

Research Journal of Pharmaceutical, Biological and Chemical Sciences

Motivational Field Of Disabled People With Musculoskeletal Injury To Participation In Training On Russian Press.

Makhov AS*.

Russian State Social University, st. V. Pika, 4, Moscow, Russia, 129226

ABSTRACT

Persons with disabilities with different pathologies strongly gravitate toward various types of adaptive sports, often not included in the Paralympic Games program. The main number of disabled people, as is known, are invalids from childhood who have never participated in sports activities. Former athletes, of which a minority, gravitate toward Paralympic sport. For this reason, the Russian press has recently become more popular among athletes with musculoskeletal problems. The presence of its legitimate options: "classic Russian press", "bench marathon" and "fucking dozen" and the right to participate in men and women is an additional factor in attracting a large number of disabled people. In the study, it was found that the participation of athletes with musculoskeletal injuries in the training process on the Russian press is almost always regarded as a real path to self-affirmation, social adaptation and integration into society. For them, it is also a way to get new impressions and improve health, meet the acute need for correcting their physique and how to lead a healthy lifestyle. Given the high degree of motivation of disabled people with the pathology of the musculoskeletal system to engage in Russian press, one can expect that this sport will become very popular among this category of disabled people in Russia.

Keywords: invalids, adaptive sports, pathology of the musculoskeletal system, Russian press, training.

**Corresponding author*

INTRODUCTION

The development of human science is accompanied by a continuous accumulation of physiological knowledge [1,2] and information about various pathological processes in the human body [3,4,5]. Both blocks of knowledge serve one purpose - the continuation of development [6,7,8] and the improvement of [9,10] approaches to eliminate [11,12] and minimize [13,14] pathologies and ensure functioning compensation [15,16] affected by pathological process of organs [17,18] and systems [19,20]. Serious competitors in drug treatment [21,22] are non-drug effects [23], which demonstrated their high effectiveness in practice [24,25]. Among them, special attention has always been paid to physical exertion [26-29], competing for a long time in their effectiveness in a number of diseases with drug therapy [30,31]. In this connection, modern science is very interested in adaptive physical culture and especially in adaptive sports, which can significantly improve the health of various categories of patients and disabled people, weakening the economic burden of their treatment on society [32,33].

Adaptive sports, in contrast to the Paralympic sport, develops in two directions: recreational and health sports and the sport of higher achievements, while the main objective of adaptive sports is to maximize the involvement of persons with disabilities in physical exercise and sports, seeking their socialization and recovery [34].

Paralympic sport, despite its great social importance, aims to achieve international level athletes, win high places in international competitions, establish national, continental and world sports records in order to show the youth, society as a whole an example of overcoming difficulties, spiritual and physical perfection, maintaining a healthy lifestyle [35].

In this regard, for people with disabilities of different nosologies, different kinds of adaptive sports that are not part of the Paralympic Games program remain more attractive, since most of them are invalids who have never participated in sports activities since childhood, in contrast to the Paralympic sport in which More and more often there are former sportsmen with the acquired disability.

The Russian press has recently become very popular among athletes who do not have health restrictions. It also became attractive for athletes with musculoskeletal injuries. The main difference between the Russian press and powerlifting is that the athlete, during his attempt, should fix the weight of the bar, not the maximum possible by his own strength, and lift it with the weight of the competition rules, the maximum number of times in five minutes [36]. An important aspect that contributes to the massive involvement of disabled people with the defeat of the musculoskeletal system in Russian language training is the diversity of its competitive versions. In his options, where everyone can show their abilities, they include: "classic Russian press", "bench marathon" and "fucking dozen" with the right to participate in men and women.

To more fully establish the motives of athletes with disabilities with musculoskeletal injuries, this study was conducted to participate in training in the Russian press. The goal was to identify the main motives of people with disabilities with a musculoskeletal system to participate in training in the Russian press and determine the level of their significance.

MATERIALS AND METHODS

The study was approved by the local ethics committee of the Russian State Social University on September 15, 2017 (protocol No. 9). The study was conducted on the basis of the Russian State Social University in Moscow, Russia.

