

SOCIAL REHABILITATION AND ADAPTATION OF THE ELDERLY IN THE EDUCATIONAL AND CULTURAL SPHERES IN THE REPUBLIC OF MARI EL

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Abstract

The article is devoted to the activities of cultural and educational institutions in solving problems of social rehabilitation and adaptation of the elderly that are significant and relevant in modern society. In the early twenty-first century humanity faced the problem of low birth rates, a significant increase in life expectancy and a steady rise in the number of elderly people. The latter often feel lonely and worthless due to both their psychophysiological and social changes connected with retirement, loss of their social status and low income. The level of social contacts dramatically falls, there are problems of social adaptation, professional activity is not properly replaced by any other kinds of social activity that dramatically changes the psychological state of elderly people leading to depression, psychopathy and even suicide. It is necessary to involve all social institutions in solving problems of social adaptation and rehabilitation of elderly people. The goal of social rehabilitation and adaptation is the implementation of measures aimed at restoring human rights, social status, health, disability.

Today the system of social rehabilitation and adaptation of the elderly involves a wide range of cultural and educational institutions: libraries, museums, universities, etc. Due to their activities in social and cultural rehabilitation and adaptation the elderly participate in social life, educational programmes and cultural events, get new knowledge and skills. The institutions provide the elderly with the opportunity to communicate pass their leisure time, take part in creative activities.

The authors discuss the theoretical basis and the specific character of work with the elderly, which are described in the works of leading Russian and foreign scientists in the field of psychology, pedagogy, andragogy and gerontology. They also summarize the experience of cultural and educational work of universities, libraries, museums with elderly people in the Republic of Mari El, consider main directions and forms of this activity.

Keywords: University, Museum, Library, Social and cultural rehabilitation, Adaptation, The elderly, Gerontology, Andragogy.

1. INTRODUCTION

The study of the work of cultural and educational institutions on solving problems of social rehabilitation and adaptation of the elderly is necessary because of its significance and relevance in the modern world as there is an increase in older people who often feel lonely and worthless due to both their psycho physiological and social changes connected with retirement, loss of their social status, decrease in their social contacts, problems of social adaptation, etc.

Currently, the study of peculiarities of work with older people is a promising direction of research that is discussed in the works of such scientists as T. V. Vdovenko, I. V. Davydovsky, A. D. Zharkov, S. I. Zmeev, T. G. Kiseleva, I. A. Kolesnikova, Y. D. Krasilnikov, O. Y. Matsukevitch, N. N. Yaroshenko and many others.

As noted by scholars and practitioners, solving problems of social adaptation and rehabilitation of the elderly requires the involvement of all social institutions that deal with the problems of person's rights, social status, health, capability of older people. The aim of social and cultural rehabilitation is to provide the elderly with the conditions for social communication, to meet their cultural and educational interests and needs to make positive changes in older people's lifestyle and social integration (Kholostova, E. I., 2012, 296 p.; Khoroshilova, I. S., Nelidkin, A. M., 2014, pp. 267-280). Elderly people's rights are protected by the legislation of the Russian Federation according to which each person is guaranteed social security in old age, the right for health and participation in cultural life and access to all cultural values.

Today the system of social rehabilitation and adaptation of the elderly involves a wide range of cultural and educational institutions. For example, libraries, museums, classical university provide opportunities for social adaptation and rehabilitation of the elderly in the Republic of Mari El.

2. RESULTS

2.1. University

Universities are traditionally platforms to provide conditions for continuous education. In 2012, Mari State University (<https://marsu.ru>) launched a social project "The University of the Third Age", targeted at the elderly who want to maintain an active life position and are interested in continuing personal development and communication.

Taking into account needs and desires of elderly students, the programme of the project expands every year. Today it includes such courses as: Local History, Art Song, Chess, English and German, Acting, Family Academy, Gardening, Singing, Pilates, Eastern Dancing, Photography, Computer Literacy, Painting etc.

Classes are conducted in the form of lectures, workshops, excursions, meetings, etc. Listeners participate in contests, concert programmes. Creative works of the students of the University of the Third Age are successfully exhibited in the Museum of Applied Art (branch of the National Museum named after T. Evseevinthe Mari El Republic).

This project is very popular with the residents. The number of people who want to take the courses is constantly growing.

2.2. Museums

The contemporary museum is a cultural center able to perform multifunctional tasks – educational, entertainment and recreational. In most museums the elderly do not constitute a priority group, museums do not develop special programmes for them. However, elderly people take part in many events - openings of exhibitions, excursions, meetings, etc. Traditionally, museums do not forget about the Day of the elderly. For example, on the eve of the Victory Day the Museum of History in the city of Yoshkar-Ola (<http://i-ola-museum.ru/>) organizes a bus trip about the republic for veterans of Yoshkar-Ola and holds an annual Open Day for the elderly as well.

