

## SUMMARY

The theme of the final qualifying work. Organization of social adaptation of elderly people with the use of physical culture and sports in the center of social services.

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Information about the organization-the customer: SBU "Pyatigorsk complex center of social service of the population".

Relevance of the research topic. The trend of population ageing is observed in all countries of the European Union. Over the past decades, this process has acquired significant proportions and has become a global phenomenon.

Modern socio-economic conditions, global changes in all spheres of life of Russian society involve without exception, all segments of the population in a constant adaptive process; are no exception to the elderly. In this regard, under the influence of the ongoing world processes, social reality imposes strict requirements that require a conscious choice of older people's strategies of adaptive behavior, contributing to their successful, active integration into society.

Social adaptation is an essential component of the complex concept of "quality of life of older persons", as changing conditions and forms of life of older persons require the development of adaptive skills. Social adaptation, understood as a type of behavior, activities aimed at ensuring the sustainability and stability of the social experience of a person – the trend competence of modern people living in industrial countries.

The peculiarity of social adaptation is that the subject of social adaptation not only adapts to these natural and social conditions, but also changes, adapts to itself these conditions, transforms its reality to the extent to which it is appropriate for normal functioning and human activity. In the centers of social services specialists use various technologies of social work with the elderly, such as: interest clubs, self-help groups, information and communication technologies, social tourism, occupational therapy, art therapy, psychological schools.

Despite the wide range of social services provided to citizens in centralized institutions, the problems characteristic of older people – loneliness, narrowing of the circle of communication, lack of socially significant activities, deterioration of the General state of health – all these and many other problems require an early solution.

We believe that there is a direct relationship between the physical activity of an elderly person and his success in social adaptation, which modern people are engaged in, one way or another all his life. In our work we will consider the organization of social adaptation of older people by involving them in active physical education and sports in social service centers.

The aim of the study is to study the ways of social adaptation of elderly people with the help of physical culture and sports centers of social services.

To achieve this goal it is necessary to perform the following tasks:

- to clarify the aging characteristics of the elderly;
- to study the theoretical aspects of social adaptation of the elderly;
- summarize the theoretical material on the issues of centralized social services for elderly citizens;
- to perform activities of GBU so "Foothill center of social service of the population" in the area of social adaptation of senior citizens;
- consider the organization of social adaptation of elderly citizens in the Department of day stay of elderly and disabled citizens in the SBU "Pyatigorsk complex center of social services»;
- to develop a Program of social adaptation for the elderly with the use of means of physical culture and sports.

Theoretical significance of the study. Materials that have been generalized in the work can be used in the organization of training courses for social workers – heads of departments that provide social services to elderly citizens.

The practical significance of the study is that we have developed a program for the social adaptation of elderly citizens by means of physical culture and sports can be multiplied into various socially-oriented organizations and institutions, as it is universal and flexible.

Approbation. The results of the final qualifying work – received positive feedback from the leadership of the SBU "Pyatigorsk complex center of social services".

Research result. We have clarified the gerontological characteristics of elderly people and identified the main problems they face.

The study of theoretical aspects of social adaptation of the elderly led us to understand that the most important means of development of adaptive functions of the elderly are physical culture and sports.

Social integration of an elderly person into society – maintaining a significant role, following the norms, maintaining reference groups, which compensates for the negative effects of poor physical condition, has a positive effect on the maintenance of well-being and minimizes mental suffering. Successful aging is associated with maintaining physical and cognitive activity and, especially – involvement in social interactions, engaging in productive activities.

We managed to generalize the theory and practice on the issues of centralized social services for the elderly;

We analyzed the activities of SBU "Foothill social service center" in the field of social adaptation of elderly citizens by means of physical culture and sports. We have found that this institution has a developed material and technical base for the development of social and adaptation activities with older citizens, but they do not have a targeted program.

In the analysis of the organization of social adaptation of elderly citizens in the Department of day stay of elderly and disabled citizens in the SBU "Pyatigorsk complex center of social services" we have identified resources for the development of physical activity of citizens and improve their social adaptation and socialization.

We have developed a Program of social adaptation for the elderly using the means of physical culture and sports, using the complex of Hatha yoga.