

APPROACHES TO IMPROVE THE QUALITY OF EDUCATION AND SOCIAL LIFE IN THE RUSSIAN FEDERATION

ABORDAGENS PARA MELHORAR A QUALIDADE DE EDUCAÇÃO E VIDA SOCIAL NA FEDERAÇÃO RUSSA

ENFOQUES PARA MEJORAR LA CALIDAD DE LA EDUCACIÓN Y LA VIDA SOCIAL EN LA FEDERACIÓN DE RUSIA

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ABSTRACT: The relevance of the given problem is determined by the need of studying the transforming system of education and social protection of war veterans and senior citizens in the framework of changing social and economic conditions, which is particularly significant during the process of increasing social threats. The purpose of the work is to study the Russian experience to improve the quality of life and education of veterans and senior citizens in the framework of the modern conditions and develop recommendations for improving the quality of life of the investigated category. The principal method of studying this problem is the system (integrative) method which demands the analysis of social, economic, legal, and other supportive measures for the veterans and senior citizens. The sociological method of the research is an expert survey. The study has concluded that is vital to improve the practice of interdepartmental interaction in the development of various technologies and educational means of social services. The practical significance of the study is the possible use of the developed recommendations in the framework of social gerontology and practical activities of institutions of the social protection of senior citizens; moreover, the study results can be useful both to the experts in social security and social welfare, and the general public.

KEYWORDS: Quality of life. Veterans. Education. Senior citizens. Social protection.

RESUMO: *A relevância do problema em questão é determinada pela necessidade de estudar o sistema transformador de educação e proteção social dos veteranos de guerra e idosos no*

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quadro da mudança das condições sociais e econômicas, o que é particularmente significativo durante o processo de crescentes ameaças sociais. O objetivo do trabalho é estudar a experiência russa para melhorar a qualidade de vida e educação de veteranos e idosos no âmbito das condições modernas e desenvolver recomendações para melhorar a qualidade de vida da categoria investigada. O principal método de estudar este problema é o método do sistema (integrativo) que exige a análise de medidas sociais, econômicas, legais e outras medidas de apoio para os veteranos e idosos. O método sociológico da pesquisa é um levantamento com especialistas. O estudo concluiu que é vital melhorar a prática de interação interdepartamental no desenvolvimento de várias tecnologias e meios educacionais de serviços sociais. O significado prático do estudo é a possível utilização das recomendações desenvolvidas no âmbito da gerontologia social e das atividades práticas das instituições de proteção social da terceira idade; além disso, os resultados do estudo podem ser úteis tanto para os especialistas em segurança social e bem-estar social, como para o público em geral.

PALAVRAS-CHAVE: *Qualidade de vida. Veteranos. Educação. Terceira idade. Proteção social.*

RESUMEN: *La relevancia del problema planteado está determinada por la necesidad de estudiar el sistema transformador de educación y protección social de los veteranos de guerra y adultos mayores en el marco de condiciones sociales y económicas cambiantes, lo cual es particularmente significativo durante el proceso de crecientes amenazas sociales. El propósito del trabajo es estudiar la experiencia rusa para mejorar la calidad de vida y la educación de los veteranos y personas mayores en el marco de las condiciones modernas y desarrollar recomendaciones para mejorar la calidad de vida de la categoría investigada. El método principal para estudiar este problema es el método del sistema (integrador) que exige el análisis de medidas de apoyo sociales, económicas, legales y de otro tipo para los veteranos y personas de la tercera edad. El método sociológico de la investigación es una encuesta de expertos. El estudio ha concluido que es vital mejorar la práctica de la interacción interdepartamental en el desarrollo de diversas tecnologías y medios educativos de los servicios sociales. La importancia práctica del estudio es el posible uso de las recomendaciones desarrolladas en el marco de la gerontología social y las actividades prácticas de las instituciones de protección social de las personas mayores; además, los resultados del estudio pueden ser de utilidad tanto para los expertos en seguridad social y bienestar social, como para el público en general.*

PALABRAS CLAVE: *Calidad de vida. Veteranos. Educación. Jubilados. Protección social.*

Introduction

The problem of the social policy on war veterans and senior citizens is essentially interdisciplinary. This problem concerns the scientific analysis of such areas as the social policy of the society, the system of social protection of the population, which are studied by many social sciences. The nature of the involved sources in social policy, social work, social protection, jurisprudence has been predetermined by the choice of the subject study, the justification of its most relevant aspects, and the degree of study.

