

PHYSICAL FUNCTIONING AND LIFE STYLE OF 50-65 YEARS' AGE HEE TEACHERS

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Abstract. *Purpose:* to study life style of 50-65 years' age university teachers depending on their physical functioning and its connection with behavior habits. *Material:* questioning of 150 respondents was fulfilled by specially prepared questionnaire. Anthropometric testing was conducted. *Results:* it was found that most of the questioned spend time watching TV or reading and pay very little attention to physical functioning. We also found that most of respondents deal with household chores but want to do something outdoors (practice public activity). There is a trend to avoid smoking among them. Only 5.0% are cigarette smokers. The rest have never smoked or gave up smoking more than 10 years ago. Among the partners of the questioned there are a lot of smokers (16.2%). Most of the questioned have friends and relatives, who can help to achieve the highest level of physical functioning. 18.9% of partners of the questioned regularly practice sports. Some useful for health habits are observed in life situations of all respondents. *Conclusions:* the received data witness about purposefulness of seeking of effective ways of pre retirement age HEE teachers' involvement in active recreational functioning. We have also found that there are time reserves for this purpose.

Key words: teacher, age groups, physical functioning, healthy life style.

Introduction

Teachers of elderly age are of especial interest for specialists in the field of physical recreation. They are the most experienced part of teachers' staff at HEEs. Unfortunately their somatic health is rather poor. The level of their recreational functioning is influenced by their life style. Healthy life style is one of components of physical recreation of different age people and depends on life style.

As per the data of different authors healthy life style (HLS) significantly influences on life span of different age people [1, 2, 5, 19, 20, and 24]. It can be described as certain compromise between choice, conditions and opportunities. It is general philosophy of life; attitudes and behavior, which concern separate persons and population in the whole. Main element of HLS is behavior directed on ensuring of high life quality. HLS main elements can be determined through kinds of functioning, which directly or indirectly influence on human health or mind [8, 13, 21, 22, and 24]. Such element of behavior can be leading ones for health. In such case they can be described (like life style) as those, which facilitate health. Or like those, which do harm for health. In this case they are called negative or dangerous for health [7, 9, and 15].

Behavior habits, facilitating health, can become negative, if we stop to observe them. An on the contrary, resistance to harmful habits means favorable for health behavior. Favorable for health life style is necessary for its improvement. It shall be concentrated on positive habits and avoiding of harmful actions [5, 9, and 10]. Not observing of HLS increase risk of diseases, nowadays intrinsic to all civilization and described as "diseases by choice" [8, 9].

It has been proved that for prophylaxis of such diseases influence of positive for health behavior, in combination with reduction of harmful habits, is very important [7, 11, 13, and 23]. Numerous researches showed that risk of death from angina reduces by 65% in case of increased physical functioning with simultaneous giving up smoking. Giving up smoking is an important factor in prophylaxis of diseases, caused by civilization. The same concerns alcohol. Negative influence of alcohol (as toxic substance) is manifested in ruining of most of organism's organs and systems. Besides, addiction renders devastating influence on person's social portrait [3, 10].

Thus, in modern (holistic) paradigm of health life style plays quite important role [6, 12]. Connection between life style and health is undoubted. It is necessary to more propagate useful habits, influencing on health positively. It should be underlined that physical functioning, combined with correct eating is an important component of HLS [2, 8, 14, 15]. Choosing certain habits and behavior people choose their own life: good, healthy, full of achievements and realized dreams or "unforgivable disability" [1, 16, 24].

Purpose, tasks of the work, material and methods

The purpose of the work is to study life style of 50-65 years' age university teachers depending on their physical functioning and its connection with behavior habits.

The methods and organization of the research: for questioning of 150 respondents we worked out special questionnaire. We also conducted anthropometric testing, by results of which we calculated body mass index (BVI) for every gender-age group. All results were processed by methods of parametric statistic.

