

DOI 10.31392/NPU-nc.series 15.2021.4K(132).01
UDC 796.012.61-53-9

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MOTIVATION OF ELDERLY WOMEN TO RECREATE RECREATIONAL AND HEALTH ACTIVITIES AS A NEED TO SATISFY LIFE

Maintaining health and the emotional component on a part with physical factors affects the life expectancy and satisfaction of older women. To increase the level of physical and psychological health of elderly women, it is necessary to increase the amount of physical activity, various interesting and effective forms of recreational activities, because exercise, hard work also bring life satisfaction. Therefore, the motivating factors for recreational and health-improving physical activity, which influences the improvement of health and life satisfaction of elderly women, play an important role. The purpose of our study is to examine the motives for recreational and health motor activity of elderly women. Methods and organization of research. In the course of the research we used the following methods: analysis of literature sources, method of sociological survey (questionnaire), methods of determining life satisfaction (Scale of life satisfaction of E. Diner, methods of mathematical statistics). 39 respondents, aged 60-75, took part in the Chernivtsi Municipal Territorial Center for Social Services "Care". Results. We have identified the main motives for recreational and health activities, identified what motivates these people to engage in recreational and health activities, identified the main reasons that hinder physical activity, identified priority types of recreational and recreational activities for older women.

Key words: motivation, recreational and health-improving activity, elderly women.

Світлана Дудіцька, Іван Васкан, Христіна Худіцька. Анотація: Збереження здоров'я та емоційна складова на рівні з фізичними чинниками впливає на тривалість та задоволення життя жінок похилого віку. Для збільшення рівня фізичного та психологічного здоров'я жінок похилого віку необхідно збільшувати обсяг рухової активності, різними цікавими і ефективними формами рекреаційної діяльності, тому що виконання фізичних вправ, посильна праця також приносять задоволеність життям. Отож важливе місце посідає мотиваційні чинники до занять рекреаційно-оздоровчою руховою діяльністю, яка впливає на підвищення здоров'я та задоволеність життям жінок похилого віку. Мета нашого дослідження полягає у вивченні мотивів до рекреаційно-оздоровчої рухової активності жінок похилого віку. Методи й організація дослідження. У процесі дослідження нами були використанні такі методи: аналіз літературних джерел, метод соціологічного опитування (анкетування), методи визначення задоволеності життям (Шкала задоволеності життям Е. Дінера, методи математичної статистики. В соціологічному опитуванні, що проводилося в «Університеті третього віку» на базі Чернівецького комунального територіального центру соціального обслуговування «Турбота», взяли участь 39 респондентів, віком 60-75 років. Результати. Нами було визначено основні мотиви до занять рекреаційно-оздоровчою діяльністю, виокремлено що саме спонукає даних осіб займатися рекреаційно-оздоровчою діяльністю, встановлено основні причини що заважають займатися руховою активністю, означено пріоритетні види рекреаційно-оздоровчих занять жінок похилого віку.

Ключові слова: мотивація, рекреаційно-оздоровча діяльність, жінки похилого віку.

Светлана Дудіцькая, Иван Васкан, Кристина Худіцькая. Сохранение здоровья и эмоциональная составляющая наравне с физическими факторами влияет на продолжительность и удовольствие жизни пожилых людей. Для увеличения уровня физического и психологического здоровья пожилых женщин необходимо увеличивать объем двигательной активности, различными интересными и эффективными формами рекреационной деятельности, потому что выполнение физических упражнений, посильный труд также приносят удовлетворенность жизнью. Поэтому важное место занимает мотивационные факторы к занятиям рекреационно-оздоровительной двигательной деятельностью, которая влияет на повышение здоровья и удовлетворенность жизнью пожилых женщин. Цель нашего исследования заключается в изучении мотивов к рекреационно-оздоровительной двигательной активности пожилых женщин. Методы и организация исследования. В процессе исследования нами были использованы следующие методы: анализ литературных источников, метод социологического опроса (анкетирования), методы определения удовлетворенности жизнью (Шкала удовлетворенности жизнью Е. Динера, методы математической статистики. В социологическом опросе, проводившемся в «Университете третьего возраста» на базе Черновицкого коммунального территориального центра социального обслуживания «Забота», приняли участие 39 респондентов в возрасте 60-75 лет. Результаты. Нами были определены основные мотивы к занятиям рекреационно-оздоровительной деятельностью, выделены именно побуждает данных лиц заниматься рекреационно-оздоровительной деятельностью, установлены основные причины мешающие заниматься двигательной активностью, отмечены приоритетные виды рекреационно-оздоровительных занятий пожилых женщин.

Ключевые слова: мотивация, рекреационно-оздоровительная деятельность, пожилые женщины.