The analysis of the quality of life of various categories of the population is one of the most important aspects of the sociological analysis of the transformation of modern society. The study provides access to the changes in the public consciousness and social structure of a society, identifying the areas of social tension, and studying diverse and contradictory ideas about social life.

Education as a factor of social inclusion is a relevant issue to be addressed in today's society, especially when this inclusion applies to a group that needs social support, such as the elderly and veterans. A transformative education may be able to foster better living conditions for the elderly and those in situations of difficulty as a result of war wounds, through a transformative education it is possible to relocate these people and guarantee them new opportunities to integrate in a society that changes continuously, ensuring that they are part of an active social environment, in addition, studies on this population are also essential for the promotion and improvement of social policies that aim to help this population, guaranteeing decent conditions for survival, benefits and conditions of social respect that ensure these people a situation of social respect and activity, integrating these people back into an active life.

One of the categories of citizens, which has traditionally become the object of social protection in Russia, is senior citizens and veterans. It should be noted that the social and legal status and right to receive social supportive measures of veterans are determined by their special services to the fatherland and stand as an expression of the guarantees of creating conditions that ensure them a decent life, honor, and social respect. There are several categories of veterans that are defined by the law.

The classification of this category of the population is based on the criteria of the special merits in the protection of the fatherland during military or another public service and the significant labor contribution (conscientious and long-term work).

Several categories of veterans are defined by the law under the Article 1 of FL dated 12 January 1995 № 5-FL on veterans: veterans of the Great Patriotic War, combat veterans (who served in the Soviet Union, Russia or other states), military veterans and labor veterans. (RUSSIA, 1995). There are the following categories of recipients in the group of the veterans on the portal EGISSO (tab. 1).

Table 1 – Summary of the category of recipients of social protection, «veterans» are on the EGISSO portal as at February 2020

The name of a category of recipients	The number of recipients, persons
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Former minor prisoners of concentration camps, Nazi ghettos, internees	79,142
Veterans of the Great Patriotic War, participants in the Great Patriotic War, their widows, and family members	436,952
Military veterans	224,736
Labor veterans and their family members	11,152,321
Great Patriotic War invalids, War invalids, people considered as War invalids and their family members	280,829
People who are a decorated Resident of Blockaded Leningrad and their family members	102,222
People served on the home front during the Great Patriotic War, participants of the Labor Front and their family members	159,493

Source: Unified State Social Security Information System (2020)

Besides, the Federal Law defines the system of social support measures for this category of citizens that includes: housing; pension provision; the right to receive a monthly payment and a set of social services; the right to receive the additional monthly material security; to receive medical and prosthetic and orthopedic care; the ability to use social benefits (for example, out of turn installation of the landline, some benefits to utility and housing payments, out of turn admission to boarding schools, and the others); and the right to receive social services, financial and in-kind aid, and social payments, including annual ones which timed to the significant dates.

Due to the Russian legislation, different categories of veterans have the right to receive various social support measures, including depending on the source of funding. Some categories of veterans are entitled to a benefit, according to Article 10, paragraph 1 of FL on veterans (RUSSIA, 1995). These are veterans and invalids of the Great Patriotic War and military veterans. In turn, according to the Article 10, Paragraph 1 of FL on veterans, people served on the home front during the Great Patriotic War, labor veterans, and people, which were added to this category, at 31 December 2004, are provided with the social support at the regional level. Since 2004 (the authority to provide the social support to labor veterans and people who served on the home front was transferred to the regions), the regions adopted laws defined the level of social support measures and benefits provided to labor veterans and people served on the home front (these categories of people are considered as people which are entitled to a regional benefit).

However, the constituent entities of the Russian Federation can establish other additional measures of social support and benefits to people, which are entitled to a federal benefit, within the framework of their regional legislation. Therefore, the list of social support measures and their size to the veterans as people, which are entitled to a benefit, depending on

the financial condition and abilities of a particular constituent entity of the Russian Federation. (BISTYAYKINA; SOLOVYOVA; PANKOVA, 2019).

