



Features of the implementation of the concept of «mental health» in the field of adaptive physical culture in the republic of tatarstan

UDC 796



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Received by the editorial office on 12.12. 2024

Abstract

The purpose of the study. To determine the specifics of the implementation of the "Mental Health" Concept in the field of adaptive physical culture (AFC), taking into account the target groups.

Methodology and organization of the study. The analysis of the current state has been carried out, the place and role of adaptive physical culture in the system of comprehensive support for people with mental disabilities in the Republic of Tatarstan has been established, the target groups of the Concept in the field of AFC have been identified. A sociological study aimed at identifying interest and motivation (preferences) in sports rehabilitation and physical education classes, taking into account their requests, opportunities and educational needs.

The results of the study and conclusions. The Tatarstan Republican regional branch of the All-Russian Public Charity Organization "Special Olympics of Russia" and the regional branch of the All-Russian Federation of Sports for Persons with Intellectual Disabilities are actively developing adaptive physical education and sports for persons with ASD and DMN in the Republic of Tatarstan. Social and sports work is carried out jointly with the Department of Adaptive Physical Culture of the Volga State University of Physical Culture, Sports and Tourism. The Tatarstan branch of the Special Olympics unites more than 7,000 participants, including athletes and volunteers, regular trainings and classes on adaptive sports technologies are held. The organization's partners include more than 100 institutions, including correctional schools, rehabilitation centers, sports federations, and charitable foundations. Great importance is given to the preparation of athletes for participation in All-Russian competitions. The University provides classes for 210 people, including children with ASD, in various sports. Correctional and developmental classes for preschoolers and young people with disabilities are organized, modern physical education and wellness technologies are used. The positive experience of cooperation was included in the AFC Concept. Activities are being implemented in various areas, including professional development and the integration of Special Olympics programs into educational institutions. Systematic work is underway with families of children with mental disabilities, joint activities and consultations are conducted.

Keywords: *The concept of "Mental health", autism, intellectual disabilities, adaptive physical education, family, additional education.*

Introduction. The World Health Organization (WHO) estimates that 10 to 20% of children and adolescents experience mental disorders. Data on the prevalence of mental health problems among children vary significantly depending on the country, region, and criteria used to make a medical diagnosis. Psychiatric disorders such as anxiety, depression, attention deficit hyperactivity disorder (ADHD), and autism, which are characterized by affective and

behavioral reactions, predominate among children. Numerous studies emphasize the importance of including adequate physical exercise in comprehensive therapy programs that aim to support and develop the psychophysical capabilities of these children [1, 3, 5]. Since January 1, 2022, the Republic of Tatarstan (RT) has been implementing the Concept of Comprehensive support for People with autism spectrum Disorder and Other mental disorder



ders (hereinafter referred to as the Concept). The normative and methodological basis of the Concept was based on the provisions of the Universal Declaration of Human Rights, the United Nations Convention on the Rights of the Child, the United Nations Convention on the Rights of Persons with Disabilities, as well as conceptual ideas of L.S. Vygotsky on compensation for impaired functions, on the leading role of learning in development, on the importance of collective forms of activity for the formation of a special child's personality. The concept is aimed at ensuring the rights of people with autism spectrum disorders (ASD) and other mental disorders (DMN) to participate fully in public life, receive high-quality education at all levels, qualified medical care, habilitation, rehabilitation, socialization, legal protection, and professional activity.

According to the terms and definitions used in the Concept, "mental disorders" are mental and mental (intellectual) disorders that limit a person's ability to serve themselves, study, engage in work, and complicate the process of integration into society.

In this regard, comprehensive support for people with ASD and DMN should be aimed primarily at eliminating problems related to speech, emotional and motor development, building communication with the outside world, assimilation of social norms, as well as creating conditions in the Republic of Tatarstan that allow for early detection of children with autism spectrum disorders and other mental disorders and their comprehensive support throughout life. In addition, it is necessary to work with the whole family: explaining to parents and relatives the basic essence of autism spectrum disorders and their treatment, the specifics of building interaction with people with ASD and DMN to resolve behavioral problems, involving parents in the educational process [6].

The purpose of the study. To determine the specifics of the implementation of the "Mental health" Concept in the field of adaptive physical culture, taking into account the target groups.

Methodology and organization of the study. The analysis of the current state of the integrated support system for people with ASD and DMN in the Republic of Tatarstan is carried out. The place and role of adaptive physical culture in this field has been established. The target groups of the AFC Concept have been identified (Figure 1). The current situation in the system of additional physical

culture and sports education for children with mental disabilities (including ASD) is outlined. A sociological study was conducted aimed at identifying interest and motivation (preferences) in sports rehabilitation and physical education classes, taking into account their requests, opportunities and educational needs.

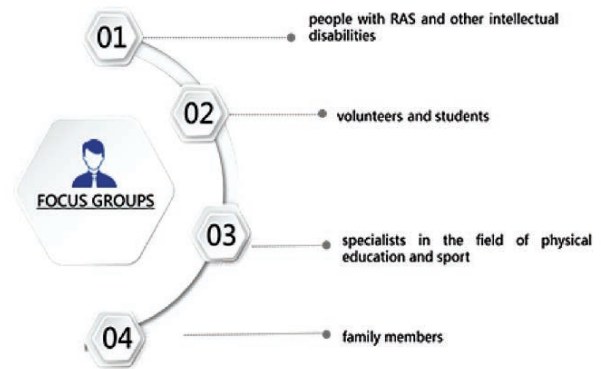


Figure 1 – Target groups of the Mental Health Concept

Prospects for development, ways to solve problems, and measures to involve representatives of target groups in the field of adaptive physical education are outlined.

