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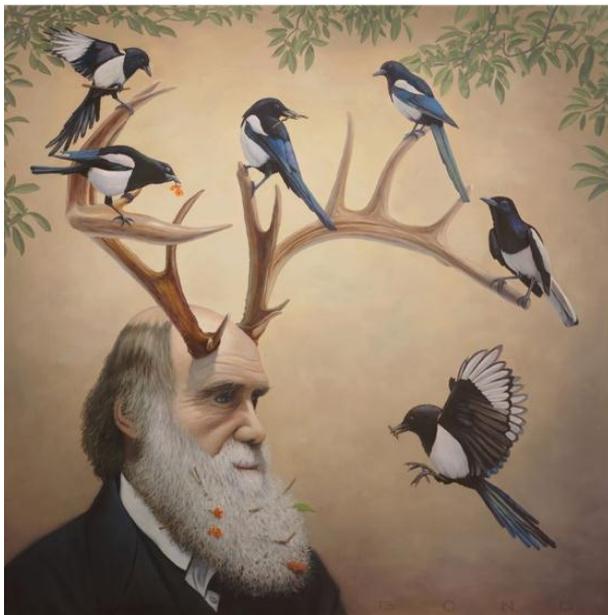
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Self-preserving dispositions and strategies of modern Russian youth

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Abstract

The paper covers the results of a Russian study on the determination of self-preserving dispositions and strategies of modern Russian youth via comparative qualitative research methods. As a result of the study, the problem field of control over the self-preserving behaviour of young people was determined, at the perimeter of which there are problems related to the lack of work to prevent diseases among young people, uncontrolled smoking and the use of alcohol by young people. In conclusion, self-realization can be transformed through children as well.

Keywords: Social, Life, Choices, Health, Expectancy.

Disposiciones y estrategias de autoconservación de la juventud rusa moderna

Resumen

El documento cubre los resultados de un estudio ruso sobre la determinación de las disposiciones y estrategias de conservación de la juventud rusa moderna a través de métodos de investigación cualitativa comparativa. Como resultado del estudio, se determinó el campo problemático del control sobre el comportamiento de autoconservación de los jóvenes, en cuyo perímetro existen problemas relacionados con la falta de trabajo para prevenir enfermedades entre los jóvenes, el tabaquismo descontrolado y el uso de alcohol por jóvenes. En conclusión, la autorrealización también puede transformarse a través de los niños.

Palabras clave: Social, Vida, Elecciones, Salud, Expectativa.

1. INTRODUCTION

Young people are a special social group of high both present and promising importance. This group also has an unclear and hidden potential, but it carries a global mission to shape the national future. Unlocking the Russian youth potential which shall be realized later as an integral part of the human capital of the country, is a priority among Russia's strategic guidelines. The choice of life orientations and social strategies by young people largely determines the future of Russia. The possibility of implementing state strategies and programs (2030, 2050) is completely determined by the life perspective of today's graduates of schools, secondary educational institutions and universities. A

preliminary study of the social strategies of young people contributes to increasing the likelihood of achieving strategic indicators and manageability of regional development (AL-RABAANI, 2018).

Youth culture which is being immersed in general and specific risks forms a complex factorial channel, within which young people have to make vital decisions, developing their own way of socialization, which is emphasized in many studies of Russian authors (MUZDYBAYEV, 2004; KIREEV, KRASNIKOVSKIY, SAZONOV & SAZONOV, 2013). Changes in the structure of the main social processes and mechanisms of influence on youth by main socialization institutions lead to an unpredictable socialization result that can qualitatively change the future mentality of Russian people. Such changes may occur in all areas of socialization, but in this paper, we will consider only one thing, namely, the self-preserving strategies of the Russian youth (ALWAHDANI, 2019; AMEEN, AHMED & HAFEZ, 2018).

The attitude of young people to their health is the decisive and most significant factor that can both bring the demographic situation of Russia to the leading position in relation to international ranks, and also can nullify all attempts to increase the human capital of our state. Self-preserving models of youth behaviour and dispositions on a healthy lifestyle are reviewed and studied in a number of works (SAMYGIN & OSIPOVA, 2015;

NIKOLAYUK, 2016; POLTORAK, 2010; PAVLOV, 2008; KASHURKINA, 2006, etc.). Many of those scholars attempted to assess external factors and conditions affecting both the health status and the self-preserving choices of young people (EVSTIFEEVA, RASSADIN & FILIPPCHENKOVA, 2010; BONDIN, PONOMAREVA, ZHABROVA & MANUILENKO, 2012; ABROSIMOVA ALBITSKY, GALLYAMOVA & SOZINOV, 2007; SOLOVYOV, 2009; OSTOVAN, DARYANOOSH & SHARIFI, 2018).