This article represents the results of the main study from a series of studies planned within the framework of the research «*Transformaciya social'nogo samochuvstviya veteranov vojny v usloviyah rossijskih preobrazovanij na regional'nom urovne*». This article represents the results of both pilot studies and the main study.

The federal (national) target programs and projects are an important element in the social protection system for senior citizens and veterans.

For example, due to the federal project «*Demografiya*» within the framework of the program on system support and improving the quality of life of the senior citizens «*Starshee pokolenie*», whose main aim is the increase in healthy life expectancy till 67 years and whose task is developing and implement a program of systematic support and enhance the quality of life of senior citizens, one assumes the following measures.

Firstly, there is a task to increase the period of active aging and healthy life expectancy by:

- adoption of some regional programs including measures to increase the period of the active aging and healthy life expectancy;
- coverage of preventive check-ups and 1 clinical examinations of persons older than working age (by the end of 2024, there are at least 70% of people in this category);
- establishment of regional senior centers and gerontological departments, etc.

Secondly, to create a system of long-term care for senior citizens, veterans, and invalids as part of measures which are aimed at the developing and maintaining the functional abilities of senior citizens, including the balanced social services and home medical care, in semi-stationary stations and clinics, involving health visitors and nurses, and support for the family care.

Thirdly, to provide for the maintenance the social service organizations in good condition in the regions of Russia and eliminate the queues there, including:

- in the constituent entities of Russian Federation to co-finance the construction (reconstruction), covered through funds from the federal budget, of permanent social service institutions of constituent entities of the Russian Federation on the expenditure commitments of constituent entities of the Russian Federation; this construction is related to the implementation of state programs of constituent entities of the Russian Federation, which aimed at ensuring safe and comfortable conditionality social services in the field of social services;

- to update the sanitary and epidemiological requirements for the placement, arrangement, equipment, maintenance, sanitary and anti-epidemic mode of operation of social service organizations that meet modern approaches to a social service organization and aimed at ensuring safe and comfortable conditionality social services in the field of social services, etc.

Fourth, to organize measures for the vocational and supplementary vocational training of persons of the pre-retirement age (DEMOGRAFIYA, [n.d.]).

The complexity and multidimensional nature of the given problem are not sufficiently disclosed in scientific works and determine the relevance of this study.

Materials and methods

Research methods

The methodological basis is a combination of various research approaches based on the logic of the movement of concepts, the structural organization of the object and subject, and study objectives. The general scientific methods of analysis and synthesis, dialectical, system, structural, functional methods, methods of comparison, generalization, and interpretation of sociological, philosophical, and psychological information were used as a methodological basis. Moreover, one used a scientific method called the method of document analysis (qualitative method), a survey of the experts.

Research stages

During the first stage, the theoretical analysis of Russian researches on the problem has been carried out; the purpose, objectives, and methods of the research have been identified; a cycle of pilot studies has been held.

During the second stage, taking into account, the errors of the pilot (trial) study the program of the main study has been developed, a sample set of experts and their selection criteria were determined; the analysis of secondary studies has been carried out and the conclusions were made based on the results of the study.

During the third stage, the main research has been completed, the theoretical and practical conclusions were clarified, the results were generalized and systematized.

Results

The social feeling of a particular category of citizens in modern scientific literature is considered as an integral indicator/characteristic taking into account a lot of aspects: the level of psychological comfort, the nature of emotional reactions to the environmental conditions, the reflection of subjective perception of the level of social security and satisfaction with the quality of life and living standards, the citizens' assessment of the organization of various areas of the social life (money, housing, social, leisure, cultural, etc.).

The examination of a concept of "social feeling" from the perspective of sociological and socio-psychological approaches provides with focusing on the impact of the social environment and human being's reaction, which is expressed in the experiences of life meaning, the satisfaction of needs, the abilities of self-realization and self-assertion, and on the experience and reflection of their condition under the influence of objective circumstances of their life (KRY'SKO VLADIMIR, 2008).

One distinguishes the following components in the structure of social feeling:

- 1) the cognitive component (including the knowledge and assessment of the social situation and determining a place/position in it);
- 2) the emotional component (a range of the experiences, feelings, emotions, which were generated during the interacting with social reality);
- 3) the behavioral component (the various forms of self-expression, social activity/passivity).

