

HEALTH AND HEALTHY LIFESTYLE OF THE ELDERLY

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Abstract

The article considers social health as the highest level of human health and reflects on its moral principles, which form the basis of life and activities in a particular society, social life. From the history of mankind, it is known that due to a sharp decrease in the population, including the spread of infectious diseases, low life expectancy and birth rates, a large number of deaths, whole-whole states have faced absence. Social health is a state in which society has the opportunity to form living conditions, in other words, a healthy lifestyle, in which people do not experience frustrations associated with various diseases, physical, psychological and life concerns. Health is the main condition for the restoration of the economic resource and potential of society. Only a healthy and highly educated population is able to ensure the economic and scientific and technological progress of the country. This is now unusually important for every state, especially in the context of global globalization. Maintaining the health of the population requires a large amount of economic resources, money from the state and the population. This is a sign that the level of social health is directly related to the economic development of society. Relatively rich countries have the opportunity to invest more in maintaining the health of their inhabitants and promoting social health.

Keywords: Health, old age, physical condition, hygiene, organism, man, woman, psychological state, Disease.

Introduction

The fact that a person is alive as a biological breed and the possibilities of living in this life directly depend on his health. And the health of people is due to many factors, among which the most important are the following:

biological, psychological and hereditary identity of a person; natural impact (climate, weather, animality, etc.); environmental condition (pollution by chemical and biological elements, etc.); socio-economic, political and other factors that usually exert their influence through working conditions; the state of the health system.

A person's health is not explained by the fact that he has a disease or a certain physical deficiency. The World Health Organization recognizes health as a physical, spiritual, social state of a person, in such a state a person's organs, the whole body lives in harmony with the surrounding production and social environment. In this definition, there are three types that make up health – physical, psychological and social.

Physical health is the natural state in which all organs and the whole organism are functioning fully.

Psychological health is determined by the level and quality of human thinking, the development of attention and memory, mental stability and the strength of will.

Health is an indicator of the level, style and quality of life of people. Therefore, it is closely related to the development of human potential.

Human health and its longevity are closely related to the mental and physiological state of the body.

The results of research carried out by scientists and researchers for many years have shown that when conducting activities, physical activities and exercises aimed at protecting their health with older people, it is necessary to take into account both the anatomic and physiological states and characteristics.

M.D.Alexandrova believes that the morphological, functional and biochemical state and property of the organism during the aging period will depend on the internal and external susceptibility of its main function [1, 44]. With age, the decrease in adaptability to the usual factors of the environment decreases under the influence of various pathogens. All situations that occur in this lead to changes in homeostasis and the development of a constant stress reaction.

When a weakening of the functional state of the central nervous system occurs, the functions of the receptors begin to be disrupted, which, in turn, negatively affects the organs of vision, hearing, sensation. The movement reaction slows down and muscle tone slows down. The gormanal, which is carried out through the glands of internal secretion, changes to the negative side. As a result of impaired fat metabolism, cholesterol levels increase and multiple sclerosis develops. Thus, a decrease in the function of the endocrine glands leads to 3 diseases typical for the elderly: hyperadaptosis (high susceptibility to stress situations), climax and obesity.

Changes in the cardiovascular system in turn lead to multiple sclerosis and atherosclerosis. The development of diseases in the cardiovascular system will depend on a violation of carbohydrate as well as lipid metabolism, lack of activity activity. Morphological changes have a significant impact on cardiogemodynamics. As systolic (SB) and diastolic (db) pressure increase, the pulse rate decreases. In the elderly, the volume of blood per minute is reduced by 15-20% than in middle-aged people. In most cases, a deterioration in the function of the contraction of the heart muscle is the cause of the occurrence of a myocardial state.

In order to ensure the need for high movement of muscle activity during old age, the respiratory organs are in a state of flexibility. However, over time, the capacity of the lungs for Vitality decreases, and there are cases of compression, suffocation, lack of oxygen in the respiratory organs.

Aging of the body affects the state of mind, as well as the biological state. The character of involution processes in the mental system is complex and will depend on the individual characteristics of a person, the likelihood of contracting this or that disease, lifestyle, as well as personal activity. Changes in psychic processes can occur in a specific way at different age periods.

In the emotional state, situations of instability, constant anxiety, insecurity increase, depression appears and stress is observed. Throughout his active life, with the fact that a person makes various plans and serves on the way to the implementation of his family, children and a comfortable lifestyle, in the old age there is a state of uniformity in the way of life, low communication with people and staying with himself. The mental state in old age is similar to that of adolescence. Because when teenagers think about stepping into a new life, making plans and finding a place in the life of society, the elderly are concerned about the life they have left behind, the goals and results that they have not achieved, analyzing their activities from a critical point of view.

