



ТРАКИЙСКИ УНИВЕРСИТЕТ  
МЕДИЦИНСКИ КОЛЕЖ  
СТАРА ЗАГОРА



# СБОРНИК

С ДОКЛАДИ И РЕЗЮМЕТА

ОТ  
НАУЧНА КОНФЕРЕНЦИЯ  
С МЕЖДУНАРОДНО УЧАСТИЕ

«Стареене, здраве,  
гериатрични грижи»

18-19 май 2017 г.  
Старозагорски минерални бани



ISBN 978-954-338-141-8

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«СТАРЕЕНЕ, ЗДРАВЕ, ГЕРИАТРИЧНИ ГРИЖИ»**

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ежеседмични полови активности, които са вид стимул за функционирането на гонадната ос при човека, която е важна за осъществяването на сексуалните функции.

Възрастта като проблем е по-скоро морален и това не би трябвало да спира взаимоотношенията на сексуална основа между хората, а напротив – следва да има регулярност и съгласуваност в половия живот, тъй като съхранението на половите контакти през цялото съществуване на човека, вкл. и в старческа възраст стимулира не само сексуалната, но и цялата биологична активност на човека, а също и социалното спокойствие и психологичния комфорт на личността.

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## ОБЩЕСТВЕННОЕ ОТНОШЕНИЕ К ЭВТАНАЗИИ (ПО МАТЕРИАЛАМ ИССЛЕДОВАНИЯ)

**Хусяинов Т.М., Национальный исследовательский университет «Высшая школа экономики»; Нижегородский государственный университет имени Н.И. Лобачевского (Россия)**

Костригин А.А., Российский государственный университет им. А.Н. Косыгина (Технологии. Дизайн. Искусство) (Россия)

Аннотация. Данная статья рассматривает дискуссионную проблему эвтаназии. Авторы рассматривают основные доводы сторонников и противников эвтаназии. Представлены результаты социологического исследования отношения жителей города Нижний Новгород к вопросу эвтаназии. Результаты показывают, что респонденты выражают противоречивое отношение к эвтаназии: с одной стороны, они понимают положительные стороны и хотят, чтобы эвтаназия была разрешена в России, с другой – они считают, что могут быть и негативные последствия (например, корыстные убийства).

Ключевые слова: эвтаназия, общественная дискуссия, социологическое исследование, смерть.

## PUBLIC ATTITUDE TO EUTHANASIA (ON MATERIALS OF RESEARCH)

Khusyainov T.M., National Research University “Higher School of Economics – Nizhny Novgorod”; Lobachevsky State University of Nizhny Novgorod (Russia)

Kostrigin A.A., Kosygin Russian State University (Technology. Design. Art) (Russia)

**Abstract.** This article discusses the debatable problem of euthanasia. The authors consider the main arguments of supporters and opponents of euthanasia. The results of a sociological study of the attitude of Nizhny Novgorod residents to the issue of euthanasia are presented. The results show that respondents express contradictory attitude to euthanasia: on the one hand, they understand the positive side and want euthanasia to be allowed in Russia, on the other hand, they believe that there can be negative consequences (for example, self-serving murders).

**Keywords:** euthanasia, public discussion, sociological research, death.

Modernization is the change of something in accordance with modern requirements, tastes, views, etc. Today in Russia it is often said and written about the modernization of the economy, but almost all spheres and aspects of the life of society are being modernized, including such things as life and death, for example, voluntary withdrawal from the life of an incurable patient suffering from terrible pain, for which life has turned into torture. Death at the request of the patient with the help of a doctor was called euthanasia and, judging by the growth of publications on this topic in the press and the lively polemic on the Internet, causes growing public interest.

