

METHODS AND MEANS OF RECOVERY AND RECREATION
OF THE THE BORDER GUARD BODY*Moroșan Raisa¹,**Dontova Natalia²,**Moroșan Ion³,**^{1,2,3}The State University of Physical Education and Sports, Chisinau, Republic of Moldova*

Abstract. As a result of the border guards' investigation, their personal opinions on the possibility of implementing accessible methods of recreation and recreation that can be used to optimize their health status have been established. Among the most important are the implementations of active rest breaks, the use of special physical exercises to improve brain activity and intellectual effort, and after work: outdoor walks, contrast shower, 7-8 hour sleep, healthy eating.

Keywords: methods, border guards, activity.

Introduction. The activity of border guards is characterized by a series of specific peculiarities, determined by the responsibilities determined by the state border guard of the Republic of Moldova, which have a bad influence on their health status and the efficiency of their work. It has been established that among the most frequent diseases of this population, according to the number of recorded cases, there are listed the diseases of the cardiovascular system, the digestive and locomotive apparatus, the endocrine system, as well as infectious and parasitic diseases [8].

Therefore, the scientific approach to the issues related to the health impact of border guards in the course of the service is current and stringent, and the implementation of collective measures to prevent these diseases corresponds to the current needs in this field.

The data from the specialized bibliography show that the aspects of using efficient recovery and recreation technologies in the field of border police are poorly studied. The latest studies in this direction are made among the military [5], athletes and workers [7].

At the same time, a number of scientific results on the optimization of the process of adaptation of border guards (border guards) under the conditions of the Polar Circle (Nagaev VM, 2000) [6], warm and wet climates (Mezhdidova M. A., 2007) [4], warm and dry climates (Aver-

kin D.A., 2005) [1], the continental alpine climate (Bachmudov GG, 2006) [2] the disadaptation of the body to the early stages of military service.

In the specialized scientific bibliography I have not met scientific papers in which the use of recreational and recreational means could be approached in order to optimize the state of health of border guards. But to develop and implement effective disease prevention methods and maintain the body's work capacity at a high level, it is necessary to know deeply the specificity of the contingent activity that is in our area of concern, including their views on health risk factors and the possibility of using effective methods of restoring and recreating the body.

The purpose of the research is to establish border guards' opinions on health risk factors and on the methods of recovery and recreation accessible to them.

Research methods: questionnaire - investigation, mathematical and statistical methods of results processing.

In order to achieve the proposed goal we have developed an inquiry with a sufficient number of questions to get as much detail as possible on some aspects of their professional activity and their vision on the possibilities of implementing methods and means of recovery and recreation.

The survey involved 100 border guards, male, aged 21 to 46, with work experience in this field

for 15 years. In accordance with the usual procedure, the subject chose one of several variants or expressed his opinion in writing.

The obtained results. As a result of the mathematical and statistical processing of survey data, we obtained the following responses for analysis:

To the question “How do you appreciate your work?” The vast majority of border guards rated their work as “moderately difficult” (83,3%) and “very difficult” (16,7%), which is reflected in Figure 1.

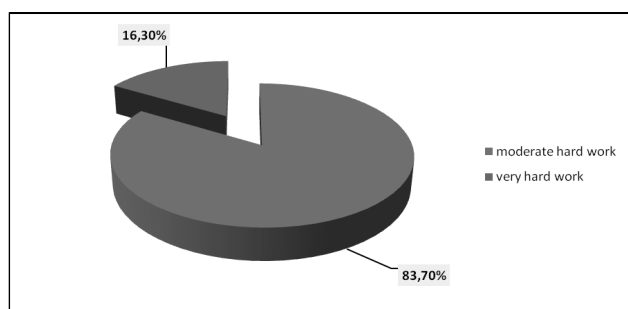


Fig.1. Structure of the answers to the question “How do you appreciate your work?”, %

In our opinion, the results confirm the need to pay more attention to the working conditions of the border guards, as they could negatively influence their health conditions.

To the question “What are the major difficulties you face in the process of work?” It was established that the biggest difficulties faced by border guards include: night shift work (41,60%), changing working conditions (29,20%), excessive psycho-emotional strain (25,00%) and conflicts of different gender (4,20%) (Figure 2).

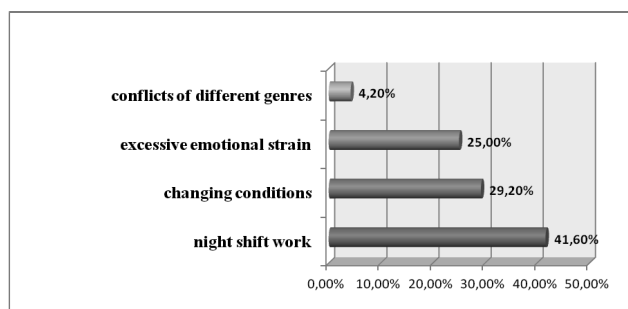


Fig.2. Structure of the answers to the question “What are the major difficulties you face in the process of work?”, %

On the proposal “Express Your Fatigue after Workday in Scale Up to 5 by Circling the Number” - the following results were obtained: 1 - 0%; 2 - 4.17%; 3 - 50%; 4-25%; 5- 20,83%, which are shown in Figure 3.

