



# Adaptive physical activity as an incentive for maintaining interest in a healthy lifestyle in the elderly (60-64 years old) and the key to longevity

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## Abstract

**Objective of the study** is the theoretical substantiation of recommendations on the use of adaptive physical culture (AFC) to stimulate the desire for an active life in the elderly (60-64 years) in people with sensory, motor and cognitive disabilities.

**Methods and structure of the study.** As part of the implementation of the state task for 2024 on research work devoted to the development of scientifically sound recommendations for increasing motivation for active longevity by means of ROS among older citizens (taking into account sensory, motor and mental disorders), an analysis of existing scientific publications on this topic was carried out, as well as monitoring of the level of motivation to active longevity in people aged 60 years and older.

**Results and conclusions.** The results of the analysis and monitoring made it possible to identify key strategies that contribute to creating favorable conditions for the formation of motivation for active longevity through ROS. The first strategy is to study and take into account the individual values and life goals of each person. The second is to ensure positive emotions from physical activity and to use the principles of successful aging. The third is to take into account the peculiarities of diseases and contraindications in the organization of physical activity for the elderly. It is proposed to apply the developed approaches to motivation formation within the framework of complex interaction of specialists working with the elderly in the fields of healthcare, physical education, social protection and others.

**Keywords:** *adaptive physical culture, active life, old age (60-64 years), motivation for active longevity, motivation formation strategies, favorable conditions.*

**Introduction.** The relevance of this study is quite high, since the issue of active longevity in the Russian Federation is becoming very important, which is reflected in a number of regulatory documents. The number of older people in our country's population is increasing. At the same time, the pension reform requires people aged 60-64 to be in good physical shape to continue their work, which is impossible without regular physical education. And this, in turn, presupposes the motivation of elderly people to engage in regular physical activity, which is fully consistent with the Concept of active longevity policy, the main objective of which is to help create conditions for the formation of motivation among people of various de-

mographic groups of our country to live in the third age in an active form [3].

**Objective of the study** is to provide scientific substantiation of proposals for the use of adaptive physical culture tools to form motivation for active longevity among citizens aged 60-64 years, taking into account sensory, motor and mental disorders.

**Methods and structure of the study.** To fulfill the technical task of the research, an analysis of documentary materials, legislative and regulatory acts was used, and a survey (questionnaire) of people aged 60 and older was conducted to identify the formation of their motivation for active longevity. The analysis of statistical data of the Federal operator of the VFSK TRP



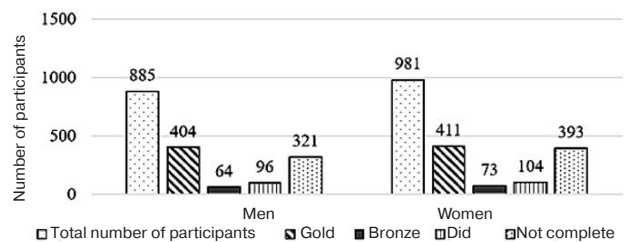
in the Russian Federation for the period 2019-2023 on the participation in the All-Russian Physical Culture and Sports Complex "Ready for Labor and Defense" (TRP) of persons 60 years and older with sensory, motor and mental disabilities was carried out.

**Results and conclusions.** In the process of analyzing the literature and best practices of working with citizens aged 60-64, it was revealed that when forming motivation for active longevity in this category of people, it is necessary to focus on age and type of health disorders (nosological group). To achieve the greatest effect in the formation of motivation for active longevity in the elderly, it is necessary to take into account their interests and needs when selecting means of adaptive physical culture [1].

The results of a survey of older people to identify the level of their motivation for active longevity, which was attended by representatives of 32 subjects of the Russian Federation (213 people aged 60 to 64) showed that the main reason why both men and women of the older generation do not engage in physical education are: 1 – not being able to force; 2 – lack of time. This is probably due to the fact that the majority of the survey participants, both men and women, are employed (67% and 64%, respectively). With regard to increasing the interest of the contingent in physical education, it was revealed that the convenient location of a sports facility and modern equipment, as well as information about the benefits of classes, can increase interest in men's activities. For women, the presence of an age group, the convenient location of the sports facility, and the personality of the teacher.

An analysis of statistical data from the Federal Operator of the VFSK TRP in the Russian Federation for the period 2019-2023 on participation in the All-Russian Physical Culture and Sports Complex "Ready for Labor and Defense" (TRP) for people 60 years and older with sensory, motor and mental disabilities revealed the need to involve older people in participating in the sports complex, since for the period from 2019 to 2023 (for all gender, age and nosological groups), 45,744 people were involved, of which only 1,866 were older people (60 years and older), which is only 4.1% of the total number who took part in the All-Russian Physical Culture and Sports Complex "Ready for Labor and Defense" (TRP). Moreover, more emphasis should be placed on working with men. Because women show an increased interest in participating in the TRP complex (see figure). There was also a significant percentage of the elderly (714 people out of

1,866 participants: 321 men (36.3%) and 393 women (40.1%) who failed to meet the test standards for any of the insignia [2].