The social feeling is in direct proportion to the level of success in solving the vital social problems and meeting the needs of a particular category of people.

There are some «basic» markers which are important for every person, for example, T. Londadzhim claims that the social feeling includes a human being's feelings of satisfaction with their health, financial status, social status, legal protection, family well-being, interpersonal relations, and the state of the political, socio-economic, environmental, and national situation in the region of living and country, in whole (LONDADZHIM, 2011).

The quality of life of senior citizens and veterans is an objective characteristic of the entire society including the material conditions and livelihood of this category of the population.

One should include the following characteristics as the main characteristics of the quality of life of senior citizens and veterans:

- 1) the material security including the necessary income level, which provides with the satisfaction of physical and social needs of one person;

2) the state of health characterized by the functioning degree of human biological functions;

3) the education and employment including opportunities for social activities and leisure activities;

4) the social feeling of senior citizens and veterans, which includes moral and ethical, socio-medical, socio-pedagogical, socio-psychological, and socio-philosophical components.

It should be noted that it is important to maintain the main areas of social protection to make the quality of life of the senior citizens and veterans sufficiently high-levelled.

For example, currently, the Russian Federation works on improving the pension legislation, and social and labor pensions of these population groups are indexed. At the legislative level, the approaches to calculating the consumer basket have been revised to make an accounting of the needs of citizens, including the senior citizens, more accurate.

Moreover, in the Russian Federation, the senior citizens and veterans in social service hospitals are provided with socio-medical, socio-household, socio-economic, socio-legal, and socio-psychological services. It should be noted that the work is regularly carried out to strengthen the physical infrastructure of social service hospitals in the territory of constituent entities of the Russian Federation.

According to the World Health Organization (WHO), quality of life is defined as the individual's perception of their position in life in the context of the culture and value systems in which they live and concerning their goals.

The quality of life is determined by the physical, social, and emotional aspects of a human being's life which are important to them and affect them. The quality of life is the comfort level of people inside themselves and within the framework of their society.

The quality of life of senior citizens and veterans is determined by a combination of factors including:

- objective factors (the socio-economic development of the social sphere; the political system, ideology; a system of social protection and social services; the socio-cultural and national customs and traditions; the social norms; the social needs; the living conditions (a city, a village, etc.);

- subjective factors (gender; age; health status; education (occupation, official capacity); having children, grandchildren, or other relatives; the role of senior person/veteran in a family; individual and personal characteristics and values, etc.

The WHO identified some factors affecting the quality of life in later life: depression or anxiety disorders, decreasing of the self-sufficiency, self-esteem, lack of interest in social

activities, psychological distress, rejection of social relationships, and feelings of loneliness. (WHO, 2002).

Loneliness, depression, and anxiety are factors of the social and psychological vulnerability of a senior person (XAVIER; FERRAZ, 2003).

Recommendations for improving the social protection of the senior citizens and veterans to improve the social feeling and quality of life

According to the experts, to improve the main measures implemented in the social protection system for the senior citizens and veterans, one advises the following actions:

a) To study the successful experience of the regions dealing with the problems of the senior citizens and veterans; besides, actively using the Internet when the interregional cooperation is low-costed for the travel of delegations and exchange of experience;

b) To create in the management system a department of forward-planning arrangements for the development of the system of social services for the senior citizens and veterans;

c) To create an experimental, basic social service institution for the senior citizens and veterans, in which the new methods and technologies will be tested;

d) To deal with the question of the information support for social service institutions working with the senior citizens and veterans by creating and supporting of Internet sites, the publication of regional newspapers or magazines free for social protection institutions, and the resumption of the publication of the regular publication of information papers containing lessons learned of social protection institutions;

e) to create in the regions a system of the social order and social grant, which will simplify and provide with more effective solving of a large number of social problems of the senior citizens and veterans, including such acute ones as health, leisure, employment, care for the elderly, etc.;

f) To launch the regional and municipal competitions, the social projects for the senior citizens and veterans;

g) To increase the efficient use of budget funds to solve the social problems of the senior citizens and veterans;

h) To improve the practice of the interdepartmental interaction in the development of various technologies of social services for the population and focus on improving the quality of social services for the senior citizens and veterans;

i) To create a database of non-profit organizations providing social services for the senior citizens and veterans;