2. RESEARCH METHODS

Exploring the risks in the field of socialization strategies of young people, in 2018 the International Center for Social Strategies of Young People at the Belgorod State National Research University has conducted for the first time comprehensive research of social strategies implemented by young people. Measurements were taken in the field of 11 strategies: economic, educational, migration, labour, social, spiritual and moral, leisure, political, self-preserving, family, and communicative. The object of the research was the youth in the Russian province (N = 2500), which has been divided by their gender, age and three main quotas: pupils, students, and working youth.

The global goal of the research project was to study the socialization trajectories of young people and the possibility of influence on them by regional institutions in the conditions of the riskiness of the modern environment. More information about various aspects of the study can be found in the scientific publications of Maksimenko and Shapovalova, 2018; Shapovalova and Kisilenko, 2018; and Kisilenko, 2018. One of the study's subjects was self-preserving strategies of young people, which made it possible to single out one of the important tasks of the study: determining the risks of existing dispositions of self-preserving behaviour, socialization results and life choices of youth within the boundaries of health-saving life strategies.

3. RESULTS AND DISCUSSION

The relevance of a sociological understanding of self-preserving behaviour is due to the fact that at present the public health problems are of particular importance. Currently, behavioural factors, people's attitude to their own health and longevity play an increasingly important role in determining morbidity and mortality. Issues related to the formation of self-preserving behaviour practised by the population of Russia are relevant and acquire a special significance in our country. The most important aspect of public health is the self-preserving behaviour

and lifestyle of young people. That is why the definition of a self-preserving type of young people, which gives a characteristic of the attitude towards their physical state, becomes relevant. So, only 34.8% of respondents monitor their health and undergo regular medical examinations, the overwhelming majority (65.2%) visits a clinic only during the period of illness; such an attitude to their health can be explained by their age and the absence of problems at the moment.

Considering the polar dispositions, we identified the motivation of young people in the field of health preservation and the reasons that prevent young people from leading a healthy lifestyle. Thus, the main motive for preserving and raising the level of one's health becomes the full life of a person (63.9%), the possibility of self-realization (38.3%), the continuation of one's own kind (33.0%), and the desire to be included in the life of their own children (31.9%) (Table 1). Thus, within the framework of this trajectory, today there are two important socialization results - a full life and self-realization in it and the birth of healthy children. Young people are least motivated by fashion and media propaganda; keeping them healthy to perform work, and fear of becoming useless is not important for many people.

Table 1. Answers to the question What possesses you to take care of your health?

Answers	%
I want to feel good to more fully enjoy life	63.9

I want to live long to raise all my children	31.9
Good health allows a person to fully realize themselves	38.3
I want to be healthy in order to have healthy children	33.0
I want to preserve beauty and attractiveness as long as possible	27.3
I want to live long, to help raise my grandchildren	13.3
Nobody needs a sick person	8.8
I don't want to be a burden to others due to poor health	12.8
Health care has become fashionable and is promoted by the media	2.2
I cannot afford to hurt, because the treatment is very expensive	12.5
Good health allows you to work as long as possible	8.8
It is hard to answer	7.0
Other	0.3

The reasons that prevent a healthy lifestyle were distributed as follows: the top three leading causes were defined by the shortage of temporary resources (34.3%), the associated factor of being busy due to training load (38.6%); 34.3% of young people also identified their own laziness as a factor. An important factor was both the material inconsistency of young people (20.7%) and the unwillingness to change their lifestyle (10.0%) (Table 2).

Table 2. Answers to the question What prevents you from having a healthier lifestyle?

Answers	%
Lack of free time	34.3
Heavy work / training load	38.6

Own laziness, disorganization	34.3
Lack of material opportunities	20.7
Unwillingness / unreadiness to change their usual way of life	10.0
Lack of like-minded people	6.6
Lack of necessary information on healthy lifestyle issues	2.4
Age	1.9
Family and child employment	1.9
Lack of connections / wealthy friends and relatives	0.8
I do not believe that I can change something on my own	1.8
The overall situation in the city / area where I live	2.4
Lack of necessary education / skills	1.5
Poor living conditions	1.0
The general situation in the country	2.6
Other	0.5

The attitude to the long life expectancy of young Russians is not of low importance as an attitudinal disposition. So, the pessimistic trajectory to reach out to 50 years was chosen as the best option by 6.1%, to 60 years - 3.9%, and to 70 years - 7.3%. Thus, a short life expectancy is defined as the best format for their own destiny by 17.3% of young people. The greatest number would like to live in the period of 80-89 years, and a little more than 30% fall outside this line, while 17.0% even step over a hundred-year milestone.

But, assessing the real opportunities and prospects, some of young people make some outflows to lesser life expectancy: in

reality, 11.8% are already going to celebrate their centenary, 20.5% - to celebrate their eighty-year anniversary, but the number of those who do not expect to live to 70 years increases by more than ten points – to 29.1% (Table 3). Thus, almost a third of young people are not tuned for longevity; in general, there can be hidden socialization result - a low demand to the long life expectancy of young people.