*The number of people with disabilities and persons with disabilities aged 60 years and older who have fulfilled the standards of testing (tests) of the WFSK TRP for insignia for the period from 2019 to 2023*

Based on the results of the monitoring, the main approaches have been identified that allow creating conditions for the formation of motivation for active longevity using ROS: the first approach is based on studying and taking into account the value concept of a particular person's life; the second approach is based on enjoying motor activity and the theory of successful aging; the third approach is based on taking into account the specifics of diseases and contraindications in the organization of motor activity. activity of elderly people. The developed approaches to motivation formation are proposed to be used in the multidisciplinary interaction of specialists working with the elderly in the fields of healthcare, physical education, social protection, and others.

As a result of the conducted research, technologies for using ROS funds have been developed to increase motivation for active longevity among the older generation. Technology No. 1 allows us to implement an interdisciplinary approach to the formation of motivation for the elderly to active longevity. This technology consists of five levels, which assume: 1 – preservation or stabilization of the mental and physical health of an elderly person; 2 – increasing the level of competence of an elderly person in the field of unsocial physical education and the formation of health-saving behavior in him; 3 – stimulating the motivation of the older generation to social activity; 4 – stimulating the motivation of the elderly to work; 5 – stimulating the motivation of the elderly to active longevity.

Technology No. 2 optimally combines the means and methods of AFC based on the consideration of the level of physical fitness of those involved and the char-



acteristics of a specific nosological group of people aged 60-64 years, aimed at attracting people of this category to participate in the WFSK TRP. This technology consists of three parts: Part 1 is aimed at satisfying the physiological need for movement; part 2 is aimed at satisfying the cognitive need; part 3 is aimed at satisfying the need for self-actualization. Each part contains two sections: theoretical material aimed at improving competence in health-saving behavior; practical material aimed at maintaining and stabilizing the level of mental and physical health.

Developed on the basis of 40 years of experience in physical education and wellness work with older people, technology No. 3 "Practice 100 PLUS how to stay awake and active with age?" is aimed at stimulating older people to social activity using AFC and was among the winners of the IV All-Russian selection of the best practices of active longevity in the nomination "healthy lifestyle". Technology No. 3 includes five areas of work: 1 – organization and conduct of recreational activities in the health group, the formation of knowledge and skills in the organization of independent exercise, self-control during exercise and psychosomatic self-regulation; 2 - preparation of the elderly to participate in demonstrations at sports events (festivals, sports events, forums, regional and city holidays, and others); 3 – encouraging those involved for the results achieved (with commendations, diplomas, certificates, T-shirts with the symbols of the group and other attributes); 4 – popularization in the media of the possibilities of the AFC for the active longevity of citizens of our country; 5 - conducting scientific and practical seminars and master classes for specialists working with older people and interested parties. Technology No. 3 has been put into practice in St. Petersburg GBU of the Kalininsky District Sports Center in St. Petersburg.

In addition, technologies have been developed for using ROS funds to improve the process of forming motivation for active longevity among citizens aged 60-64 for people with sensory impairments (hearing and visual impairments); with motor impairments; and mental impairments.

The materials of the research work are presented at the citywide events dedicated to the International Day of the Elderly, held in St. Petersburg in October 2024, at a scientific and practical seminar and a master class on the topic "Technologies for using adaptive physical education to improve the process of forming motivation for active longevity among citizens aged

60-64 taking into account sensory, motor and mental disorders." The events aroused great interest among specialists working with older people. 457 people from seven Federal districts of the Russian Federation and 22 regions have registered for the scientific and practical seminar and master class.

The developed technologies were presented at the XVII International Forum "The Older Generation. The Silver Age" at the Expoforum in St. Petersburg. Two master classes were held on the prevention of mental disorders in older age groups, using creative (artistic and musical) body-oriented practices of adaptive physical culture.

The theoretical material is introduced into the lecture course of the discipline "Adaptive physical culture in gerontology" in the section "Means of adaptive physical culture for the elderly and older people", implemented in the educational process in the field of training 04/49/02 – Physical culture for people with disabilities (adaptive physical culture) master's degree level.

In accordance with the terms of reference, methodological recommendations have been developed and put into practice for specialists working in the interests of older citizens in the field of physical culture, adaptive physical culture and social protection of the population "The use of means and methods of adaptive physical culture in the process of working with citizens of 60-64 years of age of various nosological groups in order to form their motivation for active longevity".

**Conclusions.** The research materials presented at the seminar and master classes and the methodological recommendations implemented in practice made it possible to increase the level of competence among specialists working with the elderly in the formation of motivation for active longevity among citizens aged 60-64 by means of adaptive physical culture, taking into account sensory, motor and mental disorders.

The introduction of research materials into the educational process has made it possible to increase the level of competence in this field among students studying the field of study 04/49/02 - Physical education for people with disabilities (adaptive physical education).

In general, the study showed that when working with people aged 60-64 years, first of all, it is necessary to focus on the formation of health-preserving behavior among the contingent, secondly, on social activity and further on the continuation of work, since



in this age period a person can be quite capable. But for this, regular physical activity is necessary, without which it is impossible to prolong the active period of a person's life. The developed technologies and proposals presented in the methodological recommendations are aimed at solving precisely these tasks.

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