To establish the hierarchy of significance and structure of the motives of disabled athletes with the defeat of the musculoskeletal system, a questionnaire was developed and interviewed by 91 sportsmen from 15 municipalities of the Ivanovo and Vladimir regions (Kineshma, Ivanova, Vichugi, Rodnikov, Furmanov, Puchezh, Kokhma, Shuya, Privolzhsk, Navolok, Zavolzhsk, Teikov, Komsomolsk, Savin, Gavrillovo-Posad, Gorokhovets, and Kovrov). Respondents were asked to indicate the importance of each of the motives presented in Table 1 on a 10-point scale (9-10 points - "extremely important", 7-8 points - "very important", 5-6 points - "quite important" 3-4 points - "not very important", 1-2 points - "absolutely not important"). The study was held within the framework of the Ivanovo Region championship in powerlifting among athletes with

musculoskeletal injuries in November 2011, the VII Festival of Sports among disabled invaders in the Ivanovo region in May 2012. The data obtained during the surveys were combined into a single matrix and processed by the mean value method (calculations were performed using the standard Microsoft Excel for Windows software package) and SPSS 12.

RESULTS AND DISCUSSION

As a result of the interviews, a list of the motives of disabled people with musculoskeletal injuries to participate in their training in the Russian press was established (Table 1).

Table 1: The list of motives for disabled people with musculoskeletal injuries to participate in training in Russian press

No	Motives
1	The desire to prove that you are capable of more ("overtake yourself")
2	Aspiration to correct the build
3	Improvehealth
4	Aspiration for self-assertion (getting a rank, title)
5	Increase the level of physical fitness
6	Desire to do a new sport
7	Developyourphysicalqualities
8	The desire to find friends, comrades
9	Russian bench press is less traumatic in comparison with other power sports
10	Getting new impressions (feeling of excitement, struggle, victory)
11	Educate yourself in the moral and volitional qualities
12	Form a need for regular exercise and sports
13	The desire to be useful to society
14	Desire to find employment outside the home
15	The desire to lead a healthy lifestyle

The results of statistical processing of the survey materials are given in Table 2.

Table 2: The results of statistical processing of data on the importance of the main motives of disabled people with musculoskeletal injuries to participate in Russian training (n = 91)

No	Motives	\bar{X} (points)	m (points)
1	Russian bench press is less traumatic compared to other power sports	9.76	0.11
2	Aspiration to correct the build	9.63	0.15
3	The desire to prove that you are capable of more ("overtake yourself")	9.59	0.18
4	Aspiration for self-assertion (getting a rank, title)	9.23	0.14
5	Desire to do a new sport	9.05	0.23
6	Improvehealth	8.97	0.15
7	The desire to be useful to society	8.93	0.17
8	Developyourphysicalqualities	8.89	0.12
9	The desire to find friends, comrades	8.89	0.17
10	Educate yourself in the moral and volitional qualities	8.67	0.17
11	Getting new impressions (feeling of excitement, struggle, victory)	8.65	0.22
12	Aspiration to show your abilities	8.41	0.21

13	Form a need for regular exercise and sports	7.15	0.38
14	The desire to lead a healthy lifestyle	4.31	0.32
15	Desire to find employment outside the home	4.2	0.35

As can be seen from Table 2, none of the motives was attributed to athletes with disabilities with a musculoskeletal injury to the category of 5-6 points - "quite important" and 1-2 points - "of no significance".

Among the most significant motives respondents included indicators №1-5 - aspirations: "to the correction of physique" ($\bar{X} = 9.63 \pm 0.15$); "To prove that you are capable of more ("overtake yourself")" ($\bar{X} = 9.59 \pm 0.18$); to self-assertion (obtaining a discharge, rank) ($\bar{X} = 9.23 \pm 0.14$); the desire to engage in a new sport ($\bar{X} = 9.05 \pm 0.23$). The following motive is the leading motive: "Russian press is less traumatic in comparison with other power sports" ($\bar{X} = 9.76 \pm 0.11$).

The high subjective significance of these motives is explained by the fact that athletes with disabilities attract a minimal traumatism in a new sport for them in comparison with other power sports, as well as the opportunity to assert themselves and prove to themselves that they are capable of more.

