

Personal Physical Culture - The Basis of Health Summer People



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Abstract

It is shown that one of the key trends in the development of modern society is to increase the life expectancy of people. This tendency creates in a modern society a special socio-demographic situation that needs to be studied in detail. The results of the analysis suggest that the health of the elderly depends to a large extent on the formation of their personal physical culture.

Keywords: Health; Physical culture; Elderly people; Healthy longevity; Concepts, Needs

Introduction

One of the key trends in the development of modern society is to increase the life expectancy of people [1]. For example, among the population of the European Union of the elderly, there are about 19.2% (approximately 100 million) [2]. According to the forecasts of scientists in Europe by 2060, the proportion of people over 65 will increase from 17.4% to almost 30%, and the number of people over the age of 80 will triple [3]. This tendency creates in a modern society a special socio-demographic situation that needs to be studied in detail. Despite this, the link between socio-demographic factors and the state of physical and recreational activity of the elderly is still not sufficiently investigated [4]. At present, the concept of healthy aging is still under discussion, discussion is continuing what "healthy longevity" means [5], but consensus on these issues has not yet been achieved [2].

The Purpose of the Study

The purpose of the study is to attract the attention of the scientific and pedagogical community to the problem of healthy longevity of elderly people, as well as the formulation of the concept that the key to their active healthy longevity is personal physical culture.

The Research Methods

Research methods consist in the analysis of special literature, which develops theoretical and practical aspects of the health of the elderly.

Research Results

An analysis of modern research conducted in the field of people's activity covering the elderly, shows various directions of

finding a solution to the problem of their healthy longevity. Work is under way to formulate a consolidated definition of the concepts of active aging and health. In this case, the definition adopted by the World Health Organization [2] is based on the definition and states that the concept of "health" describes the state of physical, mental and social well-being of man [3], as well as introduces new definitions of the health of the elderly, namely, their ability to adapt to physical constraints and adjust their aspirations [5]. Much of modern research is aimed at finding determinants of healthy aging. Several models were proposed in the research [2], which also indicates that the interaction between psychophysical and socio-economic factors can serve as a marker. Several scholars [5] state that the concept of "healthy aging" combines life expectancy with a state of health, while the study [1] introduces an active aging index. In the literature, the factors that ensure the health of the elderly are quite actively discussed, with the emphasis on the role of medical care as an important factor in their health, whose significance is increasing as its ages [2,4]. Several studies focus on the importance of diet and nutrition, as well as the promotion of active and healthy aging in society [2,3]. Most scholars tend to believe that the basis of active healthy longevity of the elderly is their physical activity. However, it is stated that the elderly in most of them are negatively related to physical exercises and recreational activities, which is conditioned not by the formation of their respective needs, their level of education, age and insufficient knowledge of this problem [4].

Summarizing the above analysis it can be concluded that solving the problem of elderly people's health is possible by creating a supportive social environment that includes proper

medical care, rational nutrition, physical activity, environmental factors and a certain social infrastructure [1,2,5] It should be noted that the selected factors, with the exception of medical care, are in essence the essential components of the term "physical culture", the concept of which began to be widely used in scientific and social practice in the 19th century. For example, E Hitchcock [6], drawing examples of the longevity of Italian mathematicians, German scholars, English writers and prominent American scholars, concludes that human longevity is dependent on natural data and is provided by "careful attention to physical culture." At the same time, he argued that the health of people is weakened by the influence of inappropriate nutrition and neglect of physical culture. The essence of the original concept of "physical culture", which emerged in contemporary scientific and social practice, is evident from the disciplines that were read at that time at the University of California in the process of training specialists in physical culture [7]. In the process of learning, students, among other things, studied the exercises described in the US Army Structure Statute, the methods of using physical exercises developed by D. Sargent, as well as general body care, diet and sleep, bath and bathing, sleep, eye care, clothing and more. M. Holbrook in the article "Physical Culture" [8] noted that physical culture has a wider range than performing certain muscular movements, it covers everything that concerns the care of normal body development. The healing nature of physical culture was revealed at that time in the writings of B. McFadden, E. Sandov, E. Dasbonnete, outstanding historical figures who laid the foundations of scientific research in the field of human activity associated with the use of physical exercises for whose name in modern scientific and social In practice, the term "physical culture" is most often used.

The analysis of special literature shows that at the turn of the 20th century, the primordial meaning of the concept of "physical culture" suffered some correction. This concept began to be associated more with physical fitness [9]. The root cause of such changes was the intense development of the fitness industry [10]. However, in recent years in the scientific community there is an appeal to the primary significance of the concept of "physical cultures." This feature is especially noted by J Sifferman [11] and JD Fair [12], noting that physical culture is a certain philosophy, mode or way of life, and aims at maximizing physical, mental, spiritual and social human development. The significance of physical culture in modern society is also evidenced by the materials presented in the journal Societies (Switzerland), which launched in 2018 a special issue entitled "Physical Culture" (Societies., Special Issue: Physical Culture). The purpose of this issue - to ensure the collection of works devoted to the study of the phenomenon of physical culture in modern society from wide sociological and cultural perspectives. Note that in the article by D Brown [13], a guest editor of the special issue of this magazine, the focus is on the duality in the use of the term "physical culture" in both academic and popular literature.

The author notes that modern understanding of physical culture concerns, firstly, the cultivation of the body, and secondly, it extends to the formation of cultural values through the body. That is, the concept of "physical culture" can be viewed from both sides, as a social phenomenon and as a characteristic of a person's culture. The results of the analysis show, firstly, that physical culture as a social phenomenon is a historically determined activity of people connected with the use of physical exercises, as well as individual and socially significant results of such activity [14], and secondly, that the main social function Physical culture is the provision of physical health of various segments of the population, including the elderly [15]. It should be noted that the functioning of social phenomena depends on the activities of specific people who are carriers and creators of the corresponding culture. This means that the more people involved in such activities, the greater the social significance of this kind of culture, which manifests itself in the rules and rules of conduct, in specific values, needs, habits and beliefs, and ultimately in the way of their lives. These characteristics are the basis of the physical culture of the individual [16]. Since the basic characteristics of the personality are formed in childhood and adolescence, this may mean that the basis of the person's physical culture of man, and, accordingly, the foundation of his physical health is formed precisely at this age [17]. From this it can be concluded that the health of the elderly depends to a large extent on their personal physical culture, the fundamental foundations of which are formed at a young age.

Conclusion

The analysis showed that in modern society a significant stratum of the elderly, whose health depends on the social environment, proper medical care, rational nutrition, physical activity, environmental factors, a certain social infrastructure and many other factors influencing people's longevity, have been formed. elderly. Undoubtedly, these problems require detailed study and proper resolution, as evidenced by the above-mentioned works of scientists from different countries. The results of the analysis suggest that the health of the elderly depends to a large extent on the formation of their personal physical culture, which is characterized by: the nature of the relationship of man to his body as a value; the degree of human orientation for the care of his health and the variety of means that he uses to achieve this goal; the level of knowledge of a person about his body and his physical condition; ideals, norms, models of human behavior related to the care of their health and physical condition, which are realized in practice; skills and skills that a person uses to solve personally meaningful tasks to improve his or her own health and physical fitness; healthy lifestyle and systematic physical activity. The conducted analysis showed that in modern scientific and social practice there is a duality in the interpretation of the concept of "physical culture". This concept, on the one hand, is used to characterize the social phenomenon, and on the other - to characterize the person. Existing approaches to understanding the essence of physical culture are interrelated.

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