

**FEATURES OF THE ORGANIZATION OF HEALTH-IMPROVING AND  
RECREATIONAL MOTOR ACTIVITY OF OLDER WOMEN**

*Galina Putiatina*

*Kharkiv State Academy of Physical Culture,  
Kharkiv, Ukraine*

**Purpose:** to characterize modern approaches and methods of organizing health-improving and recreational motor activity of older women.

**Material and methods:** in this study, a methodological approach was used, according to which the organization of health-improving and recreational motor activity of older women was considered from the point of view of the interaction of different order systems. To achieve this goal, a set of complementary methods was used: analysis of literary sources, documents and Internet resources; analysis of advanced foreign and domestic experience, system analysis method, comparison and contrast method, organizational analysis.

**Results:** it was found that in the composition of the Ukrainian population, the numerical advantage of women over men is observed from the age of 38 and increases with age. In the age group 65 years and older, the number of women is almost 2 times higher than the number of men. The expediency of introducing an experimental approach to increasing the level of health-improving and recreational motor activity of older women by means of health-improving physical culture has been substantiated.

**Conclusions:** as a result of the analysis of the current state of development of the domestic system of health-improving and recreational motor activity, factors have

been identified that enhance the role of health-improving motor activity, in particular for older women: the need to inform citizens about the benefits of a healthy lifestyle, regular physical activity; the need to introduce effective mechanisms for the prevention of chronic non-communicable diseases, which have become the main cause of premature mortality; increased negative impact on human health due to a decrease in the volume and intensity of physical activity; a low level of attraction of persons to specially organized physical activity (especially older women), which contradicts the general trends in the development of civilization.

**Keywords:** health, health-improving and recreational physical activity, women, old age, organization.

## **Introduction**

Now the number of older people in the world is more than 600 million. According to experts, in fifty years there will be more than 2 billion. Currently, Ukraine is one of the 30 oldest countries in the world in terms of the proportion of people aged 60 and over: in 2013, this proportion was 21,4% of the total population; in 2015 – 21,8%; in 2019 – 23,9%. According to the national demographic forecast for the period up to 2025, the share of people over 60 years old will be 25% of the total population, in 2030 – more than 26%; in 2061 – 31,2%. The demographic load in 2019 on the population aged 16-59 (per 1000 people) is 399 people aged 60 [5].

The inevitability of demographic aging requires an adequate response of society to changes in the socio-demographic conditions of the population's life and the consequences of accelerated aging. The socio-economic consequences of demographic aging are associated primarily with a decrease in the number of people of working age, an increase in the demographic and economic burden on people of working age, and an increase in demand for social and medical services among elderly citizens. The problem to be addressed by the state policy is characterized by low indicators of health status and the level of availability of quality medical care; the level of medical care and prevention of morbidity throughout a person's life; the level of awareness of healthy lifestyles in old age, ways to achieve healthy and active

longevity, as well as the possibilities of receiving geriatric care; insufficient development of the corresponding infrastructure [7, 9, 11].

Overcoming the contradiction between a high level of human capital development and an insufficient level of social capital development is the key mechanism for changing the entire paradigm of the socio-economic development of Ukraine. One of the priority tasks of domestic policy in Ukraine for the coming years is the preservation and development of the national human capital of the state as the main factor of economic growth, a significant role in the preservation of which is played by the system of health-improving and recreational motor activity of the population [8].

**Purpose** – to characterize modern approaches and methods of organizing health-improving and recreational motor activity of older women.

### **Material and Methods of research**

In this study, a methodological approach was used, according to which the organization of health-improving and recreational motor activity of older women was considered from the point of view of the interaction of systems of a different order. To achieve this goal, a set of complementary methods was used: analysis of literary sources, documents and Internet resources; analysis of advanced foreign and domestic experience, system analysis method, comparison and collation method, organizational analysis.

### **Results of the research**

The most significant feature of long-term changes in the age composition of the population is its aging as an objective result of the evolution of demographic processes. The age structure of the population, which had the shape of a pyramid with three clearly geometrically defined groups (0-28, 29-59 and 60 and older), now tends to change the species associated with an increase in the proportion of people aged 60 years and older, children and youth. This can lead to the creation of unknown structural characteristics of the life and labor potential of the state.