To the category of "very important" motives belong indicators № 6-13: "improve the state of health" ($\bar{X} = 8.97 \pm 0.15$ points); "The desire to be useful to society" ($\bar{X} = 8.93 \pm 0.17$ points); "Develop their physical qualities" ($\bar{X} = 8.89 \pm 0.12$ points); "The desire to find friends, comrades" ($\bar{X} = 8.89 \pm 0.17$ points); "Educate yourself in moral and volitional qualities" ($\bar{X} = 8.67 \pm 0.17$ points); "Getting new impressions (feeling of excitement, struggle, victory)" ($\bar{X} = 8.65 \pm 0.22$ points); "The desire to show their abilities" ($\bar{X} = 8.41 \pm 0.21$ points); "To form a need for regular exercise and sports" ($\bar{X} = 7.15 \pm 0.38$ points). This suggests that athletes with disabilities seek to find new friends and, through the achievement of results in the Russian press, be useful to society, their city, and the region.

A certain value for the interviewed disabled athletes has a desire to lead a healthy lifestyle ($\bar{X} = 4.31 \pm 0.32$) and find a job outside the home ($\bar{X} = 4.2 \pm 0.35$).

To determine the structure of the motives, the results of the surveys were subjected to correlation analysis (the Spearman correlation rank coefficients were calculated); the results of the correlation analysis formed the basis for constructing three correlation galaxies, the purpose of which was to establish qualitatively homogeneous groups of motifs of disabled athletes with musculoskeletal injuries to the training process in the Russian press (Figures 1-3, Table 3).

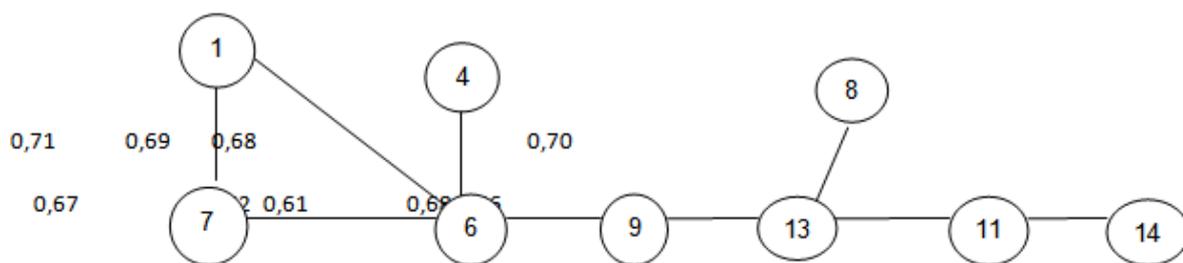


Figure 1: CorrelationPleiad №1

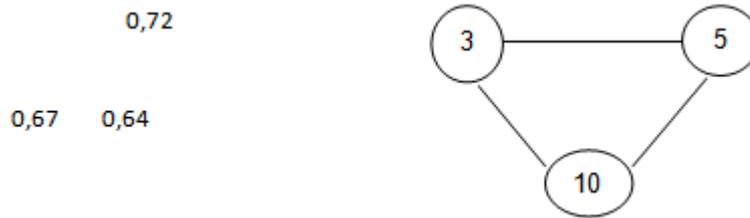


Figure 2. Correlation Pleiad №2

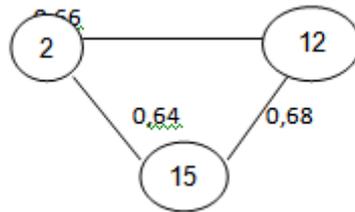


Figure 3: Correlation Pleiad №3

Explanations: the numbers of indicators indicated in the correlation galaxy correspond to the index numbers of Table 3.

Table 3: Identification of correlation galaxies reflecting the structure of the motives of disabled people with musculoskeletal injuries to participate in Russian training (n = 91)

No	Power	Fortress	Identification of the galaxy (group of motives)
1	9 units	0.68	The desire for self-affirmation and socialization - to prove that it is capable of more, getting a discharge, the title, the desire to engage in a new sport, develop their physical qualities, the desire to find friends, comrades, the desire to engage in Russian press due to its low traumatism, -willing qualities, the desire to be useful to society, the desire to find a job outside the home
2	3 units	0.67	The motive for gaining new impressions and improving health is to get new impressions of excitement, struggle, victory, improve physical fitness, improve health
3	3 units	0.66	The desire to lead a healthy lifestyle and regularly engage in physical exercise and sports - the desire to correct the build and maintain a healthy lifestyle, the desire to form a need for regular exercise and sports

Explanations: the power of the galaxy - the number of signs that make up the correlation galaxy; Fortitude of the Pleiades is the average correlation coefficient.