Negative changes in physiological and mental states lead to Alzheimer's, Parkinson's and even a state of complete imbalance of body and mind, that is, mental illness.

In general, old age and the aging process should not be considered to have only negative aspects. There are also positive aspects of this age period. Everything depends on the person himself and the active way of life, manifested in the transfer to the future generation of rich practical experience and acquired skills, skills accumulated throughout his life, and serves to create a sense of need for the activities of the elderly in society. From this point of view, movement activity plays an important role in improving human health, restoring health, prolonging life and increasing the efficiency of work. In a low-movement lifestyle, age-related changes begin to manifest as early as 30-40 years old. Scientific literature, as well as by the organization " health of the whole world " (1963 year)

- People between the ages of 45 and 59 are middle-aged;

- Elderly from 60 to 74 years old;

- Elderly from 75 to 89 years old;
- Those aged 90 years and over have been accepted as long-livers.

Old age and aging - is a physiological process that occurs naturally.

Changes in organs and tissues in the aging processes of the human body are influenced by the external environment. Changes in old age are a physiological process, which, according to most scientists, is not considered a disease, but leads to a restriction in the functional abilities of the body and a decrease in its resistance to external harmful factors. Multicellular complex organisms undergo certain changes throughout their life, both biologically and functionally. These changes are manifested in their appearance as the age passes. In old age, the vessels under the skin appear bulging as a result of dry, wrinkled, serrated, low in color, thinning of the facial skin. The hair fibers in the head part are pale, sparse, the eyes are light, there is a lack of teeth in the oral cavity, the spine is bent, movements are slowed down. These signs are signs characteristic of old age. The function of the organs of vision and hearing decreases in old age. The old man often sneezes. Height and weight also decrease. The height of men decreases by at least 3 centimeters between the ages of 50-85, and the height of women by 4 centimeters. In the norm, the body weight in men is in the maximum position at the age of 40, in women at 50.

Age periodization means dividing a person's life into separate stages based on biological, partial Social and economic characteristics. A simple and comprehensive (universal) classification includes 3 periods: childhood, adolescence, old age.

It is known that the period of decline in human life in the transition from youth to maturity begins at the age of 30-35 years, but significant changes begin after 45 years. It is recommended to consider 45-59 years of age corresponding to the retirement age as "middle" age according to physiological and social characteristics. During this period, various endocrine changes are usually observed, and the development of climax and exposure to aging processes are more intense in women than in men.

The old age period can also be characterized by maintaining working capacity and activity level. The last indicator of the life cycle – physiological old age-was determined to begin at the age of 75. Long-livers (over 90 years old) are seen as a model of late physiological old age.

Premature aging is understood as the early appearance of various changes in relation to the age of healthy people. In other words, the biological age of a person exceeds his age in a particular case.

The reasons for the early appearance in youth of various pathological processes, external signs characteristic of old age, which lead to rapid aging of a person, are well known to specialists. Some diseases cause a person to show older than his age. These include atherosclerosis, ischemic heart disease, hypertension, diabetes mellitus, hypothyroidism, obesity.

In the process of aging, carcinogenesis increases, autoimmune disorders occur. The development of these pathological conditions increases with increasing age. The early onset of changes characteristic of old age in the body leads to a further development of the origin of the disease. The conclusion from this is that the disease accelerates aging.

And old age aggravates the disease. So, physiological aging is considered a determined biological process, and premature aging is a change in the course of the natural process associated with various factors.

Predisposing factors leading to premature aging are: hypodynamia, prolonged and frequent reversible neuromuscular tension, irregular nutrition, chronic diseases, harmful habits and hereditary predisposition.

One of the main issues of the sciences dedicated to aging is the study of the aging process – normal, physiological state or disease. Galen said that old age is not a disease, but a special state of the body, but health, which is characteristic of youth. He considered old age to be among health and disease. Seneca, on the other hand, argued that " old age".

Russian scientist P.P.Lazerev had said in 1928 that there was a violation of the organs of vision and the turbulence of the central Ethnology with the passage of life. In 1967, the American scientist Gregory experimented with this

idea and said that with human aging, the optical function of the receptor apparatus weakens, blurring the sense and perception of vision. The color perception of the eye changes with age, hatgo, the ability to distinguish color decreases significantly. It should be noted separately that the color separation, the propagation of spectrum Rays are explained by Ibn Sina, while in the world of science this discovery is compared to gel'mgols. The decrease in vision acquires a heterochronous property and is more clearly reflected in the short and full part of the spectrum (blue and red).