Numerous studies of domestic and foreign scientists indicate that the aging process of the body can be significantly slowed down with the help of systematic

physical exercises that stimulate the activity of the endocrine system, improve metabolism, prevent the development of degenerative changes in organs and tissues, increase the endurance of the nervous system and the ability of a person to adapt to environmental conditions. In the end, rational physical activity contributes to the preservation of health, increased efficiency and vitality. [4, 13, 14, 15, 16]

Aging, unfortunately, is accompanied by negative changes in the state of health, reducing physical activity and a person's ability to self-service. Over the past 50 years, the aging process of the nation on a global scale has been developing at a high speed, and any ignorance of this process can have negative consequences for one or another state.

The resident population in Ukraine by the beginning of 2020 amounted to 41,732.8 thousand citizens. The structure of the resident population by sex: women - 53.6%, men - 46.4%. Average life expectancy at birth: women - 76.98 years, men - 66.92 years. In the composition of the Ukrainian population, the numerical advantage of women over men is observed from the age of 38 and increases with age. In the age group 65 years and older, the number of women is almost 2 times higher than the number of men. The significant difference between indicators by sex is due to the fact that in the age groups of 20-60 years, the mortality rate of women is three times less than the mortality rate of men. Among the causes of death of both women and men, in the first and second places are diseases of the circulatory system and neoplasms, in third in women - diseases of the digestive system, in men - external causes (Table 1).

*Table 1*

**The number of the elderly population in Ukraine by sex and age groups  
(as of 01.01.2020), thousand people**

<b>Age groups</b>	<b>Women</b>	<b>Men</b>
60–64	1644569	1187126
65-69	1459202	926765
70–74	1072110	589588
75–79	849699	375317
80–84	1358264	515554
Total persons over 60 years old	<b>6383844</b>	<b>3594350</b>

*Source: data of the State Statistics Committee of Ukraine and calculations on them*

Therefore, the aging of the population is a serious challenge to the financial and economic system, primarily in the field of public finance and the labor market.

However, it should be understood that older people are not a burden for society, they can also be a prerequisite for improving living standards in the country, a powerful factor in the humanization of society. The critical scale and rate of loss of human capital are integral risks for Ukraine, identified in the context of global risks. This should orient the real sector of the national economy towards the modernization of innovation and the use of human creative potential. Thus, a new human-centrist model of economic development is being formed, in which the effective implementation of human and social capital is one of the mechanisms for the transition to a model of sustainable development of Ukraine.

Supporting the global goals of sustainable development until 2030 proclaimed by resolution of the United Nations General Assembly dated September 25, 2015 No. 70/1 and the results of their adaptation, taking into account the specifics of Ukraine's development, set out in the National Report "Sustainable Development Goals: Ukraine", the priorities of state policy are determined, namely ensuring healthy lifestyles and promoting well-being for all at all ages.

In the modern scientific and methodological literature, the problems of health-improving and recreational motor activity are quite thoroughly presented, in particular: a dialectical approach to structural-functional management in the system of health-improving and recreational motor activity of the population has been formed [1]; sufficient theoretical and empirical knowledge about strategies and recommendations for a healthy lifestyle and physical activity has been accumulated [10].

At the same time, the analysis of literature data indicates an insufficient number of studies highlighting the features of using a set of health-improving measures for older women.

Authors Andreeva O.V., Gakman A.V., Duditska S.P., Medved A.N. state that the absence of a healthy lifestyle and a low level of physical activity cause a sharply accelerated rate of aging, characteristic of people of all ages, reflects the general the

trend of deterioration in the quality of life, health level, low level of physical fitness of citizens in our country and puts forward the task of preventing premature aging as one of the strategic. At the same time, the authors substantiate the advantages of attracting older people to health-improving and recreational motor activity in a sanatorium-resort complex as a prospect for the development and implementation of various technologies or programs of health-improving and recreational motor activity in health-improving complexes that will effectively fill the leisure time of older people [2, 4].