The admission to the National Museum named after T. Evseev in the Mari El Republic (<http://www.fumus.ru/>) and its branches is free on Open Day. Visitors have the opportunity to get acquainted with the expositions free of charge. Traditionally, Open Day is held on the International Day of Older Persons. Its programme also includes meetings with the veterans of museum affairs and concerts. The National Museum can be also visited free of charge by pensioners, patients from the hospital for veterans and students of the programme "The University of the Third Age" in Mari State University within the framework of charity events.

In addition to the events on the International Day of Older Person sand other events for elderly people the

Kozmodemyansk cultural and historical museum complex in the city of Kozmodemyansk (<http://www.kmkmuzey.ru>) has organized clubs for them – “the Choir of veterans” and the club “Joy” in. They take an active part in various competitions, festivals and events for the elderly. The Museum collaborates with the “Council of veterans” of the city. It is also necessary to note the joint work of the Museum with the Center of social service of the population and other institutions that provide social support to the elderly and the disabled. They have become important and permanent partner institutions.

2.3. Library

Public libraries are closest social institutions to the population especially in rural areas (where there are bad conditions for intellectual development, creative and social self-realization). Libraries hold book fairs, conduct lectures, talks, debates, information days both for young and older people. Libraries organize a variety of cultural and leisure activities for the elderly - literary events, cinema events, concerts and hobby groups. Libraries hold a range of events dedicated to the Decade of the older person, when they traditionally prepare special meetings and programmes. Those older people who do not have the opportunity to visit the library are delivered necessary books. All these events are important for an elderly person in a situation of the change of the social status, health problems, lack of communication (Spesivtseva, N. V., 2013, pp. 74 – 81).

In the libraries there are Centers of socially significant information which provide the elderly with necessary information, distribute social and legal knowledge to help older people solve their current life problems. Special attention is paid to teaching elderly people the basics of computer literacy and the Internet. For example, in one of the libraries in the Soviet district of the Republic there are computer courses for older people, in 2014 the club “Computer for “5”!” started its work in the framework of which several meetings were held devoted to the history of the Internet, useful computer programmes, new literature on getting computer skills, electronic record to see the doctor and use of the Single portal of state services (Libraries in the Republic of Mari El in 2015, 2016, 104 p.).

Library clubs are popular with the elderly, their work focuses on the intellectual, cultural, spiritual development of the elderly creating conditions for communication. For example, in the library of the city of Volzhsk there is a club “With friends”, its purpose is to organize leisure time for readers who are pensioners, veterans of war and labor. The club is attended by well-known personalities of the city – poets, musicians, artists. The main forms of the club work are thematic, literary, artistic, musical evenings, meetings with poets and writers, lectures, book reviews, etc. The club “Health spring”, which unites the elderly, has worked for more than 20 years in the library in the settlement of Orshanka. The purpose of the club is to promote a healthy lifestyle, to organize the exchange of information and experience in growing vegetables and fruits. The club hosts discussions, lectures, holiday parties. The club members make joint excursions (Libraries in the Republic of Mari El in 2015, 2016, 104 p.).

3. CONCLUSIONS

Analysis of the activities of the university, museums, libraries of the Republic of Mari El allows us to distinguish three main directions of organization of work with older people that contribute to their social and cultural adaptation and rehabilitation: 1) applied, 2) intellectual, 3) creative (Asanova, Z. S., Umerkaeva, S. Sh., 2016, pp. 37-42.; Smirnova, M. M., 2008, pp. 77-80). These areas reflect the needs of the given social and demographic group—to receive social and orientating information, take training courses (informal and non-formal), implement creative skills (self-actualization), pass leisure time, communicate. These areas are changeable, agile, often closely linked in some aspects.

Among the most popular forms of the organization of leisure time of older people are talks, leisure evenings, hobby groups, clubs and studios, lectures, workshops, exhibitions, excursions, concerts, performances, plays, dance programmers, personal exhibitions of works, contests and others. While working with older people, the staff of educational and cultural institutions take into account the specifics and peculiarities of this audience.

Thus, we can conclude that institutions of cultural and educational spheres of the Republic of Mari El have experience in working with the elderly which directly contributes to solving the problems of social rehabilitation and adaptation of older people. Educational and cultural institutions maintain optimal level of participation of the elderly in social life, meet their educational and cultural interests and needs (acquaint them with values, norms and traditions, provide with new knowledge and skills), create conditions for their communication, leisure, self-realization.

It is obvious that this work will be transformed, filled with new content and gain new features taking into

account peculiarities and needs of modern elderly people. It requires not only active involvement of older people in processes of social adaptation and rehabilitation on the basis of cultural and educational institutions, but also cooperation and coordination with local government, comprehensive approach, purposefulness taking into account the latest achievements in science and practice, the use of the techniques of educational, social and cultural work with elderly people.

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