



Victimological barriers in elderly people to physical education in public space

UDC 796.011; 159.99



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Abstract

Objective of the study was to identify victimological barriers to physical education among pre-retirees, working and non-working pensioners.

Methods and structure of the study. A structured interview was used as a research method. The participants of the scientific work were 60 elderly people in the status of pre-pensioners, working and non-working pensioners. Only those respondents were selected who, for various reasons, refused to participate in the physical education part of the Active Longevity program, most of them attended only one lesson.

Results and conclusions. Victimological barriers significant for each status group were identified. For pre-retirees, such barriers were personal unwillingness to relate themselves to the image of an elderly person and personal rejection of the very status of classes for the elderly. For non-working pensioners, the main barriers were physical barriers caused by disability or the technology of conducting classes. Working pensioners perceived as discrimination the regulated time of classes, which coincided with their work schedule. For all groups of respondents, a significant victimological reason was the lack of coordination of the work of the organizers, who did not pay attention to the individual needs of people with different psychological and cultural attitudes, which was perceived as disrespect for the individual.

Keywords: *victimological barriers, old age, physical culture, anti-victim personality.*

Introduction. Physical activity is one of the leading ways to maintain the normal functioning of the body and personality in old age. The development of physical abilities at a specified age is rightly considered in modern science as the physical capital of an elderly person [1] and as an alternative to physical decrepitude [6]. Because of this, a lot of research is being carried out on the theory and technologies of introducing older people to adaptive physical culture and adaptive sports, taking into account the specifics of the silver age [3; 4]. At the same time, the victimological aspect of practicing adaptive physical culture in old age remained practically uncovered.

Objective of the study was to identify victimological barriers to physical education among pre-retirees, working and non-working pensioners.

Methods and structure of the study. A structured multiple-choice interview with a dissenting opinion was chosen as the experimental method.

Main interview question:

“Why didn’t you start exercising in the park in a physical education group specially organized for the elderly in the summer of 2022? Mark the reasons indicated in the form (you can add your own), explain your choice.

Participants of the study: elderly people aged 55 to 75 years in the amount of 60 people.

Results of the study and their discussion. The study involved elderly people in the status of pre-pensioner, working and non-working pensioners who refused to participate in physical education classes organized under the Active Longevity project. Most of them came to one of the classes, but then refused



them. Moreover, it turned out that the number of those who refused, but in principle need physical education, is several times higher than the number of permanent members of physical education events for the elderly. No more than 10-15 people were recorded as permanent participants.

Reasons for failure and their statistical characteristics are presented in the table below. We focused on the victimological aspect of the dissatisfaction of the study participants with the conditions of classes. Victim - translated from Latin means victim, and the concept of the identity of the victim in modern psychology is given through the category of suffering: physical or moral [5]. The criterion of enduring suffering was the key to the victimological assessment of occupations for the elderly. Most of all, the victimological perspective was expressed among potential participants with disabilities, they were worried that the system of the proposed exercises did not suit them due to the limitations caused by disability.

Refusals (albeit statistically insignificant) to participate in classes for the elderly were clearly victimological in nature due to the low hygiene component of the conditions for conducting events, as well as loud music, which could increase pressure. However, the most significant reason for refraining from physical education in public space for all categories of respondents was purely psychological, but generating victimological consequences: "Participants are mostly people not in my social circle". During the interviews, study participants explained that they did not feel comfortable among strangers with a large difference in age, physical condition and cultural preferences. They didn't want to sacrifice their psychological comfort for a dose of physical activity. They also feared a negative assessment of their physical abilities and appearance.

Differences were also revealed in different status groups of respondents in the reasons for refusing to engage in physical culture in public space. For working pensioners, the main reason was the inconvenient class time that falls during working hours (70%), which was regarded as discrimination against this part of the elderly population. The most common reasons for pre-pensioners were two attitudes that were similar in their internal context: "I don't feel old yet, so I don't want to participate in activities for the elderly" (90%) and "Participants are mostly people not my age" (60%). Their comments clearly showed a desire to distance themselves from old age, at least formally. They resented and suffered the fact that they were actually asked to orient themselves to the physical models of old age, which they were not yet psychologically ready to accept.

Similar victimological problems have been identified in the studies of Chinese scientists. In particular, they noted that, despite the large spending by the state on the organization of specially equipped playgrounds in parks and other public places, many Chinese prefer physical education in their yard with their neighbors, where everyone knows and empathizes with each other, regardless of age and retirement status [7]. This is evidence of the scientific relevance of finding solutions to the victimological problems of the elderly, including to increase the active participation of older citizens in recreational activities.

Conclusions. The activity of involving older people in an important and useful area of activity for them to maintain and develop their physical organization is directly due to victimological factors. Sacrifice for the sake of sports achievements, even among young athletes, does not always cause a positive public reaction [2], the more important it is to take into account all victimological barriers in the elderly when organizing

Statistical characteristics of the number of those who refused physical education

Approximate reason	Prepensioners	Non-working pensioners	Working pensioners
The complex includes unaesthetic exercises	1 (5%)	3 (15%)	5 (25%)
Exercising on the ground, even on a mat, is unhygienic	2 (10%)	7 (35%)	4 (20%)
Loud music accompanying the exercises is annoying	1 (5%)	3 (15%)	2 (10%)
The participants are mostly people not my age	16 (80%)	3 (15%)	9 (45%)
The participants are mostly people outside my social circle	12 (60%)	15 (75%)	18 (90%)
I'm embarrassed to engage in public space	0	7 (35%)	9 (45%)
I don't feel old yet, so I don't want to participate in activities for the elderly	18 (90%)	8 (40%)	6 (30%)
Inconvenient class times	7 (35%)	0	14 (70%)
There are other ways to stay in shape	9 (45%)	2 (10%)	7 (35%)
No additional incentive to go to these classes	2 (10%)	3 (15%)	2 (10%)
Household and other duties take up a lot of time	10 (50%)	8 (40%)	11 (55%)
Health restrictions	0	0	6 (30%)



physical culture practices for them. The anti-victim environment for physical education should include the following elements: be safe for health, psychologically comfortable and adapted to the diverse needs of participants.

Financing

The research was carried out at the expense of the grant of the Russian Science Foundation No. 23-28-00306 "Conceptual foundations of functioning and development of an anti-victim personality in old age".

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