Futorny S. proposed the development of a special content of recreational and health-improving activities for older women in health groups, combines traditional means of physical culture with elements of eastern health-improving systems, taking into account the motivational needs and psychophysical capabilities of older women, and also allows you to choose adequate means of physical culture and physical activity and their rational combination, to increase the effectiveness of recreational and health-improving activities and to ensure the optimization of the level of psychophysical state of older women [12].

The implementation of the state policy in the field of physical culture and sports is aimed at ensuring equal rights and opportunities for physical culture and sports for all categories of the population of Ukraine, stimulating the creation of sports infrastructure, improving state policy in the field of physical culture and sports, as well as promoting the popularization and dissemination of a healthy lifestyle, organization of meaningful leisure.

However, the imperfection of the system of relations between the state and other subjects of the sphere is obvious, hinders the popularization of physical culture and sports; an insufficient number of information and social campaigns aimed at popularizing a healthy lifestyle, motivational presentations of mass sports.

The development of physical culture and sports and the organization of leisure of the population is one of the main tasks of the demographic growth of Ukraine, as the basis of the demographic development of the nation, the solution of which, unfortunately, is not given enough attention.

The problem of a healthy lifestyle is complex, because it has many interdependent components. The mechanism for its solution should provide for a complex of socio-economic, legal, environmental, sanitary and hygienic, propaganda, educational, educational, organizational and other methods. In Ukraine, a number of projects are currently being implemented aimed at solving this problem, namely the international project EMSP (Health Promotion Schools, 2003). In Ukraine, youth-friendly clinics began to be implemented with the assistance of UNICEF since 1998, the target audience of these structures is children and youth.

In a society that is aging, the full range of opportunities for older persons must expand, including employment and professional development opportunities, which are quite successfully implemented through the lifelong education system. In Ukraine, since 2009, in some regions (Kiev, Chernivtsi), Universities of the third age have been functioning for pensioners, who, through training, create conditions for the prevention of depression in the elderly. According to a study by the World Health Organization, Ukraine ranks first in the world in the prevalence of depression, especially among people of retirement age [16]. Participation in the educational process helps a person to keep up with the times, train memory, develop intelligence.

The results of a study by the analytical platform in the field of fitness Fitnessconnect indicate that more than 81% of the price segment of the fitness services market falls within the range of average annual prices from UAH 3,000 to UAH 15,000. The most active part of the clients of fitness clubs are young people aged 31-35 who have achieved a stable income and realized the need to lead a healthy lifestyle [17].

Analysis of global and domestic fitness trends suggests that fitness programs for the elderly, which occupy the fourth place in the world ranking, are practically absent on the fitness services market in Ukraine [3].

Thus, the contingent of elderly women (60-74 years old), unfortunately, remains outside the field of vision of health professionals, education and the field of fitness and recreation. In particular, the development and implementation of

scientifically based complex special programs for self-study, taking into account their physical condition, remains unresolved.

It is proposed to carry out activities on the formation of a healthy lifestyle, hygienic education and recreational and recreational motor activity of older women through the implementation of the "School of Active Aging" project. The purpose of which is to create conditions for assessing the health status of older women, especially taking into account its certain qualitative aspects (preservation of vital activity, the absence of serious functional limitations, etc.), while it is facing a number of organizational, methodological and informational problems and limitations. The functional purpose of such organizational structures should be based on seven key features of a healthy nation: high life expectancy; active lifestyle; healthy food culture; psychological health; environmental friendliness; active tourism social interaction.

The implementation of this project provides for the development of a mechanism for promoting a healthy lifestyle of all age groups as a prerequisite for active aging and longevity, and, in particular, promoting physical activity of older persons (through the exchange of experience and best practices in this area, the introduction of targeted programs at the local community level, the development of recommendations for the promotion of physical activity in all types of health facilities, awareness-raising campaigns in the media); adaptation of the system of health-improving and recreational physical activity to the needs of the elderly population (training specialists in this area, improving the state of the relevant infrastructure, increasing the "health literacy" of the older persons, their relatives and volunteers); prevention of accidents among the older people (raising awareness of the population about the factors of accidents and effective preventive measures; introducing programs of physical exercise, physiotherapy and training, expanding access to preventive measures for high-risk elderly groups); development of a set of indicators and a mechanism for monitoring the level of involvement of older people in physical culture and sports; introduction of recommendations for prescription by doctors, including family doctors, of physical activity as an effective means of

reducing the risk of non-communicable diseases, primary prevention of chronic non-communicable diseases and physical rehabilitation; introduction and stimulation of productive aging - continuation of stay in the labor market - through the coordination of the interests of stakeholders using such a dialogue tool as the “Bulletin of Productive Aging”, which was developed by Kirnos I.A.