Results of the research

Among 150 teachers of 50-65 years' age there were 62.0% of women and 48.0% of men (see table 1). Women's mean age was 62.1 years and of men – 61.2 years. As on the moment of questioning women received pensions, in average, for 5.6 years and men – for 2.5 years. The data of body lengths and body masses are given in table 2. For women BVI was 26.4 that points at excess of weight. With it, with age these values have trend to increasing. BVI of men showed correct body weight.

Table 1. Mean age and time of being retired depending on respondents' sex.

Indicator	Sex	$\bar{X} \pm S_x$	Cv,%
Age	Women	62,2±2,34	7,3
	men	61,3±2,25	5,4
Period of being retired	women	5,5±0,33	4,8
	men	2,5±0,11	8,5

Table 2. Anthropometric indicators and body mass indices, depending on sex of respondents

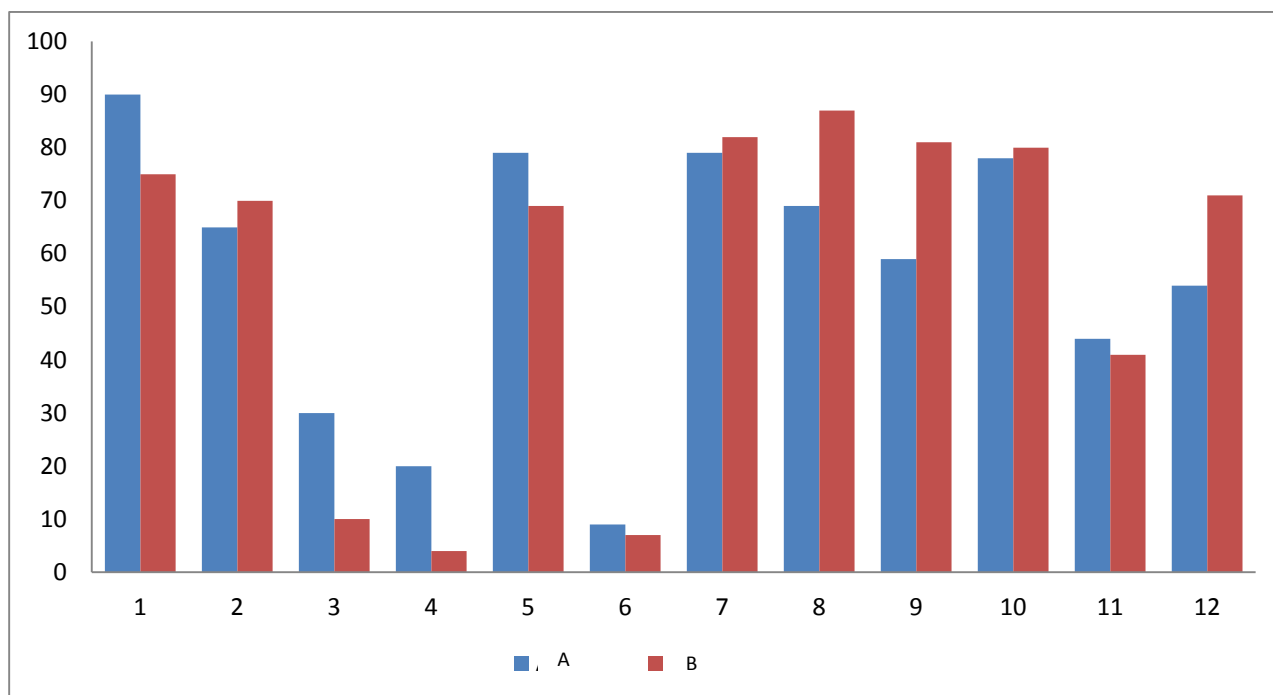
Indicator	Sex	$\bar{X} \pm S_x$	Cv,%
Body mass, kg	women	79,2±2,44	7,1
	men	91,3±3,01	8,4
Body length, cm	women	159,9±4,33	9,3
	men	173,7±4,15	5,8
BVI	women	39,2±0,47	5,3
	men	29,9±2,11	6,5