Biological aging of a person creates sharp changes in mental processes, States, characteristics and behavior. Many sense organs weaken, the nervous system weakens, it becomes difficult to accept information (memory) and process them, to understand the essence (thinking), to collect his gaze on one or another state and to hold in it for a certain period (attention).

The weakening of the Will begins to weaken the feeling of tolerance for pain sensations. As a result, due to the fact that the feature of attention sorting in the perception of external influence infects its significance, the elderly person becomes a child-nature arazchan, disillusioned, emotionally obsessed character. Therefore, when entering into communication with them, it is advisable to take into account the qualities of this person. The weakening of memory causes an illusion of fantasy in the elderly, often an imbalance is born between being remembered, remembered and remembered for many reasons, resulting in an increased process of forgetting. As a result of the inability to concentrate on a particular object, the inability to work long on some type of activity arises. The wrong perception of things and bodies, that is, illusions, take up more space.

Lifestyle-is a material and spiritual historical form of human life activity and covers the following 4 categories:

economic (level of life);

social (quality of life);

socio-economic (lifestyle);

socio-spiritual (life style). In this regard, the mental state of a person, especially in the elderly, serves as a fundamental factor in determining the level of his health. In a broad sense, the management of the mental state of the elderly is carried out in two ways: to prevent changes in the negative side of the psyche, as well as to eliminate the already formed states. At such a moment, the use of methods and means of external and internal self-control will undoubtedly work.

Extreme nervous-mental exhaustion, a feeling of fatigue, as well as frustrations, that is, situations of despair also lead to a deterioration in health.

The above mental state problems are manifested at specific levels. For example, the state of development of fatigue occurs at the level of apathy and leads to disruption of functional systems.

Apathy is a condition characterized by emotional infidelity, apathy, superficial feelings, weak motivation to live and lead a way of life.

In order to prevent this condition, it is required to change lifestyle activity, strictly observe the sleep and rest regime, self-convince in terms of the implementation of certain activities, and perform special and individual physical exercises based on the mental and physiological state of a person, which does not give an overload to the body.

In order to strengthen human health at the level of mental state, 4 types of exercises are used: autogen, psychoregulation, psycho-muscular and ideomotor exercises.

The use of autogenic training in order to convince oneself also gives a high effect.

Autogenic exercise [Yun. autogenes-self-fulfilling], autotrening – a method of psychotherapy (mental treatment) that leads to forgetfulness from this state through self-persuasion and self-control in case of violation of the activity of internal organs, movement activity. Autogenic training can be performed with a technical device (memory, attention trainer and other(s) or at one's own discretion. In this, an attempt is made to convince the patient to leave

his limbs free, not to think about anything, but only to recover. This method gives a good nave when combined with other mental treatments. Basically, neurosis is used, especially when sleep is disturbed. Short-term rest, and in other cases, healthy people also use it.

Psychoregulation is a variant and manifestation of autogenic training adapted to sports training. This exercise is intended for individuals with high muscle relaxation and is characterized by being mainly aimed at preventing mental tension.

Psycho-muscular exercises were designed to improve movement activity by focusing on the conscious implementation of movements, and served to ensure a moderate state of the body.

Ideomotor training is designed so that these actions are carried out automatically as soon as a person evaluates one or another action, and is characterized by motivating the elderly to perform physical exercises in a conscious way.

Scientists who studied involution processes have found that age-related changes occur in various organs and tissues of the human body. But one should not forget that aging is considered not only a process of violation and weakening of functional states, but also the development of compensatory mechanisms in the body that ensure their recovery.

Age-related changes that occur in the body are often accompanied by pathological deviations in the functions of individual organs and systems. Therefore, physical activities carried out with such categories of people should have not only health-improving, but also healing significance.

The increase in movement activity affects the slowdown in the process of involution in the body.

Exercise-based activities with older people should be aimed at solving the following basic tasks:

- 1) have a lasting effect on the nervous system;
- 2) constant stimulation of the functions of the cardiovascular and respiratory systems;
- 3) Improving the process of metabolism
- 4) strengthen the muscular system and increase mobility in the joints;
- 5) support for the full implementation of the vital necessary features, skills and abilities of movement.

Physical actions stimulate the vital activity of various organs and systems by moderating: increase myocardial contractility, improve coronary blood circulation goes with the expansion of capillary blood vessels, increase pulmonary ventelysia, improve the work of a small circulatory system, normalize chest movements. Improves smooth muscle motility of the gastric intestinal tract. It maintains the work movement for a long time, normalizing the muscular system, its connecting apparatus, movements in the joints. In the table below we can see that with age changes, the individual characteristics of people change.

