

## LABOUR LONGEVITY OF THE WORKER

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**Key words:** labour longevity, health importance, economic efficiency, demographic behavior, self - behavior.

Article is devoted to social problems of modern Russia: mortality of able-bodied men and self-preservation behavior. Significance of physical training and sport is considered as a factor of improving of economic efficiency of up-to-date productions, social development of the production staff and increasing of labour longevity of people.

The steady negative tendencies in demographic development of the country appeal to acceptance of the effective programs, aimed to overcoming depopulation.

In opinion A. N. Kochetov, the accent is on two basic components of demographic behavior of the people: reproductive and self preserved. In sociological researches more attention is given to stimulation of birth rate, however time has come to replace accent in social - demographic politics. The main social problem of modern Russia is a mortality of the men in able-bodied age<sup>1</sup>.

To easing deviated behavior of youth, as A.N. Kochetov considers the special program for revival of system of professional training of the personnel could promote. The significant part of youth should receive a profession, claimed in the labour market<sup>2</sup>.

So, follows, that the modern problems of demographic behavior of the population turn us by the person to self preserved behavior, promoting preservation and strengthening of health of the man, prolongation of labour longevity.

1990 years was marked by the beginning of deterioration of demographic processes in the country. As marks S.V. Филиппова, Russia is subject to process steady depopulation, which is accompanied by aging of the population, deterioration of parameters of health of the people, reduction of duration their life<sup>3</sup>. The given processes are influenced by set of the factors. The search of optimum ways of the decision of the given problem is connected to definition of priority directions of politics of the state in this region<sup>4</sup>.

Last decade was planned the process of aging of the able-bodied population, that threaten to quality of labour resources of the country.

The transition of the workers in pension group puts forward new problems for medicine and as a whole before the state on preservation of health and prolongation of physical longevity of the workers, on decrease of mortality in able-bodied ages with the purposes of mitigation depopulation processes.

The man has learned to work and to care of the public benefit, to which he serves; he should learn first of all to care of himself, health, his self-preservation. The problem of preservation of health of the man should be special in system of social values and priorities of a society. The cardinal decisions of its improvement, as many researchers consider, yet is not made. A known scientist I.I. Brehman considers that it is necessary to change improving paradigm.

On our sight, the today's medicine should devote more attention to the prevention of diseases of the man. Health is a social - psychological category. A majority of the people realizes high value of health, but at the same time do not undertake any steps on its achievement. Many scientists - psychologists try to solve problems, connected to the relation to health, how to achieve, that the preservation of health became conducting organic need of the man during all vital ways. Thus, the formation of culture of health and ways of steady motivation of the man helps to preserve and develop of health, to form the self-preserved behavior.

During occupations of physical culture and sports the man develops, forms those physical, psychophysical qualities, which allow him faster to adapt for conditions of professional activity. The modern life creates set of problems and shows increased requirements to the man and his health. Today scientists mark, that “

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life, and health of the man should be recognized by maximum values ... Education, career, riches and all other values will not bring happiness, they will lose the value and importance if man loses a health and life “<sup>5</sup>”.

Long years ago the doctors and the philosophers considered, that healthy it is impossible to be without physical culture. Ancient Greek philosopher Platon named movement “as a salutary part of medicine”, and writer and historian Plutarh - “by a pantry of life”.

“Physical culture is a major element all-round, harmony development of the man, - was written by the teacher V.A. Suhomlinskiy. - The upbringing of physical culture is, first, care of health and preservation of life as maximum value; secondly, the system of work, which provides harmony of physical development and spiritual life, multifaceted activity of the man”<sup>6</sup>.

For today it is necessary to allocate a sociological problem of the relation of the Russian population to the health. Thus, we came to a burning problem of day - to formation self-preserved behavior of the population of our country. On our sight, self-preserved behavior is set of knowledge, motives, belief, system of actions and relations, which organize and direct strong-willed efforts of the person to preservation of health, healthy image of life during complete life cycle, on prolongation of his creative longevity. A unification of soul and body, struggle for human health, formation of the high-grade person, complex of actions and experiences, presence of useful habits, strengthening a resource of health of the worker - the basic indicators of maintenance of a level of his serviceability, creative activity and labour longevity.