Table 3. Marital status of respondents, depending on sex

Indicator	Sex	n	%	Cv,%
Married	women	15	9,9	8,4
	men	24	16,5	5,9
Widowers	women	6	4,1	10,4
	men	2	1,4	1,5
Divorced	women	21	14,2	5,2
	men	27	17,8	7,2
Live separately	women	11	8,7	5,7
	men	26	18,1	5,7
Single	women	11	8,7	7,4
	men	6	4,1	3,4

Among other characteristics we took in consideration marital status, details of which are given in table 3. Questioning results show that 60% of women were married. Indicator of women-widows was 16.2% that was connected with longer life span of women. Among men 62.5% were married and 37.5% - single.

%



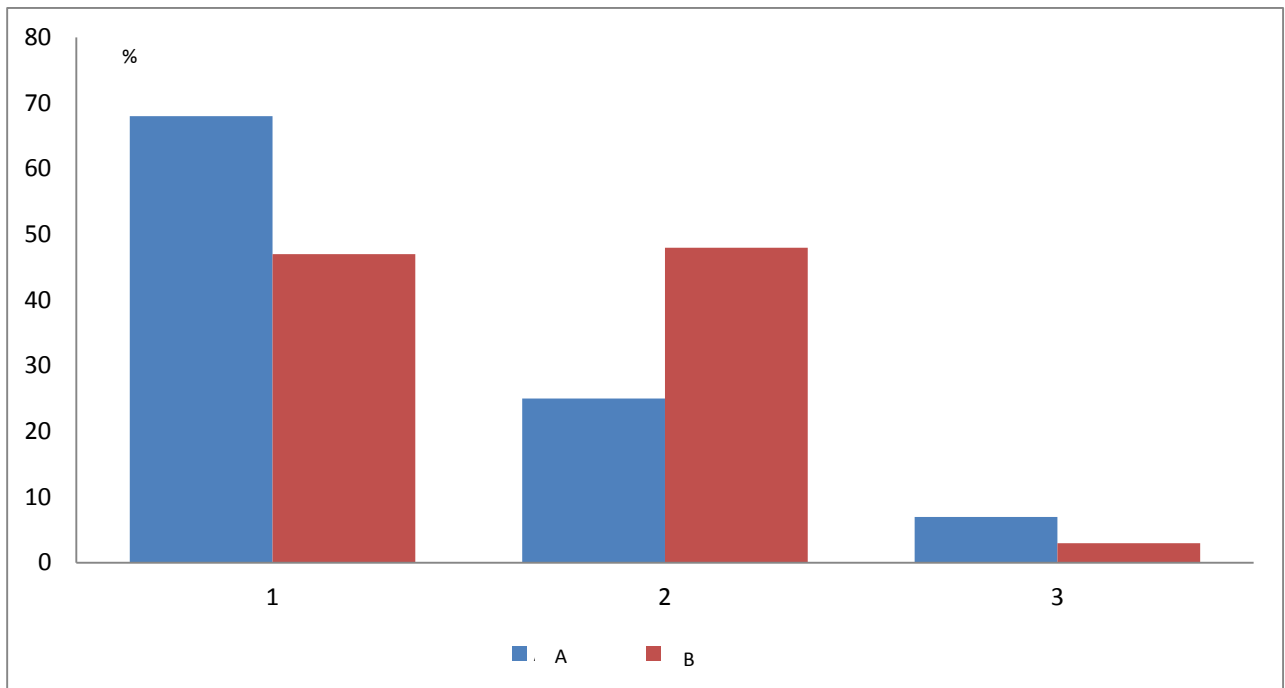
A – women; B – men.