1-table Male and female height of the elderly (according to Kettle), cm

Age period	Male height	Women's height	The length of both sexes difference between	Height growth rate throughout the year	
				men	Women
25	168,2	157,8	10,4	1,2	0,4
30	168,6	158,0	10,6	0,4	0,2
40	168,6	158,0	10,6	0	0

50	168,6	158,0	10,6	0	0
60	167,6	157,1	10,5	-1,0	-0,9
70	166,0	155,6	10,4	-1,6	-1,5

Social conditions are of great importance for the aging process. The social environment can maintain the orientation of the aging process, positive adaptation of a person until old age. To do this, it is necessary to develop measures to improve the living and working conditions of old people, involve them in public affairs, prepare them for aging in a timely manner, direct the aging process to activities, and establish medical, social, cultural services for the elderly.

Everyone should be confident that in each age period his strength, experience is needed by society. Especially old people have experience that is of great importance in the national economy.

When looking at the psychogigienic aspects of aging, one should pay attention to the following.

a) Age is determined not only by the life lived by a person, but also by the way of life, therefore it is at different times in different people. Aging begins with childbirth, it begins to be realized only when the ability to physical work begins to decrease. In the initial phase of aging, a person must reduce his demands on the environment. A person should not strive to organize his activities, taking into account his declining working capacity, and to keep the started process with force, tension. And the desire to hold out with tension accelerates the aging process, can lead to physical and mental disorders.

b) from adolescence, constant physical and mental exercise is a guarantee of pushing the healthy old age Gashti. Sports and various mental work should play a certain role in the daily life of old people.

C) preparation for old age and internal ustanovka make it possible to cheerfully meet this phenomenon.

g) in relation to a person who lives alone, a person who lives in a team does not age quickly. Therefore, the involvement of the elderly in team work is of great importance.

The World Health Organization reports that the number of elderly people among the population of the Earth is increasing. One of the main reasons for this is the fact that living conditions in many countries and nations are improving compared to previous periods. In particular, the number of elderly people in Uzbekistan is increasing, the standard of living for them is improving more and more, that is, the amount of benefits is being increased from year to year, special treatment centers, sanatoriums and rest houses are being organized and hakazo. Judging by the calculations of biologist scientists, a person spends a maximum of 30% of his potential mental abilities throughout his life. The founder of Medical Science, The Great alloma Abu Ali ibn Sina, acknowledged that "while a person gets strength from his waist, arms and legs as he gets older, his mental perception becomes more and more full." Therefore, preserving them, taking measures to use the mental capacity in them as fully as possible is one of the important tasks of the day. An important factor in this regard is their proper (rational) nutrition. Although there are appropriate recommendations for the normative nutrition of the elderly, it is much more difficult to use them fully in the conditions of our Republic. Because each territory has exactly its own characteristics with its existing food products, their stock, composition, quality. It can be noted that in men 60-74 years old, the demand for protein was satisfied by 87%, fats by 107%, and carbohydrates by 128%. The same pointers appeared in women of this age as follows: proteins 81 %, fats 96 %, carbohydrates 120 %. Even in women 75-90 years old, the demand for basic nutrients was not satisfied in moderation: proteins 70%, fats 74.5% and carbohydrates 118 %. In men of the same age, these numbers were determined in the course of observations, respectively, equal to 75; 80.6 and 105%. Hence, the demand for proteins and fats within basic nutrients has not been adequately met in the elderly. Similar cases can be observed using the example of vitamins and minerals. In the daily ration of men 60-74 years old, D (71.2%), V1 (71.4 %) and V12 (75.3 %) can be included in the order of the minimum amount of vitamins. And from Mineral substances there is a lack of more sa (82.3 %) and Fe (81.6%). In the daily diet of women of the same age, the amount of vitamins and minerals is also less than normal.

For example, vitamins such as D (72.8%), V1 (72.3 %) and trace elements such as calcium (71%), phosphorus (76%) and iron (76.2%). And in 75-90-year-old examiners, the demand for some basic and additional nutrients was satisfied even lower. For example, in men of the same age, the demand for proteins was satisfied by 75%, and the demand for fats-by 80.6%. And the satisfaction of the demand for carbohydrates is 105%. In women, however, the demand for these nutrients is as follows: proteins 70%, fats 74.5% and carbohydrates 118 %.