If the man is successful work and does not lose ability is high-grade to perceive beauty of the environmental world, by years he is much sharper, more full and more strongly perceives the world, its charm, man with the greater vital activity, in opinion O.L. Trescheva, up to deep old age keeps moral and physical health<sup>7</sup>. The work is the best means against aging organism. The pleasure of work develops and strengthens a body, is a source of physical and moral health, promotes to continuation of life. Beauty of work that its products are not alienated from the man, and satisfied his needs.

Sense of human life and his health is in creativity, creation and continuous work. Not

casually long-livers are the people of the intense work. The biographies of the great people, which therefore also of steel great, that all life have given back to constant work for the benefit of humanity testify about it. The famous surgeon N.N. Burdenko told: “The one, who works, is always young. Sometimes it seems that there can be a work develops any special hormones, raising a vital pulse”<sup>8</sup>.

The academician N.M. Amosov has left some remarkable recommendations to descendants. One of them, on our sight, deserves the special attention: “ Four conditions are equally necessary for health: physical training, restriction in a feed, toughening up, time and skill to have a rest. And still fifth is happy life! Unfortunately, without the first efforts life does not provide a health. But if there is no happiness in life, where to find stimulus for efforts to strain ... ”<sup>9</sup>.

On an example of long-term activity of labour collective of the federal state unitary science-production enterprise, one of the conducting enterprises “defense” of city of Saratov, numbering about 5000 worker and employees, we shall analyze care of a management of a factory about health of the wards, their labour longevity.

The given state enterprise is one of few, present socio-economic transformations, which have survived in conditions, in the country.

Active workers, who preserve health, are inclined to continue professional activity also after an output on pension (92,1%, from general number interrogated). It is the very important moment in them socialization and in claiming of human resources during deficiency of a labour. The connection between an active vital position, preservation of health and high-grade filling of pension period of life is obvious. If the man is healthy and is active for his character, he chooses an appropriate position of life, not representing himself without work. Sometimes well-being in the pension period is provided by activity of the man. The social status of such people is much higher also; they are programmed on increase of life expectancy. The labour activity is determining in “assignment” to the man of the social status, allows to feel himself the equal in rights, useful member of a society.

The veteran of sports and already more than 30 years the chief of shop № 352 recalls that young postwar enterprise had a profit a long time. New structural division have given the special name, it is a shop of health.

For those times the construction and equipment of stadium, sports case with halls for sports games, hall of boxing, ski base, Russian bathhouse was already finished. All work of collective of shop of health was directed not only on perfection of sports base, training objects, but also maximal construction sports sections, which would answer inquiries youth and all able-bodied collective of a factory. Therefore on base of sport-complex "Salute" the children-youthful sports school was created, where school youth, future change of the workers literally has rushed. Those years the continuity of working dynasties was traced. In honor there were working professions, and receiving engineering education, with pleasure went to labour collective.

The socio-economic transformations in the country have brought in the corrective amendments to the present labour relations, but the veterans from working dynasties with pride mark, that the traditions of sports life of collective are supported at a former level. The management of the enterprise doesn't forget about care of social state of health of the people.

The factory prepares to the fifty years' anniversary. The veterans can remember last sports achievement of the factory workers boys and girls. But also today with pride speak about present victories of the skiers, boxers, persons, who takes volleyball, tennis, athletes, cross men on competitions of various ranks, about sports mass competitions of factory teams.

The basis of health of the population is made mass sports, training of physical culture, sports holidays, which carry many stage character. And it is a way to health, healthy image of life, and way of prolongation of creative longevity. And it is not surprising, that at the enterprise many veterans work. Their physical and social state of health causes respect. They are firmly sure, that physical culture and sports help to resist to various diseases, reduce traumatology, raise productivity of work and, most important, and increase their creative longevity.

It is necessary to note, that the aging was also collective of a factory, where 25 % of the workers are the pensioners and as much become them in a near future.