This should be a scientifically grounded system of principles, socio-economic and political mechanisms for the balanced development of individuals and society in Ukraine. Particular attention in implementing this approach deserves the creation of an environment conducive to the older people.

The introduction of a responsible attitude of society to the problems of older people will ensure the continuation of the work of older people, the promotion of their volunteer activities; formation of a policy of lifelong learning with the aim of attracting elderly citizens to participate in educational processes, expanding the opportunities for mastering new professional and general educational skills, in particular in the areas of modern communications, computer and information literacy; preserving the health and well-being of elderly citizens.

### **Conclusions / Discussion**

The preservation and strengthening of the physical health of older women is one of the most important tasks in the sphere of physical culture and sports in the context of the implementation of the main provisions of the National Strategy for Health-Improving Physical Activity in Ukraine for the period up to 2025 "Physical Activity - Healthy Lifestyle - Healthy Nation". Caring for the elderly should not be focused on disease alone. It provides for the provision of their general well-being, which is based on the interconnection of physical, mental, spiritual, social, economic and environmental factors.

Analysis of the current state of development of the domestic system of health-improving and recreational motor activity indicates that the strengthening of the role of health-improving motor activity is due to the following factors:

- need to inform citizens about the benefits of a healthy lifestyle, regular physical activity;

- need to introduce effective mechanisms for the prevention of chronic non-communicable diseases have become the main cause of premature mortality;
- strengthening of the negative impact on human health due to a decrease in the volume and intensity of physical activity;
- low level of involvement of persons in specially organized physical activity (especially older women), which contradicts the general trends in the development of civilization.

We agree with the opinion of other authors, in particular with A.V. Andreeva, A. V. Gakman, S. P. Duditskoi, A.M. Medved (2019), I.A. Kirnos (2018), S. Futorny (2019) and other, the main ways to implement the proposed approach is to popularize a healthy lifestyle at the personal, social and state levels; availability of fitness and active lifestyle for the elderly; attraction of investments into the industry.

Discussion issues remain the expediency and prospects of using various health-improving and recreational technologies that are used for women of all ages and their effectiveness, taking into account a number of methodological provisions: meaningful processing of existing experience, which may result in the improvement of the process of organizing health-improving and recreational motor activity of women.

**Prospects for further research in this direction** are in the experimental confirmation of the effectiveness of the proposed approach to the organization of health-improving and recreational motor activity of older women.

**Conflict of interests.** The authors declare that no conflict of interest.

**Financing sources.** This article didn't get the financial support from the state, public or commercial organization.

## **References**

1. Azhyppo, O., Putiatina, G. (2017), "Dialectical approach to structural and functional management in the system of health and recreation activities of the

population", *Slobozhanskyi naukovo-sportyvnyi visnyk*, no. 6 (62), pp. 7-10. (in Ukr.).

2. Andrieieva, O. V., Hakman, A. V., Duditska, S. P., Medvid, A. M. (2019), "The peculiarities of the activity of women of the sick in the regime of the day of the sanatorium complex", *Sportyvna medytsyna i fizychna rehabilitatsiia*, no. 2, pp. 46 – 50. (in Ukr.).

3. Vorobiova, A. (2019), "World and national fitness trends", *Sportyvna nauka ta zdorovia liudyny*, № 1(1), pp. 10-17. (in Ukr.).

4. Hakman, A. V. (2018), "The role of rocket activity and old age processes for people who are abducted", *Molodyi vchenyi*, no. 3.3 (55.3), pp. 34-38. (in Ukr.).

5. Derzhavna sluzhba statystyky Ukrainy (2020): ofitsiinyi sait, Kyiv, available at: [www.ukrstat.gov.ua](http://www.ukrstat.gov.ua) (accessed 2 October 2020). (in Ukr.).