The demand of people in this group for certain vitamins and minerals was also insufficient. In particular, in men, microelements such as Vitamins D (67%), a (78 %) and E (77.3%), calcium (66%), iron (71%), and in women, vitamins D (56%), V1 (65.4) and V12 (63.6%), calcium (58%), iron (65 %) were taken much less than the norm. Regarding the explanation of these cases, it can be noted that a number of changes that occur in the body of older people do not affect their nutritional characteristics. For example, in them, a significant weakening of functional activities in the gastrointestinal tract makes digestion of consumed nutrients difficult. When a violation of secretory activity slows down the breakdown of nutrients, motor activity makes it difficult for them to move along the intestines, while a violation of the absorption process worsens the passage of broken down nutrients from the intestines to the blood. The nutritional status of older people is also not affected by the fact that the general metabolism and energy metabolism are reduced in them. In older organisms in general, various morphological and functional changes that occur during ontogenetic progress have a significant impact on their nutritional status.

The observance of these nutritional principles by older people is of great importance in their longevity, in improving mental and physical work skills.

Movement, muscle activity, physical work occupy an important place in the development of the human body, since its survival, lifestyle directly necessitates active movement. Such a connection has been an integral part of living life since the appearance of Man, and evolution has been strengthened by the way. For this reason, movement has become a necessity for the normative functioning of all external and internal organs, without becoming necessary only for survival (finding and eating food, self-defense against the enemy, protection from unfavorable factors, etc.). And in the current conditions, the rapid development of technology, the increasingly large-scale use of automation and mechanization in marriage have significantly limited the direct action of a person.

With the restriction of active movement, the normative functioning of all organs in the body is disrupted, since they fully perform their functions, mainly in extreme conditions. That is why it is necessary that physical education and sports become an integral part of everyday life. In other words, in the process of such a lifestyle, the natural demand of all organs and systems in the human body in relation to movement should be compensated for by the extra virility that is created, or by physical education and sports.

Living actively ensures that the human body is less susceptible to disease, and easily and quickly recovers after getting sick. In life, many vivid examples of this can be given. It is known that the lifestyle of our ancestors was associated with constant physical work.

The functions of heart rate, breathing are not so enhanced when older people do maximum physical work. Maximum loading performance on a veloergometer leads to oxygen up to 4.4 l/min in a young organism, while in older people this figure is 2.1-2.5 l/min. does not exceed. The heart rate in them also does not increase much. One researcher measured the number of heartbeats with maximum performance and conducted an experiment on himself between the ages of 36-70. The result showed that when the heart rate was increased to 172 as a result of maximum work performance during the 36-year-old, by the age of 70 such a load had raised the heart rate to 150.

The best physical exercise for the elderly is cyclic medium-strength work (not too heavy continuous walking, running, cycling, swimming, etc.). Such movements again strengthen the bone-muscle joints as well, ensuring their continued functioning. At this age, static tension (lifting weights, staying in an uncomfortable position for a long time) should be avoided.

Physical exercises performed by the elderly should be taking into account their age as well as individual characteristics. When this is done, their work of the blood vessels of the heart, the respiratory system and the exchange of substances and energy will improve. In addition, the practice of chronic physical education returns the muscles that begin to atrophy to their mass, perfecting the Coordination of movements in the body [2].

The aging process is characterized by the transition of an individual from middle age to the group of elderly people.

In the theory of physical education, along with general pedagogical principles (awareness, activity, intelligibility, exhibitionism), there are also special, that is, principles that express specific laws of physical education.

These are:

- the principle of comprehensive harmonious development of personality;
- the principle of the relationship of physical education with life;
- the principle of health-improving orientation of physical education;
- continuity and systematicity;
- proportionality of physical load and rest;
- developing, exercising movements gradually getting stronger;
- step-by-step Organization of training;
- compatibility of physical activity with age periods;

In addition to the principles of physical education, there are also private principles of sports training:

- orientation towards achieving high levels of achievement,
- unity of general and special training,
- continuity of the training process based on special programs,
- consistency in increasing physical loads and adherence to certain limits [3].

It is extremely necessary to take into account their motivation when conducting health-improving activities with the elderly. From motivation will depend on the form of training and the organization of the techniques and tools used in it on the basis of pleasantness and desire.

For people of old age, the development of muscles, the expansion of their power quality capabilities, participation in various competitions, marathons are not very interesting, but they want the formation of such situations as activity, good mood, prevention of weakness from training for their organisms, realizing that the main wealth of living in life is health.

This is the main and important principle of organizing any physical education and sports activities with the elderly. When the elderly, in turn, are considered specific "special people" in the system of Physical Culture and the principle of taking into account the individual characteristics of the elderly is violated, the activities carried out with them in order to develop an optimal system of motor activity can be dangerous and harmful to health.

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