Fig.1. Aims, which respondents of 50-65 years old want to achieve in free time: 1 – rest to forgive about problems; 2 – communication with other people; 3 – entertainment; 4 – earning money; 5 – outdoor walks; 6 – competitions, victories; 7 – feeling of independence; 8 – moral self-feeling; 9 – better physical self-feeling; 10 – physical exercises; 11 – learning of new; 12 – better appearance, control of weight.

The first question was about aim, which the questioned wanted to achieve in their free time (see fig.1). For women the aim was to relax and forget about problems (90%). The aim to feel independence and general health improvement also take high positions (80%). For 75% of women third place was taken by better physical and mental self-feeling. For most of women competitions and entertainment were not important at all. For 90% of men the most important was mental self-feeling. However we noticed some discrepancies in men's and women's aims. Some aims were not important for women. However the most unimportant aims were the same in both groups while the most important – different. For all groups the most important aims were: feeling of independence (83.8%) and better physical and mental self-feeling (respectively 75% and 83.8%).

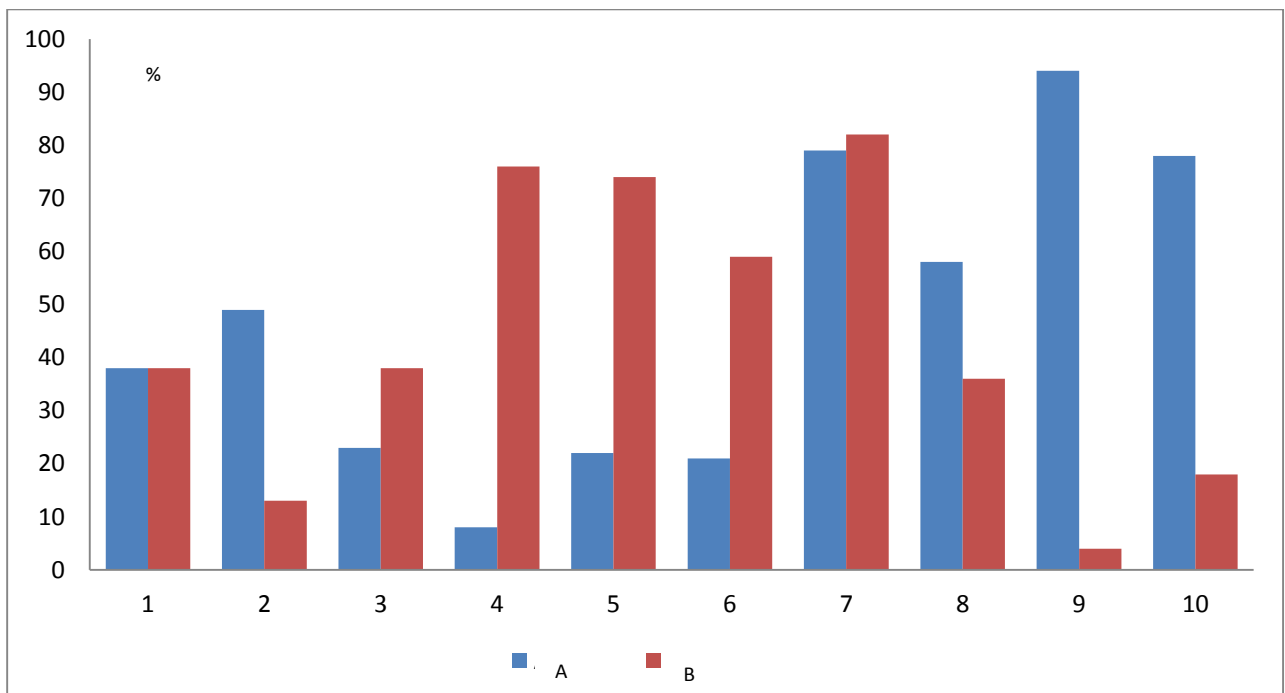
We also considered bent to smoking in groups of different sex (see fig.2). In both groups prevails people, who never smoked. Only little percentage of the questioned smokes minimum one pack a day. The most of those, who gave up smoking, is among men.