Problem statement and analysis of the results of recent research. Researchers claim that the emotional component on a par with physical factors affects the life expectancy and life satisfaction of the elderly. In the conditions of severe economic and social crisis, low efficiency of the state policy of Ukraine in ensuring the right of citizens to a proper quality of life there is an urgent need to develop and use fundamentally new and innovative approaches to realize the nation's potential, preserve health and efficiency. Today, the health of the population is the main indicator of the development and growth of any country in the world, a social standard and a priority in politics. Despite the fact that health is in the first place in the structure of quality and satisfaction of life, and the importance of physical activity of people of all ages is unquestionable. According to scientists, the main independent form of functioning of physical culture, as a pleasure from physical activity and communication is recreational and health activities [7]. For the organization of recreational and health activities with elderly women it is necessary to determine the motivation to engage in physical activity. Many researches of leading scientists of Ukraine and the world are devoted to the specifics of the organization of recreational and health-improving activity. General issues of organization of human motor activity were investigated, OV Andreeva, 2014 [1, 2], recreational classes as a factor in the formation of leisure culture, general directions of recreation in Ukraine - studied Krutsevich T.Yu., Andreeva OV, Blagiy OL, 2008 [6], the impact of recreational -health activities to slow down the aging of the body, motivational factors of recreational and health activities - A.V. Hackman 2017-2018 [3,4, 5], foreign - Fallatah, B.A, 2019 [7]. Scientists and practitioners dealing with the problem of this study - in their work prove that the activation of physical activity improves health, expands the functional capabilities of the body of the elderly. However, among these studies, we did not identify motivational priorities for recreational and health activities for older women.

The purpose of our study is to study the motivation for recreational and health motor activity of older women as a factor influencing life satisfaction. **Methods and organization of research.** In the course of the research we used the following methods: analysis of literature sources, method of sociological survey (questionnaire), methods of determining life satisfaction (E. Diner's Life Satisfaction Scale, methods of mathematical statistics). Chernivtsi Municipal Territorial Center for Social Services "Care" was attended by 39 respondents aged 60-75 years.

Results and discussions. Elderly women have a sufficient need for recreational and recreational physical activity, which comes with the desire to maintain health, good physical fitness, improve well-being, increase physical activity and feel younger. According to the sociological survey of motivation for recreational and health-improving activities, we found that respondents are engaged in any type of recreational activities in their free time, 69,2%, however, did not engage in answering 30,8%. It is worth noting that older women would choose active recreational activities 56,5% and passive - 43,5%. Life satisfaction is also very important in comfortable aging. Among the surveyed elderly women mostly have low and medium levels of life satisfaction, only a small proportion of them have a high level of life satisfaction. The main factors that improve the index of life satisfaction is the sequence of goals (high level of 8,8%) consistency between goals and goals (high level of 8,8%) During the study, we identified motives for recreational and health activities of elderly women. The main reason that motivates women to engage in recreational and health activities is to improve health 16,4% and increase physical activity 16, 4% and also had no important factor, it is communication with friends 15,6%, which confirms the main motives for improving health and communication with others. Older women do not want to feel sick and lonely. However, in old age women do not want to express themselves and be in extreme conditions, although they want to get emotional relief - 11% of respondents. The answer to the question self-examination in extreme conditions is 0%, self-improvement and self-expression 3,1%. Elderly women believe that recreational and health activities should improve health, affect emotional relaxation, increase physical activity, that classes should not be extreme conditions and self-expression.

Table 1

Motives for recreational and health activities of elderly women in percents

| | |
|-------------------------------------|-------|
| Active rest, entertainment | 9,4% |
| Communicate with friends | 15,6% |
| Self-improvement, self-expression | 3,1% |
| In order not to feel lonely | 3,9% |
| Interesting and interesting | 5,5% |
| Getting pleasure, positive emotions | 10,1% |
| Improving health | 16,4% |
| Increased motor activity | 16,4% |
| Emotional relief | 11,0% |
| Leisure organization | 8,6% |

The main types of incentives for recreational and health activities for older women are television programs, especially health programs (24%), programs on the benefits of exercise (19%), programs on fitness centers (1,3%), programs about sports competitions (0%), extreme recreation (0%), as well as advice from friends (15,2%), and publications in newspapers and magazines (15,2%). If you compare the indicators that motivate recreational and health activities of older women and motives for training, it is impossible not to pay attention to the low rate in extreme sports (0%), and self-test in extreme conditions answer (0%). This indicator corresponds to the age capabilities of our respondents.

Table 2

Encouragement to engage in recreational and health activities for older women in percents

| | |
|--|-------|
| Friends give advice | 15,2% |
| Children give advice | 10,1% |
| Neighbors give advice | 3,5% |
| TV shows | 10,1% |
| Knowledge about the benefits of exercise | 19,0% |
| Attending competitions | 1,3% |
| Publications in newspapers and magazines | 15,2% |
| Other | 1,3% |

It should be noted that older women indicate that the main reasons that prevent them from engaging in recreational and health activities are that they are unable to pay for classes (30%), and the least obstacles are: heavy housework (2%), not at all have a desire to engage (2%), laziness (2%).