6. Kirnos, I. O. (2018), "Productive old: dialogue as a tool for the use of interest in stakeholders", *Visnyk ONU imeni I.I. Mechnykova*, T. 23, Vypusk 3 (68), pp. 134 – 140. (in Ukr.).

7. *Naselennia Ukrainy. Imperatyvy demohrafichnoho starinnia [Population of Ukraine. Imperatives of demonraphic antiquity]* (2014). Kyiv: VD "ADEFUkraina", 288 p. (in Ukr.).

8. Postanova Kabinetu Ministriv Ukrainy «Pro zatverdzhennia Stratehii rozvytku fizychnoi kultury i sportu na period do 2028 roku» vid 4 lystopada 2020 r. № 1089. Kyiv, available at: <https://zakon.rada.gov.ua/laws/show/1089-2020-%D0%BF#Text> (accessed 12 September 2020). (in Ukr.).

9. Rozporiadzhennia Kabinetu Ministriv Ukrainy «Pro skhvalennia Stratehii derzhavnoi polityky z pytan zdorovoho ta aktyvnoho dovholittia naselennia na period do 2022 roku» vid 11 sichnia 2018 r. № 10-r. Kyiv, available at: <https://zakon.rada.gov.ua/laws/show/10-2018-%D1%80#Text> (accessed 10 September 2020). (in Ukr.).

10. *Strategii i rekomendatsii po zdorovomu obrazu zhizni i dvigatelnoy aktivnosti* (2013): sb. materialov VOZ / sost. E. V. Imas, M.V. Dutchak, S. V. Trachuk. K.: NUFVSU, Olimpiyskaya literatura, 528 p. (in Russ.).

11. Ukaz Prezidenta Ukrainy "Pro Tsili staloho rozvytku Ukrainy na period do 2030 roku": za stanom vid 30 veresnia 2019 roku. Kyiv. № 722/2019, available at: <https://zakon.rada.gov.ua/laws/show/722/2019#Text> (accessed 12 September 2020). (in Ukr.).
12. Futorny, S. (2019), "Injection to take health and recreational activities to the functional camp of women of the sick in health groups", Visnyk Prykarpatskoho universytetu. Serii: Fizychna kultura, Vypusk 34, pp. 26-32. (in Ukr.).
13. Andreeva, O., Hakman, A., Balatska, L. (2016), "Factors which determine the involvement of elderly people to health and recreational physical activity" , Trends and perspectives in physical culture and sports: The VI-th Edition international scientific conference, Suceava, 26-27th of May 2016. Suceava: University Ștefancel Mare, pp. 41-46. (in Eng.).
14. Andrieieva, O., Hakman, A., Kashuba, V., Vasylenko, M., Patsaliuk, K., Koshura, A. et al. (2019), "Effects of physical activity on aging processes in elderly persons", Journal of Physical Education and Sport, no. 4, pp.308-314. (in Eng.).
15. Chulhwan, Choi, Chul-Ho, Bum (2019), "Physical leisure activity and work for quality of life in the elderly", Journal of Physical Education and Sport, no. 2, pp. 1230-35. (in Eng.).
16. Fitnessconnect (2020), ofitsiinyi sait, Kyiv, available at: <https://research.fitnessconnect.com.ua> (accessed 11 September 2020) (in Ukr.)
17. WHO Regional Office for Europe (2020), Coronavirus disease (COVID-19) pandemic: Visit COVID-19 site for news, technical guidance and protection advice, Copenhagen, available at: <http://www.euro.who.int/en/home> (accessed 8 October 2020). (in Eng.).

Received: 05.10.2020.

Published: 26.10.2020.

### **Information about the Authors**

**Galina Putiatina:** PhD (Physical Education and Sport), Associate Professor;  
Kharkiv State Academy of Physical Culture: Klochkivska str. 99, Kharkiv, 61058,  
Ukraine.

[orcid.org/0000-0002-9932-8326](https://orcid.org/0000-0002-9932-8326)

**E-mail:** [putiatina.g@khdafk.com](mailto:putiatina.g@khdafk.com)