Most (72%) of respondents pointed that they do not practice any kind of recreation. However 28% practice regularly adapted for their age kind of sports. Among men this percentage is the highest (32.5%), and among women – the lowest – 12.9%. Many of the questioned answered that they do not have any partner. In this case the lowest frequency (14.3%) belongs to men of 60-65 years' age. For women this percentage was 30%.



A – women; B – men.

Fig.2. Attitude of 50-65 years' age respondents to cigarette smoking: 1 – never smoked; 2 – gave up smoking; 3 – smoke minimum one pack a day.



A – women; B – men.

Fig.3. Time, spent by respondents for different kinds of activity: 1 – watching TV; 2 – reading; 3 –hobby; 4 – visiting of relatives; 5 – visiting of friends; 6 – cultural measures; 7 – volunteer organization and control of physical trainings; 8 – religious communities; 9 – volunteer organizations; 10 –miscellaneous. .

One of questions was about public activity during week (see fig.3). Most of women participate in volunteer organizations or religious communities. Women of this group devoted their time to reading or watching TV. However they did not sacrifice their hobby. The most often they spent 1-2 hours during week for visiting their parents (50%).

For visiting friends 1-2 hours (65%) were spent. Some of them (not very many) participated in organization and administrating of volunteer physical trainings (35%).

This group also spends much time for reading and watching TV. In this group the quantity of those, who attend religious communities, increased. Time for work in volunteer organization did not change as well as time for physical trainings. The group of men significantly distinguished by above mentioned indicators. Men devote much time to reading and watching TV. At the same time they spend much more time for their hobby. Men are not interested in organization of physical trainings and do not attend religious communities or volunteer organizations. Only 19% pointed other ways of spending of their time (in particular care of grandchildren).

Discussion

The received in our research data confirm acute character of motor functioning problem in respect to elderly age teachers [1, 2, 4, 8], of ways of physical recreation means for organization of trainings with such difficult contingent of people [7, 10, 11, 13] and correction of their life style [14, 15, 16-18, 25].

Providing of elderly age people with free choice of motor functioning kind, consideration of their motives, demands, interests and life plans will change for the better elderly age people's attitude to physical culture and own health. It will result in activation of health related recreational functioning.

Life quality is a dynamic existence, which is changed in time under influence of internal and external factors. The strongest correlation with sense of life quality was demonstrated by factors, which are components of psychosomatic sphere: joy of life, feeling of sense of life, feeling of strength and energy for active motor day regime; overcoming of unfavorable emotions; concentration of attention; satisfaction from healthy life style practicing.

In the whole, assessment of satisfaction from life quality, felt by elderly age people, can not be put in simple frames. It is of dualistic character: objective and subjective. For determination of it, it is important to know opinion of the tested.

Conclusions:

1. Most of the questioned spend time watching TV or reading books and pay little attention to physical functioning. It is general tendency of all respondents. Their most important aims to be achieved in free time also coincide.

2. Many of the questioned said that they have household chores but want to spend time outdoors (to deal with public activity). There is a trend to not smoking. Only 5% of the questioned were cigarette smokers. The rest never smoked or gave up smoking more than 10 years ago. Among partners of the questioned the quantity of cigarette smokers is significant (16.2%).

3. Most of the questioned have friends and relatives, who can help in achievement of the highest physical functioning level. But only 18.9% of partners of the questioned practice sports regularly.

4. Some useful for health habits are observed in life styles of all respondents. In the whole the received data witness about purposefulness of seeking of effective ways of pre retired age HEE teachers' involvement in active recreational functioning. Besides, the conducted research showed availability of suitable for it time reserves.

Conflict of interests

The author declares that there is no conflict of interests.

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