REFERENCES

[1] Glagoleva TI, ZavalishinaSYu, Mal GS, Makurina ON, Skorjatina IA. (2018) Physiological Features Of Hemo-coagulation In Sows During Sucking. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(4):29-33.

[2] ZavalishinaSYu, Makurina ON, Vorobyeva NV, Mal GS, Glagoleva TI. (2018) Physiological Features Of Surface Properties Of The Erythrocyte Membrane In Newborn Piglets. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(4):34-38.

[3] Medvedev IN, Savchenko AP, ZavalishinaSYu, Krasnova EG, Kumova TA, Gamolina OV, Skoryatina IA, Fadeeva TS. (2009) Methodology of blood rheology assessment in various clinical situations. Russian Journal of Cardiology. 5:42-45.

- [4] Medvedev IN, Lapshina EV, ZavalishinaSYu. (2010) Experimental methods for clinical practice: Activity of platelet hemostasis in children with spinal deformities. *Bulletin of Experimental Biology and Medicine*.149(5):645-646.
- [5] Medvedev IN, ZavalishinaSYu. (2016) Platelet Activity in Patients With Third Degree Arterial Hypertension and Metabolic Syndrome. *Kardiologiia*. 56(1):48.
- [6] Medvedev IN, Kumova TA. (2008) Eprosartan effects on intravascular platelet activity in patients with arterial hypertension and metabolic syndrome. *Russian Journal of Cardiology*. 1(69):40-42.
- [7] Medvedev IN, Amelina IV. (2009) AG polymorphism as a cytogenetic maker of arterial hypertension risk. *Russian Journal of Cardiology*. 2(76):70-72.
- [8] Medvedev IN, Danilenko OA. (2010) Comparative effects of therapeutic complexes on vascular wall activity in patients with arterial hypertension, metabolic syndrome, and recent ocular vessel occlusion. *Cardiovascular therapy and prevention*. 9(7):27-32.
- [9] Medvedev IN, Danilenko OA. (2010) Complex correction of vascular hemostasis in patients with arterial hypertension, metabolic syndrome, and recent ocular vessel occlusion. *Russian Journal of Cardiology*. 4:15-19.
- [10] Medvedev IN, Mezentseva IN, Tolmachev VV. (2007) ACE inhibitors potential in correcting vessel wall anti-aggregation activity among patients with arterial hypertension and metabolic syndrome. *Russian Journal of Cardiology*. 1:48-52.
- [11] Medvedev IN, Kumova TA. (2007) Comparison of platelet hemostasis effects for angiotensin receptor blockers in patients with arterial hypertension and metabolic syndrome. *Russian Journal of Cardiology*. 4:52-56.
- [12] Medvedev IN, NosovaTYu. (2007) Verospiron effects on platelet aggregation in patients with arterial hypertension and abdominal obesity. *Russian Journal of Cardiology*. 6:55-58.
- [13] Bikbulatova AA, Andreeva EG. (2018) Restoration Of The Profile Of Bioregulators Of Blood Plasma In People Of Second Adulthood With Osteochondrosis Of The Spine Against TheBackground Of Daily Wearing Of Medical And Preventive Clothing. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*.9(4):413-419.
- [14] Bikbulatova AA, Karplyuk AV, Medvedev IN. (2018) Methodical Bases Of The Help To Young Invalids In A Choice Of Sphere Of Their Future Professional Activity. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*.9(4):571-577.
- [15] Medvedev IN, Kumova TA. (2007) Valsartan effects on platelet activity in patients with arterial hypertension and metabolic syndrome. *Russian Journal of Cardiology*. 3:66-69.
- [16] Medvedev IN, Kumova TA. (2007) Angiotensin II receptor inhibitors: role and place in arterial hypertension and metabolic syndrome treatment. *Russian Journal of Cardiology*. 5:97-99.
- [17] Bikbulatova AA, Andreeva EG, Medvedev IN.(2018)Hematological Features Of Patients With Osteochondrosis Of The Spine. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(3) :1089-1095.
- [18] OshurkovaJuL, Medvedev IN, Tkacheva ES. Functional Features Of Platelet Aggregation In Heifers Of The Ayrshire Breed, Which Are Being Prepared For Insemination. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(3):1155-1160.
- [19] Bikbulatova AA, Karplyuk AV, Medvedev IN. (2018) The Problem Of Vocational Guidance Work With Young People, Who Have Limited Health Opportunities In Modern Russia. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*.9(4):586-590.
- [20] Bikbulatova AA. (2018)Bioregulatory Effects Of The Daily Wearing Of Medical And Preventive Pants On The Body Of Pregnant Women Suffering From Habitual Miscarriages Of The Fetus. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*.9(4):889-896.
- [21] Medvedev IN. (2018) Severity Of Vascular Disaggregation Effects On Erythrocytes In Patients WithArterial Hypertension With Abdominal Obesity And Dyslipidemia. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(3):1161-1165.
- [22] Medvedev IN.(2018)Degree Of Violation Of Disaggregation Control Of Blood Vessels OverPlatelets In Patients With Arterial Hypertension With Abdominal Obesity And Dyslipidemia. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*. 9(3):1166-1171.
- [23] Bikbulatova AA, Karplyuk AV. (2018) Professional And Labor Orientation Of Persons With Disabilities In The Resource Educational And Methodological Center Of The Russian State Social University. *Research Journal of Pharmaceutical, Biological and Chemical Sciences*.9(4):1648-1655.

