

ATTITUDE OF PEOPLE WITH MENTAL AND BEHAVIOURAL DISORDERS TO ENGAGING IN NORDIK WALKING

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A growing number of individuals with mental disabilities is marked all over the world. Psychiatric disorders are the second in order of importance cause of illness burden after cardiovascular diseases. According to the WHO projections mental disorders will have been inside the top five of diseases leading to director disability by 2020 [1, p 3]. Nowadays about 400 Clubhouses providing support to 50 000 mentally ill people are working in 34 countries of the world. A Clubhouse is a social service for people with mental disabilities. The model of it is described in the International Clubhouse standards and based on a well-ordered business day management, respect for the rights of the individual and the dignity of every person, observance of the principles of equality and mutual responsibility of members and staff the Clubhouse for the effectiveness of the rehabilitation process [2, p 9].

On February 1, 2017 a Clubhouses «Wings of Hope» began his activity in Vitebsk (Belarus). He united people with various mental and behavioural disorders (confusional insanity, depressive disorders). Among the activities carried out by this organization was planned a special program of systematic employment of Nordic walking, which we developed. We considered the potentialities of this form of physical activity as an effective means of solving problems of rehabilitation as well as strengthening physical and mental health. Special importance was attached to the correction of the psychoemotional state of those engaged.

Purpose – determine, with the help of questionnaires, the level of effectiveness of the introduction of Scandinavian walking for people with mental and behavioral disorders within the framework of the Clubhouse project.

Material and methods. Group involved in Nordic walking, consisted of 8 people ranging in age from 30 to 50 years. The classes were held on the plan which we have worked. After a month the sessions were conducted questionnaire. Quantitative data processing was performed using mathematical-statistical methods.

Results and their discussion. The absolute majority of the group members (seven of eight or 87,5%) answered that they liked the training.

In answer to the question “Whether you easily like sustain walking?” 62,5% of the participants answered “Yes”, 25% - “No” and 1 person (12,5%) - “Don’t know”.

At the same time all but participants (he remained indifferent) go to classes with pleasure and 75% of them feel “a surge of strength and energy” after them. All the members of the group (100%) say about improving their

mood. The effect of the positive psychoemotional attitude to the occupation of Nordic walking is confirmed by the desire 87,5% of them to purchase walking poles for Nordic walking for the purpose of further self-trainings, training and their friends and acquaintances to go in for this kind of activity.

Preliminary research results allow to consider the possibility of using Nordic walking in clubhouse conditions as a potential means for psychoemotional state correction for individuals with mental illness and for physical and mental health promotion as well.

Conclusion. The survey results showed a positive attitude of all the members of the clubhouse to Nordic walking classes. Walking are followed by mood improvement and a wish to continue training. Together with a group form classes effect and a physiological endorphins impact an mental state during physical exercise the conditions for conducting, classes play a certain role as well. The trainings were held in the open air on the route along the river bank in a picturesque area with a view of water, trees, stones. And it surely made a framework of factors calming the group members mind reflexively at a subconscious level.

Reference list:

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ASSESSMENT OF LEVEL OF PHYSICAL HEALTH OF THE STUDENTS DOING GYMNASTICS TAE BO

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Despite continuous improvement of system of physical training in UVO, indicators of the state of health of students if to survey them as one of the most important criteria of quality of pedagogical process, remain still unresolved problem. In a number of researches it is shown that to the end of training in UVO indicators of health of students authentically decrease. These changes indicate the need of improvement of traditional system of physical training. In this regard the purpose of work is studying the influence of fitness training Tae bo on the level of physical health of medical students.

Material and methods. 90 students (girls) of the Vitebsk state Order of Friendship of the people of the medical university participated in a research. Middle age was 17,4 years. The research was conducted two times, at the beginning of academic year and at the end. Examinees were divided into two groups (control and experimental) 45 people in each group. Girls of the control