Table 3

Reasons that prevent elderly women from engaging in recreational and health activities in percents

| | |
|---|-------|
| I have no friends with whom I would attend the organization of independent recreational classes | 16,0% |
| Lack of time | 22,0% |
| Lack of recreational and health groups that interest me | 6,0% |
| Large home load | 2,0% |
| I can't afford to pay for activities | 30,0% |
| I do not have the necessary knowledge for activities | 12,0% |
| I have no desire to do at all | 2,0% |
| No comfortable and good sportswear | 2,0% |
| Lack of family support | 4,0% |
| Other | 4,0% |

The surveyed elderly women choose such means of recreational and health activities as walking (34,8%), going out of the city (23,2%), water activities (10,6%) and tourism (10,6%).

Table 4

Priority types of recreational and health activities for elderly women in percents

| | |
|-------------------------|-------|
| Walks | 34,8% |
| Work on the plot | 16,2% |
| Departure for the city | 23,2% |
| Cycling | 8,0% |
| Roller skating | 0,0% |
| Activities in the water | 10,6% |
| Tourism | 10,6% |

Conclusions: All of the above allows us to make the following analysis, the studied elderly women choose such means of recreational and health activities as walking (34,8%), going out of town (23,2%), water activities (10,6%) and tourism (10,6%) not only now, but also in the future, have a positive attitude to exercise, but the main reasons that prevent them from engaging in recreational and health activities are that they are unable to pay for classes (30%), this is due to the low level of financial security of the State and the subsistence level of women of retirement age, and the smallest obstacles are: unwillingness to engage (2%), laziness (2%). lack of time (1,1%), in our opinion, this is due to the fact that they can not rationally organize their leisure, which people of retirement age have enough. If we compare the indicators that motivate recreational and health activities of elderly women, these are health programs (24%), programs on the benefits of exercise (19%). However, in old age women do not want to express themselves and be in extreme conditions, such as physical activity as; cycling (0%) rollerblading (0%), orienteering (0%), playing sports (0%), are not perceived and used in physical activity by respondents of this age category, although older women want to get emotional relief (11%). The main reason that motivates women to recreational and health activities is the improvement of health 16,4% and increased physical activity 16,4% and also had no important factor, it is communication with friends 15,6%, which confirms the main motives for improving your health and communicating with others and friends. If elderly women are internally ready to accept their age, have lived meaningfully and effectively in previous years, have a friendly family, retain interest in communication, feasible for her age recreational physical activities, the emotional component on a par with physical factors affects the life expectancy of older women age.

Prospects for further research will be aimed at developing recommendations for the organization of leisure activities for the elderly to recreational and health activities based on their motivational wishes.

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DOI 10.31392/NPU-nc.series 15.2021.4K(132).05
УДК 796.4+373.1/[371.72+303.722.2]

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ФАКТОРНА СТРУКТУРА ФІЗИЧНОГО СТАНУ УЧНІВ СТАРШОГО ШКІЛЬНОГО ВІКУ

У статті представлено опис структури фізичного стану учнів старшого шкільного віку. У дослідженні взяли участь 145 старшокласників закладів загальної середньої освіти м. Кам'янське Дніпропетровської області. Серед обстежених 70 юнаків (39 юнаків 16 років і 31 юнак 17 років) і 75 дівчат (37 дівчат 16 років і 38 дівчат 17 років). Залежно від віку та статі виявлено схожі та відмінні фактори, які впливають на фізичний стан учнів. Однаковими факторами у юнаків і дівчат 16 і 17 років виявлено фізичне здоров'я і загальну фізичну підготовленість, фізичний розвиток, функціональний стан серцево-судинної і дихальної систем, силові здібності. Обстежені підгрупи юнаків і дівчат відрізняються наявністю фактору швидкості у юнаків 16 років і дівчат 17 років та витривалості у юнаків 16 років. Урахування відсоткового співвідношення факторів фізичного стану впливатиме на розрахунок співвідношення засобів фізичного виховання в процесі занять з фізичної культури.

Ключові слова: фізичний стан, старшокласники, факторна структура.

Андрющенко Т.Г. Факторная структура физического состояния учащихся старшего школьного возраста. В статье представлено описание структуры физического состояния учащихся старшего школьного возраста. В исследовании приняли участие 145 старшеклассников общеобразовательных учреждений г. Каменское Днепропетровской области. Среди обследованных 70 юношей (39 юношей 16 лет и 31 юноша 17 лет) и 75 девушек (37 девушек 16 лет и 38 девушек 17 лет). В зависимости от возраста и пола обнаружены схожие и отличительные факторы, которые влияют на физическое состояние учащихся. Одинаковыми факторами у юношей и девушек 16 и