- [24] Medvedev IN. (2018) Disaggregation Control Of Vessels Over Neutrophils In Patients With Arterial Hypertension With Abdominal Obesity And Dyslipidemia. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(3):1172-1176.
- [25] Medvedev IN. (2018) Vascular Control Of Erythrocytes In Patients With Hypertension With Hyperuricemia. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(3):1177-1181.
- [26] Medvedev IN. (2018) Disorders Of Disaggregation Control Of Blood Vessels Over Platelets In Hypertensive Patients With Arterial Hypertension. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(3):1182-1187.
- [27] Medvedev IN. (2018) Disaggregation Effects Of Blood Vessels On Neutrophils In Patients With Arterial Hypertension With Hyperuricemia. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(3):1188-1192.
- [28] Medvedev IN. (2018) Vascular Disaggregation Effects On Erythrocytes In Patients With Arterial Hypertension With Type 2 Diabetes Mellitus. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(3):1193-1197.
- [29] Medvedev IN. (2018) Intensity Control Disaggregation Of Platelets Vessels In Hypertensive Patients With Type 2 Diabetes Mellitus. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(3):1198-1203.
- [30] Medvedev IN. (2018) The State Of Vascular Disaggregation Effects On Neutrophils In Patients With Arterial Hypertension With Type 2 Diabetes Mellitus. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(3):1204-1208.
- [31] Medvedev IN. (2018) Disaggregation Effects Of Blood Vessels On Erythrocytes In Patients With Arterial Hypertension With Impaired Glucose Tolerance. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(3):1209-1213.
- [32] Medvedev IN. (2018) Disaggregation Properties Of Blood Vessels In Relation To Platelets In Patients With Arterial Hypertension With Impaired Glucose Tolerance. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(3):1214-1219.
- [33] Medvedev IN. (2018) Vascular Disaggregation Control Of Neutrophils In Patients With Arterial Hypertension With Impaired Glucose Tolerance. Research Journal of Pharmaceutical, Biological and Chemical Sciences. 9(3):1220-1224.
- [34] Babushkin GD, Babushkin EG. (2000) Formation of sportive motivation. Omsk, 179.
- [35] Model Law "On Paralympic Sports" of 25.11.2008 № 31-13.
- [36] Korneva MA, Makhov AS, Stepanova ON. (2014) Analysis of the requirements of athletes with disabilities with the defeat of the musculoskeletal system to organize and conduct a training process in the Russian press. Scientific notes of the University. PF Lesgaft. 1(107):48-53.