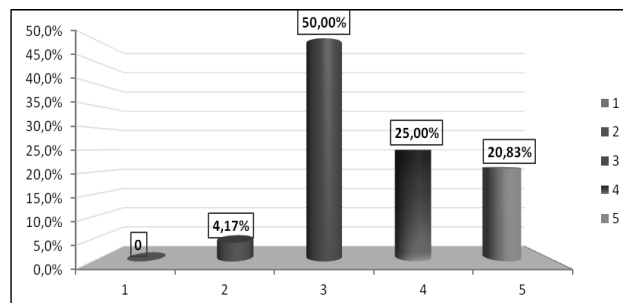


Fig.3. Structure of the answers to the question regarding the expression of fatigue after the day of work, %

It follows from the above that the great majority of border guards feel a great deal of fatigue after the day of work, which dictates the necessity to implement efficient methods and means of recreation.

To the question “What are the changes in the workplace that would improve the workplace and the health indicators of the border guards?”, Answers were provided, which were found in each survey. These include: changing the working regime, reducing the working time of the night shift, increasing the number of employees who work during the shift, observing the lunch hours, offering two free days after the night shift, observing the days of rest, giving the sheets rest and treatment, etc.

Figure 4 gives the answers to the question “As a rule, where do you spend your holiday?”.

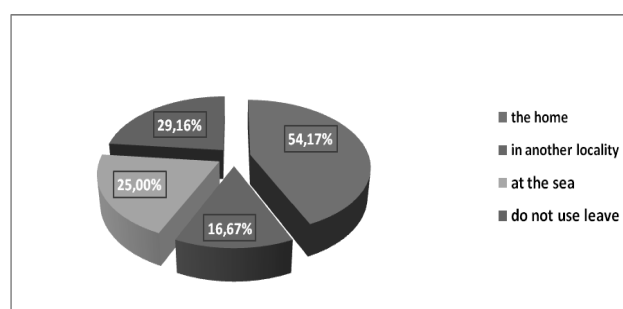


Fig. 4. Structure of the answers to the question “As a rule, where do you spend your holidays?”, %

We note that 54.17% of respondents spend their holiday at home. So, those people do not change their living environment during the calendar year, confronting themselves with the same external factors that only excite certain nerve centers, increasing the body's fatigue. For a substantial improvement of mental and physical health, during the leave period, it is necessary to relax the nervous centers that are systematically involved in activity, which would mean abandoning the usual living conditions and visiting some new localities, obtaining positive emotions and effective use of natural factors for active rest and quenching. Only 25% of border guards spend their time at sea, and 29, 16% of them continue to work during the leave, which creates premise for the occurrence of overwork and the occurrence of various diseases.

To 41,67% of the respondents gave a negative answer to the question "Do you feed healthy?", which indicates that unhealthy or unhealthy food is specific to the specialists in this field, and it is necessary to create good conditions for serving food but also caring the content and quality of daily food ration.

In this context, we mention that only 45.83% of them appreciate their health as good, and the rest, the share of which represents 54.17% - as satisfactory, and among the diseases they suffer are: chronic gastritis, chronic pyelonephritis, bronchitis. At the same time, 33.33% of them say that they do not have resistance to stress.

Given that the surveyed quota represents an important share of the labor force in this field, and the results of the inquiry point to the need to improve their working conditions, we have also analyzed the answers to the question "In your opinion, which of the methods of recreation and recreation in time of work or after work could improve the condition of the border guards?"

Referring to accessible and effective methods of recreation and rehabilitation during the work, the policemen mentioned (37,5%) the need to implement active rest breaks, the use of special physical exercises to improve brain activity and intellectual effort capacity (62,50%) and after work: outdoor walks (35,8%), morning contrast shower and evening contrast shower (15,1%), 7-8 hours sleep (29,1%), healthy eating (20,0%).

In this way, the results of the border guards' investigation allowed us to formulate the following conclusions:

1. It is necessary to revise and modify the daily activity of border guards, which could reduce the degree of fatigue and their morbidity.
2. Border guards face some difficulties in organizing their daily diet, which could be the cause of digestive diseases, but also other organ systems.
3. The results obtained may serve as a basis for the implementation of accessible and effective recreational and recreational methods and means for border police.

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