However, some other measures to improve the social feeling and the quality of life of the senior citizens and veterans should be also considered:

- Strengthening the legal protection of the veterans by reviewing some regulations followed by change or creation of new documents;
- Creation of newer federal and regional programs and projects aimed at improving the quality of life of the veterans;
- Provision the informed decision-making, federal and regional target programs aimed at supporting the senior citizens and veterans;
- Provision to the veterans with all the necessary conditions of well-being (housing solutions, improving the financial situation by increasing pensions, provision of benefits etc.);
- Strengthening the medical and social services for veterans and increasing the level of qualification of the employees of these services;
- Provision the targeted social assistance to the veterans and their family members;
- branching the infrastructure of the social and medical institutions for the senior citizens and veterans;
- Introducing innovative methods of work in hospitals that are known to be effective in practice etc.

The results of the research

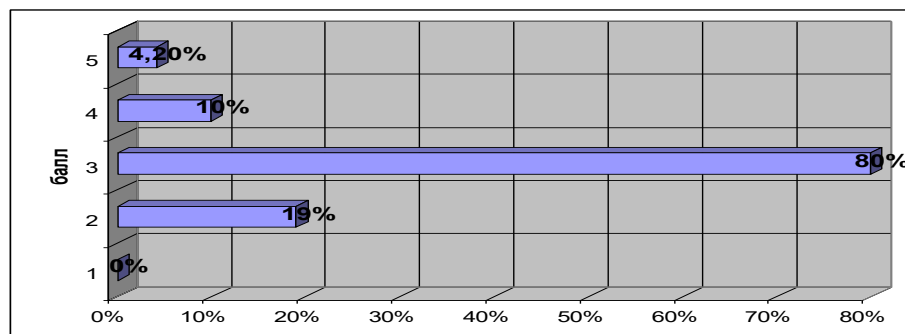
20 experts took part in this study. The screening criteria were the presence of a certain professional qualification (a social worker), the length of service (at least 3 years), the supervisor and colleagues' feedback on the professional competence of the respondent and his/her desire to participate in the survey. The results of the research have shown that the leading subject of social protection of the senior citizens and war veterans is the Ministry of Labor and Social Protection of the Russian Federation (at the federal level) and the executive branch of constituent entities of the Russian Federation in the regions (70,0%), and also their subordinated institutions and organizations (15,0%); various social organizations of the veterans – 15,0 %.

The experts note that in the future the senior citizens and veterans will not consider the government as the only main subject of social protection. There are indications that the role of modern Russian government as a subject of social protection, support, and assistance to the senior citizens and veterans will increase.

Therefore, of special interest are the data from a sociological survey of senior citizens conducted in Yekaterinburg (2013) and aimed at studying the social activity of the individual representatives of the older generation. It was found that the senior citizens, living in hospitals, have lower self-esteem and higher self-accusation levels compared to the senior citizens living with family members. The senior citizens with no family have no plans for their future. The representatives of the older generation having family care are prone to plan their future affairs, meetings, family holidays (OSTAPCHUK, 2013).

According to the experts, the assessment of the quality of life of the senior citizens and veterans represents the following results: a «satisfactory» rating 80%; a «good» rating 10%, and an «excellent» rating 4.2%. The rest of the senior citizens (19%) rated their quality of life as «unsatisfactory» (fig. 1).

Figure 1 – the assessment of the quality of life of the senior citizens and veterans (according to the experts)



Source: Devised by the authors

According to the interviewed experts, most frequently the senior citizens and veterans seek help from the social protection and social service institutions in case of having money problems, social and living difficulties, social and legal problems (16.2%). Some senior citizens and veterans seek help in case of having the socio-psychological problems, the problems related to the management of leisure activities, and the problems in the relations with their children (or other close relatives) (fig. 2).