The statement B.A is fair. Коваленко, the sports are the important factor of increase of an economic efficiency of modern manufacture and social development labour of collectives<sup>10</sup>.

What is a secret of creative longevity of the veterans of "Contact"? In conversation with oldest yachtsman, to which already for 70, we learn the latent reserves of viability of the deserved people of labour collective. The respect for the large physical and psychological loadings per youthful years has generated set of perfect qualities of the man: diligence, persistence, resoluteness and boldness in acceptance of the decisions, persistence, respect for the contender and many others. The people received hardening of organism, literally "forged" force, endurance of muscles and, main, and prepared itself for labour activity and protection of a native Land. In years of difficult socio-economic changes the veterans have worked, keeping the labour longevity, continue in process of the forces and opportunities to set tone in sports-mass work of collective, are an example for young generation.

As show results of many researches, only about 30 % of the population of the country is engaged by physical exercises and only 11 % from them do it regularly.

What is level of value orientations of able-bodied collective of a factory? According to the data of sports committee, in mass sports work is involved about 60 % working, serving enterprise that specifies significant number of the active supporters of a healthy image of life. The healthy image of life became for them stimulus to life.

Therapeutic of medicine room said that the workers, actively participating in regular measures of mass sports and visiting at a factory Russian bathroom, practically have no days-labour losses. And it is already significant economic benefit. The plenty of the workers is pleased are the adherents of the program TV "Malakhov +", which helps to support and to keep health of the man, increase labour longevity, and that and to eliminate the reasons of diseases by national means. The workers have complained that this remarkable program of G.P. Malakhov is transferred on TV only at morning o'clock. Not all wishing (by shift work) can use recommended national and traditional medical advice.

In opinion of the veterans, it is necessary to create more programs, aimed to the prevention of diseases, life, forming a healthy image, distracting youth from displays deviated of behavior (smoking, alcohol, drugs, card game etc.) It is necessary to create associations of veteran movement under the motto

“Health for all ages”, “From an image of life - to style of life” etc.

Our long-term supervision over organization of physical upbringing of the members of factory collective have created complete representation about development of spiritual and physical opportunities of the person, harmonies of soul and body.

In modern conditions of manufacture the physical work is ever more replaced intellectual or more closely contacts with it. But it does not mean at all, that thus the requirements to physical development of the man decrease. Just on the contrary: the intense intellectual work requires very good physical preparation. The image of life has a wide spectrum of influence on the various parties of displays organism and person. It is shown in a various degree of vital energy, concentration, skill to communicate; in sensation physical and psychoemotion of appeal, mood, and skill to ensure high-grade rest, complete culture of ability to live.

The workers, caring about the health, hope to live not less than 80 years. Desire to live as it is possible express 81,6 % of the workers in researched group 55 - 60 years longer. They are programmed on continuation of labour activity; wish to see the growing up grandsons, their successful education and training. The given positive installations reflect comprehension of value of health, relation to the further active longevity.

During research of ability of live, social state of health of labour collective we made the certain conclusions that the majority of the factory workers realize high value of health and actively learn advantages of a healthy image of life, thus continuing a labour serviceability.

The special attention should be given to our youth, which is a part of a society. It is necessary to impart value orientations and health preserving installation to a healthy image of life with the purpose of the further reproduction of the healthy population of the country. The adaptation of youth to training cycles promotes their social growth, formation self-preserved behav-

ior, directed to preservation of health and readiness for the future professional activity.

The large sport base of a factory in present difficult conditions of market economy carries out the functions with a rather high estimation. Shop of health carries out following functions: preservation and strengthening of health, increasing of work capacity of the workers, the prolongation of their creative longevity. On the basis of such shops of health and similar sports complexes it is necessary to create the centres of formation self-preserved behavior of the population, which will promote change of a demographic situation in the country.

The high status of physical culture and sports as major factor of increase of an economic efficiency of modern manufacture and social development of labour collectives, factor of overcoming deviated behavior of youth on a difficult way of socialization and preparation to prospect professional activity proves to be true.

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