%). At this stage, the analysis of the organization of physical culture and recreation work carried out for the aged in the at department Republic of Sakha (Yakutia) "Department of Physical Culture and Mass Sports" was carried out. In the sports facilities of at department Republic of Sakha (Yakutia) "Department of Physical Culture and Mass Sports" in Yakutsk (Sports Palace "50 years of Victory", "Republican Chess and Checkers Center", Stadium "Tuimaada" named after N.N. Tarsky) in the period from 2018 to 2020, the following sports sections were held for aged people: morning exercises, wellness running, Nordic walking, athletics, cardio gym, football, checkers and chess.

Based on the data for 3 years, there has been a decline in aged people engaged in physical culture and sports in 2019. Compared to 2018, the number of students decreased by 89 people.

In the period from 01 to 10 April 2019, a total of 37 events dedicated to the International Sports Day were held with a total coverage of 4,075 people, including 8 flash mobs "White Card" with a total coverage of 291 people.

From May to September 2019, morning exercises began in the republic. A total of 60,880 people took part, including 6,330 people in the city of Yakutsk.

In honor of the celebration in the Republic of Sakha (Yakutia) In the Russian Federation, the Cup of the Republic of Sakha (Yakutia) in Nordic walking was held at the stadium "Tuimaada" named after N. N. Tarsky, where 110 people took part, 87 of them aged people.

In 2020, due to the restrictive measures introduced to spread the new coronavirus infection (COVID-19), organized morning exercises were held only in two municipal districts of the republic (restrictions are more relaxed) – Ust-May and Tomponsky districts. The total coverage is more than 600 aged people.

Based on the analysis of the conducted research on the forms of physical culture and recreation work for the aged in the Department Republic of Sakha (Yakutia) "Department of Physical Culture and Mass Sports", taking into account restrictive measures in the Republic of Sakha (Yakutia), in connection with the spread of coronavirus infection COVID - 19, the following practical recommendations have been developed in the work of the institution:

1) Preventive measures, various actions, physical culture and recreation and mass events aimed at the formation of a healthy lifestyle for the aged, in an online format through the official social networks of the Department Republic of Sakha (Yakutia) "Department of Physical Culture and Mass Sports": «Instagram», «Youtube».

2) Conducting gymnastics for the aged through the official social networks of department Republic of Sakha (Yakutia) "Department of Physical Culture and Mass Sports": «Instagram», «Youtube. The goal of gymnastics is to adapt the body to everyday loads, regulate the work of the cardiovascular, autonomic, neuromuscular systems, strengthen the musculoskeletal system, create a good mood for the aged.

3) Development of exercises aimed at independent physical exercises, which consist of: morning hygienic gymnastics, aerobic exercises of a cyclic nature of moderate intensity that do not cause a sharp increase in blood circulation and respiration (wellness walking, wellness running), various games according to simplified rules, sports exercises with limited training loads.

4) Allocation of full-time sports instructors for classes with aged people with medical education.

5) Opening the "Useful health tips" section for the aged on the social network "Instagram", "Youtube". The category may include useful tips from famous athletes, coaches, public figures in the field of physical culture and sports, medical professionals, etc. based on personal experience.

6) Include in the unified calendar plan of events of the Ministry of Physical Culture and Sports of the Republic of Sakha (Yakutia) events for the aged.

2 CONCLUSION

Thus, in the Republic of Sakha (Yakutia), there is an aging trend of the population – an increase in the proportion of people over the working age (men over 60 and women over 55). The increase in the number of aged people in modern society is accompanied by a decrease in the level of their physical fitness and vital activity of the body due to involutional processes, which determines the need for increased attention to solving the problem of optimizing the motor activity of this category of the population. There is insufficient physical fitness and sports work of the department Republic of Sakha (Yakutia) "Department of Physical Culture and Mass Sports" for the aged during the introduction of restrictive measures in the Republic of Sakha (Yakutia), due to the spread of a new coronavirus infection (COVID-19). The department Republic of Sakha (Yakutia) "Department of Physical Culture and Mass Sports" does not provide forms and methods of working with the aged in an online format through social networks. The developed practical recommendations can help in solving the organization of physical culture and recreation work not only for the aged during the introduction of restrictive measures in the Republic of Sakha (Yakutia), due to the spread of a new coronavirus infection (COVID-19), but also for the entire population of the Republic of Sakha (Yakutia).

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