Figure 2 – the experts' opinion on the problem of seeking any help from the social protection and social service institutions by the senior citizens and the disabled



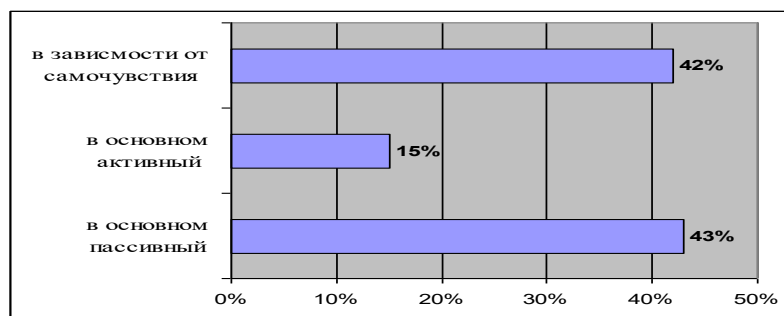
Subtitles: 1 – medical and social problems (declining health, exacerbation of acute condition of diseases, the decline in physical activity), 2 – money problems, 3 – housing problems, 4 – socio-psychological problems (feeling abandoned, useless, lonely, loss of meaning of life; vulnerability, distraction, loss of self-confidence, loneliness), 5 – the decline in social activity, 6 – difficulties of adaptation to the retirement, 7 – management of leisure activities, 8 – problems in the relations with their children (or other close relatives), 9 – social and living difficulties (housework, buying food, etc.), 10 – social and legal problems (ignorance of legislative changes, etc.), 11 – ignorance of using of the achievements of technological revolution (Internet, mobile communication, principles of work of the plastic cards, etc.), 12 – the others.

Source: Devised by the authors

According to the fig. 2, the requests of the senior citizens and veterans in case of having medical and social problems (declining health, exacerbation of acute condition of diseases), housing problems, the decline in social activity, difficulties of adaptation to the retirement (in total, these problems were noted by 3.1% of respondents) are far less frequently. This happens because the solution to such problems is not the responsibility of social protection and social service institutions.

One of the elements of the quality of life is the rational management of leisure activities for senior citizens and veterans. Therefore, answering the question «How would you rate the quality of management of leisure activities for the senior citizens and veterans?», the responses obtained are as follows: the majority of the experts noted that leisure activities are passive – (43%); 42% of the interviewees claimed that their leisure activities depend on the state of health; 15% of the interviewees noted that their leisure activities are active (fig. 3). These results indicate the low activity of the senior citizens and veterans leading to negative consequences. If the senior citizens would be occupied by some useful activities, their life attitude was more optimistic because the positive emotions can positively affect a person's well-being, and even prolong life.

Figure 3 – the experts’ opinion on the quality of management of leisure and recreational activities for the senior citizens and veterans



Source: Devised by the authors

Moreover, one presents the results of a pilot study, the main purpose of which was to identify the social feeling of the senior citizens and veterans living in Saransk. Within the framework of this study 24 senior citizens (12 women and 12 men) aged 60-74 years were interviewed. (The study was carried out in the State Budgetary Institution of the Mordovia Republic «Kompleksnyj centr social'nogo obsluzhivaniya po G. O. Saransk» in October – November 2018). The type of selection is the target one.

Analyzing the responses to this study, the responses obtained are as follows. The main problems, which concern the senior citizens, including veterans, are health problems (64%), loneliness (56%), conflicts with the members of their families (30%), money problems (60%) (The respondents could choose more than one answer). The senior citizens most care about health problems (64%).

At the same time, 50% of the respondents consider their state of health as rather bad, 4% of the respondents think their state of health is normal for their age, 8% of the respondents consider their state of health as bad, and only 2% of their respondents consider their state of health as good rather than bad. It should be noted that the aging process changes the social status of a person and their lifestyle, besides, their well-being and social health decline. 56% of senior citizens feel lonely because they find it difficult to adapt to changing conditions.

It should be noted that different categories of senior citizens consider their social well-being and ways to improve it differently.

For example, the analysis of the secondary data showed that the senior citizens and veterans of the Great Patriotic War reckon that improving social well-being is determined by the care and attention of the younger generation.

Within the framework of this study, it was important to study the state of mind of the senior citizens. Answering the question «Are you satisfied with your state of mind currently?», the responses obtained are as follows: 80% of the respondents answered «no»; 15% of the respondents answered «yes» and 5% of the respondents had difficulty in answering.