Table 3. Answers to the question What is the life expectancy you consider the most optimal for a person? How long do you plan to live by yourself?

Answers	Maximum life expectancy	The age to which I will be able to live
less than 50	6.1	8.2
50-59	3.9	8.2
60-69	7.3	12.7
70-79	14.0	16.6
80-89	27.6	20.5
90-99	15.5	11.3
100 and above	17.0	11.8

Considering the dynamics and prospects of health preservation by young people in the region, it is worth noting that at the moment 35.1% of respondents are engaged in sports. In general, another 18.5% are planning to join the sports group at one stage or another (Table 4). Thus, 48.8% will be added to the sports model of life at the early stages (up to 25 years), and 53.6% of the population will be connected to the sport in total. 40.9% of young people also plan to start adhering to a healthy diet before the age of

25, while most of them will do (or have already done so) this up to 20 years; in total 49.8% plan to monitor their diet. Also, 36.2% of those who are younger than 25 plans to pass their prophylactic medical examination; approximately the same amount will begin to pay attention to their health, 49.5% and 51.8% will become the most attentive.

Table 4: Answers to the question at what age have you done, do plan (or do not plan) to take the next steps?

Answer options	18-20	20-25	26-30	31-35	36-40	41-45	45-60	After 60 years	I do not plan	Difficult to answer
Do sports (if you don't do it)	35.1	13.7	2.8	1.2	0.4	-	-	0.4	2.4	8.7
Stop smoking (if you smoke)	11.5	6.2	1.8	0.9	0.5	-	-	0.4	6.9	17.2
Do not drink alcohol (if you drink)	11.0	4.7	2.6	1.3	0.4	0.3	0.8	0.9	9.3	16.3
Stay healthy	26.7	14.2	4.5	2.3	1.1	0.6	-	0.4	3.4	10.9
Visit the clinic and undergo a medical examination in order to prevent diseases	21.9	14.3	5.5	2.7	1.8	0.9	1.5	0.9	3.5	12.5
Support your health to increase longevity	24.8	13.9	5.5	3.2	1.5	1.2	1.0	0.7	2.5	11.5

Assessing the existing situation in helping social institutions in order to implement self-preserving socialization trajectories, young people in all positions stopped at the limit of up to 30% - the highest indicator was formed in assessing the development of youth sports (29.2%), the least - informing the population about the need for medical examination (22.8 %). The work of medical institutions was assessed satisfactorily only by 23.8% of young people, the availability of sports infrastructure was assessed satisfactorily by 24.0% (Table 5).

Table 5. Answers to the question Please, express your opinion on the existing situation in your district / city (place of residence) on the following questions?

Evaluation	The work of medical institutions	Informing the population about the need to undergo medical examination	Affordable free sports infrastructure	Promotion of healthy food	The introduction of young people to a healthy lifestyle	Development of youth sports
Satisfied with the situation	23.8	22.8	24.0	25.1	27.4	29.2
I have information on the issue	8.6	8.4	7.9	7.1	6.5	5.8
Interested in this issue	8.1	5.5	6.3	5.2	4.9	4.3

The problematic field for each of the identified problems did not exceed 20%, so the greatest attention was given to problems

related to the lack of preventive work to prevent diseases among young people (19.5%), uncontrolled smoking of young people in public places despite the law (18.5%), and uncontrolled use of alcoholic beverages by youth (18.6%) (Table 6).

Table 6. Answers to the question Please, indicate what problems exist in your district / city?

Existence of problems	%
Lack of work to prevent diseases among young people	19.5
Lack of healthy lifestyle promotion among young people	10.8
Lack of accessible sports infrastructure	14.0
Lack of fitness clubs, sports clubs, gyms	8.8
The presence of a large number of fast food cafes	15.7
Uncontrolled smoking of young people in public places despite the law	18.5
Uncontrolled drinking by young people	18.6
High level of drug addiction among young people	12.0
No issues listed	36.4

4. CONCLUSION

Regarding the results of the study, we note, first of all, the socialization results obtained for young people born in 1997–2003. These are: a) the value of a full-fledged life and self-realization in it, b) the importance to deliver healthy children, c) low demand for long life expectancy.

The first two positions are closely linked; in fact, self-realization can be transformed through children as well. But the third result is capable of introducing a strange attractor into the reference points of young people concerning life and its sense. The low value of a long life, in combination with the first result, can give a configuration of self-preserving models aimed at hedonistic aspirations, including asocial pleasures that destroy not only physical but also social health. The second result, on the one hand, in confronting such a risk, but can lay down reproductive boundaries associated with milestones in raising children by determining the end of self-preserving norms with their maturation.

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