The results of the study. A significant contribution to the development of adaptive physical culture and adaptive sports for people with ASD and DMN in the Republic of Tatarstan is made by the Tatarstan Republican regional branch of the All-Russian Public Charity Organization for the Mentally Disabled "Special Olympics of Russia" (hereinafter - TRRO SOR) and the regional branch of the All-Russian Public Organization "All-Russian Federation of Sports for People with Intellectual Disabilities" in Republic of Tatarstan (RO VFSSLIN in the Republic of Tatarstan). The social and sports work of these non-profit organizations is carried out in close cooperation with the Department of Adaptive Physical Culture of the Volga State University of Physical Culture, Sports and Tourism (hereinafter - the University).

Today, the Tatarstan branch of the Special Olympics unites more than 7,000 participants, including athletes, coaches, volunteers, and family members raising children with mental disabilities. Sports training and physical education classes on adaptive sports technologies and additional education programs in the field of AFC and sports are conducted on a regular basis [2, 4].



TRRO SOR's partners are more than 100 organizations (38 special correctional schools, 10 rehabilitation centers for children, 20 general education schools, 10 preschool institutions, 7 sports federations, 2 boarding schools, 6 psycho-neurological boarding schools, non-profit and public organizations, The Sun in the House, the Center for the Development of Adaptive Sports of the Republic of Tatarstan, Regional branch of the All-Russian Organization of Parents of disabled children of the Republic of Tatarstan, charitable foundations "Angel of Faith", "Strength in children", etc.).

The preparation of athletes for participation in All-Russian competitions, which promote the social integration of special people with mental disabilities into society and the formation of a positive image of the Republic of Tatarstan in the field of AFC and adaptive sports, is of great importance in the work of the TRRO SOR.

At the University's sports facilities (ULK, DVVS, CGVS, Burevestnik), 10 specialist teachers of the department are engaged on a voluntary basis with children with mental disabilities (including ASD) in groups formed taking into account differentiated conditions, the severity of violations and sports preferences. The total enrollment is 210 people (65 of them with ASD).

Classes are conducted on the basis of additional general education programs of physical culture and sports orientation in various sports (floorball, swimming, mini-football, table tennis, adaptive tourism, snowshoeing, skiing, adaptive gymnastics) [5].

In addition, correctional and developmental activities have been organized for preschool children (aged 2 years and older) and young people with disabilities over the age of 18. The following physical education and wellness technologies are used during classes: cerebellar stimulation techniques; articulatory gymnastics; logorhythmics; relaxation; psychogymnastics. Individual rehabilitation sessions with people with severe (multiple) disorders are given.

The significant positive experience of the joint activities of the TRO SOR and the AFC department was included in the descriptive part of the Concept and was taken as the basis for the development of measures for its implementation in the field of AFC (Figure 2).

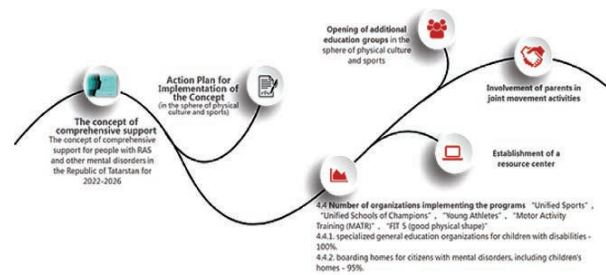


Figure 2 - Action Plan for the implementation of the "Mental Health" Concept

As part of the approved activities (Figure 2), systematic systematic work is being carried out in the following areas:

- the functioning of the RAS and DMN resource center in the field of AFC (<https://minsport.tatarstan.ru/mentalnoe-zdorove.htm>);

- improving the professional competence of specialists in organizing physical culture and sports activities for children with ASD and DMN (advanced training courses with a total enrollment of 135 people); - regular trainings in additional education groups of physical culture and sports orientation (the total number of students involved is more than 3,500 children);

- implementation and implementation of Special Olympics programs in 100% of special correctional schools and preschool educational institutions in the Republic of Tatarstan ("Unified Sport", "United Schools of Champions", "Young Athletes", "Motor Activity TRAINING PROGRAM", "FIT 5". In social service institutions (rehabilitation centers, neuropsychiatric boarding schools), the Special Olympics programs implemented since 2021 ("Young Athletes", "FIT 5 (good physical shape)", "Physical Activity Training (MATR)") continue to be used. In rehabilitation centers in 2024, 7,236 people were provided with services for the development of adaptive physical culture and informing citizens about the possibilities of AFC classes.

It is important to note that systematic work has been built with families raising children with mental disabilities. Joint physical activities, psychological and pedagogical consultations for parents, and training for parents and other legal representatives on effective technologies and methods of helping people with disabilities are organized weekly at the University. The parent center "Trust and Communication" has been established, the purpose of which is to provide counseling, lectures and prac-



tical classes with family members raising children with mental disabilities on the issues of accompanying children's motor activity at home. Classes for parents are conducted in various forms with the involvement of leading experts in the field of psychology, education, medicine and AFC.

Conclusion. The implementation of the Mental Health Concept in the field of AFC demonstrates a positive trend in the interest of families raising children with mental disabilities in physical activity, increasing the competence of AFC specialists, and increasing the number of people with ASD and DMN who regularly engage in various types of AFC. It should be noted that all of these activities are in the field of scientific interests of graduate students of the Department of AFK University. The obtained scientific results are broadcast at scientific and practical conferences and published in scientific journals.

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