One of the important characteristics of the satisfactory social feeling of a senior citizen is their social activity. Using the questionnaire and checklist, one found that the main leisure activities of the senior citizens are watching TV (80%); reading books (12%), board games (4%), participating in amateur performances (6%) etc. (the respondents could choose more than one answer). We reckon to improve the social feeling of a senior citizen, it is necessary to diversify their leisure activities, for example, to organize the interest clubs or include them in volunteer activities etc.

Discussions

The problem of quality of life and social feeling of the senior citizens and veterans is relevant for many countries of the world. Analyzing the degree of the development of a given problem, it is fundamental to note several important aspects.

The problem of social policy to the war veterans is interdisciplinary. This problem concerns the scientific analysis of such areas as the social policy of society, the system of social protection of the population, which are the subject of study of many social sciences. The problem of the social feeling of the senior citizens was repeatedly studied by Russian sociologists, psychologists, social workers, and gerontologists. Therefore, the theoretical analysis of the social feeling of the senior citizens is presented in the works of L. E. Doushatskiy (2004), N. N. Kobozeva (2007), Y. Krupec (2003) and others.

The social problems of the senior citizens are studied in the works of A. V. Dmitriev (1980), P. D. Pavlenok (2009), E. I. Holostova (2004) and others.

The works of V. D. Alperovich (1998), I. G. Belenkaya (2003), O. N. Subaev (2003) and others are devoted to the social health of the senior citizens. These authors consider the directions of the social protection and specifics of social work with the senior citizens and improving the social feeling of the veterans in the socio-economic conditions in Russia.

According to the researchers from the international non-governmental organization HelpAge International attached to the United Nations Population Fund (UNFPA), the quality-of-life index of the senior citizens are calculated based on the statistical data obtained from the national institutions and international organizations. The quality-of-life index involves an analysis of the state of 13 indicators of the quality of life and well-being of the senior citizens, grouped into four main groups: material security, state of health, education and employment, and good living conditions. These groups of indicators were selected because they were

identified by senior citizens and politics makers as the key components of the well-being of the older population.

An important study of the quality of life of senior citizens is the research conducted by many homegrown researchers.

For example, many researchers such as N. V. Tikhonova, E. A. Dobretsova, N. G. Astanina, V. M. Ilyushenko from Federal State-Funded Educational Institution of Higher Professional Education Krasnoyarsk «State Medical University named after Prof. V. F. Voino-Yasenetsky» (Krasnoyarsk) identified the importance of various areas of the quality of life of the senior citizens. During the study, it turned out to be that people, living in a hospital, most value the environmental conditions and personal physical comfort, while the senior citizens living independently most value their independence.

Some senior citizens living in a social service institution «Pansionat Veteran» and some holidaymakers of Krasnoyarsk territorial state educational institution «Uyut» took part in this study. 100 people were interviewed (50 people living in a hospital and 50 people living independently). All of the interviewees are unemployed pensioners living on the territory of the Krasnoyarsk region. There are among the interviewees 37 men and 63 women aged 60 to 96 years. The average age of the interviewees was 74 years.

The respondents of both groups need to have quality sleep, the rest, and the ability to receive timely and high-quality medical care. The spiritual and psychological aspects of the quality of life occupy one of the last places in importance in both groups. Therefore, senior citizens are less concerned about their spiritual development and limited capacities for self-development or experiencing negative emotions.

According to many researchers as N. V. Tikhonova, E. A. Dobretsova, N. G. Astanina, V. M. Ilyushenko, having comparing groups of subjects, concluded that senior citizens, living in a geriatric center, have lower rates on the criteria Anxiety, Frustration, and Aggressiveness. These results provided a conclusion about fairly comfortable living conditions in the institution chosen for the study, which forms a fairly high subjective assessment of the quality of life of the senior citizens (TIKHONOVA *et al.*, [n.d.]).

An important study is a study that was developed by the author's team of the center for monitoring research of the Institute for retraining and advanced training of managers and specialists of the social protection system in Moscow. This study was aimed at studying the opinions of the elderly Muscovites on the changes, assessment of their life in various aspects: within the framework of the place of residence, financial status, nutrition, health, safety, social feeling, leisure activities etc., 5,000 respondents took part in this survey. The study showed that

under quite acceptable living conditions, the level of anxiety of the elderly Muscovites is too high. The feeling of fear, danger, and vulnerability negatively affects the quality of life of the elderly Muscovites (KORNILOVA, 2011).

The analysis of modern research has shown that many researchers pay attention to the components of the "subjective" quality of life. The importance of sociological measurements in the study of problems that are typical for senior citizens is proved (BARSUKOV, 2016).

A. A. Yuanov, T. P. Denisova, V. A. Shuldyakov, T. E. Lipatova interviewed 368 veterans of the Great Patriotic War. They used the adapted fragments of the WHOQOL, WHOQOL-Old, SF-36, SIP questionnaires on the quality-of-life criteria using the visual analog scale of self-assessment and Minnesota Living with Heart Failure Questionnaire with the following calculation of the quality of life index. A fairly high level of the quality of life by physical criteria and independence level, which is quite heterogeneous by the other parameters was found from the answers of veterans of the Great Patriotic War, including long-lived people (YUANOV, 2011).

Despite the differences in approaches, all researchers highlight the importance of social protection in improving the quality of life of senior citizens and veterans.

In 2014 one decided to approve the performance strategy in the interests of senior citizens in the Russian Federation until 2025 (RUSSIA, 2016). The strategy was developed following the instructions of the President of the Russian Federation after the Session of Presidium of RF State Council «On the development of the social protection system for elderly citizens» of 5 August 2014, to coordinate the activities of state and public institutions to address the existing problems of the senior citizens. The analysis of the strategy concluded that the senior citizens are a community of knowledge and practice contribute significantly to the intellectual potential, socio-economic development of the Russian Federation. Moreover, they protect the most important spiritual and moral values and ensure the connection and solidarity of the generations.

Conclusion

Senior citizens are one of the most representative social groups in the country, whose social status has changed significantly in recent years. Some socio-economic reforms carrying out in the country led to significant changes in all areas of the life of Russian society. Consequently, it became obvious that there is a need to create and develop a social protection system for war veterans (KASARKINA, 2018).

The experience of the functioning of social protection of the senior citizens and veterans, the analysis of the content, the specifics of the implementation of functions, and the practice of government and public structures for social protection are of great interest. This study revealed the most promising areas of activity in the field of improving the quality of life of veterans in solving acute social problems in the Russian Federation.

The perception of the environment is forming under the influence of many factors. We reckon that the attitude of society is one of the most important indicators of the social feeling of the veterans. It should be noted that a social feeling is an important indicator of the quality of life.

To advance some indicators of the quality of life, it is fundamental to improve the social feeling of the veterans. These are two interdependent indicators. It is necessary to reduce the contradictions arising between senior citizens, including war veterans and their social environment, to form and consolidate a friendly and respectful attitude to the older generation etc. The content of this article might be useful for specialists in the field of social policy and social protection, university teachers engaged in research in the field of social gerontology. The practical significance of this research is the possibility of using achieved results, and recommendations developed to improve the quality of life and social feeling of the senior citizens and veterans. Moreover, the results of this research might be useful to the general public.

During the research, new questions and problems that should be solved emerged. The research on improving the areas of social protection of the senior citizens and veterans must continue in the changing socio-economic conditions.

ACKNOWLEDGEMENTS: The study was carried out in the State Budgetary Institution of the Mordovia Republic «Kompleksnyj centr social'nogo obsluzhivaniya po g.o. Saransk».

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How to reference this article

SOLOV'eva, T. V.; BISTYAJKINA, D. A.; PAN'KOVA, E. G.; M. LIZINA, O. M. Approaches to improve the quality of education and social life in the Russian Federation. **Revista on line de Política e Gestão Educacional**, Araraquara, v. 25, n. esp. 6, p. 3797-3816, Dec. 2021. e-ISSN:1519-9029. DOI: <https://doi.org/10.22633/rpge.v25iesp.6.16139>

Submitted: 10/04/2021

Required revisions: 25/08/2021

Approved: 27/11/2021

Published: 30/12/2021

Processing and publication by the Editora Ibero-Americana de Educação.

Correction, formatting, standardization and translation.