Voluntary and coveted easy death in a medical institution as an alternative to the unbearable life of a deadly person is legal today only in a small number of countries, but it attracts people's attention in many countries of the world. Indeed, if the person has the right to life, then why not to have the right to die at will? Religious people will simply answer this question: "God gave life, He (and not man) disposes our life". People with an atheistic worldview may have a different point of view, and doctors who gave the oath to Hippocrates refuse to discuss the topic of legalization of euthanasia, since only the idea of a physician's participation in the procedure of killing is already a step to perjury.

Nevertheless, the idea of euthanasia materializes in a number of countries and spreads around the globe, causing controversy between opponents and euthanasia supporters. Let us pay attention to the fact that the idea of euthanasia has already been constituted not in backward countries, where the life of a common man is worthless, but in civilized Holland and Belgium, where human rights are not only proclaimed, but are also provided by the state.

To identify the positions on this issue of the adult residents of Nizhny Novgorod in March 2015 an anonymous survey of 235 men and women aged 18 to 65 was conducted. Sample is random street with control of sex and age of survey participants.

In a small questionnaire, 22 judgments about euthanasia were proposed. Respondents were required to express their attitude to each judgment on a five-point scale: 1 – categorically disagree, 2 – disagree, 3 – difficult to answer, 4 – mostly agree, 5 – completely agree. Interest in a rather "terrible" topic turned out to be great: 93% of respondents noted that they were interested in the topic of the survey, there were few refusals to participate in the survey, and the number of answers to "open" questions at the end of the questionnaire was approaching 15-20% (!). In addition, some respondents suggested supplementing the questionnaire with their questions, for example, involving parents in deciding the fate of their children dying in torment, the right to euthanize people who are in good health, but who do not want to live, i.e. abandoned

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grains on the theme of "hard life and easy death" fell into the prepared soil. This is significantly more than the authors of the survey assumed.

There are a few judgments with which most of the participants mostly agree, for example, like: "From the religious point of view, euthanasia is a big sin"; "All suffers and joy are given to us from above and everyone must bear his cross and not grumble," "Merciful murders will lead to the degradation of society", and the argument of V. Zhirinovsky, voiced by him in the State Duma: "We cannot control the execution of even the most impeccable law about euthanasia. Murders related to inheritance, real estate, with any self-interest, will get a legitimate cover. We will only achieve that the number of murders will increase" [1]. Opponents: "I consider a compulsion to the life of a suffering person as a hypocrisy".

On the other hand, a rather large proportion of respondents are convinced that "euthanasia is not murder, but an act of mercy for one's loved ones", "You can not deprive a person of choice: to live in agony or die easily", "Euthanasia is preferable to poor medical care, prolonging the patient's suffering", "Any patient suffering from an incurable disease, reporting its actions, should have the right to euthanasia".

*Table 1*

**Nizhny Novgorod citizens' attitude to euthanasia,%, N = 226**

Judgments	no t agree	di fficult to say	ag ree
You can not deprive a person of the right to choose: to live in anguish or die easily	13 ,7	5, 3	81 ,0
A quick and easy death is a blessing for a person suffering a terminally ill person	19 ,5	8, 0	73 ,5
You can not make a dying person suffer. Allow euthanasia!	22 ,0	8, 0	70 ,0
With the resolution of euthanasia, the number of mercenary murders will increase	15 ,5	19 ,5	65 ,0
"Merciful" murders will lead to moral degradation of society	53 ,5	20 ,8	25 ,7

A characteristic feature of the survey was a rather large number of answers in which citizens demonstrate illogical thinking, answers to similar questions in the same citizen receive different answers, emotions jam rational thinking.

The study did not reveal the conditionality of certain statements by the age of the respondents. The judgments of the religious part of the participants clearly differ from atheists' ones. People with higher education are more likely to favor the legalization of euthanasia.

Analyzing the positions of Nizhny Novgorod citizens, the authors came to the conclusion that some evaluations by the Nizhny Novgorod residents of the consequences of the legalization of euthanasia in our country do not yet indicate that citizens are ready to say firm "YES" or "NO" in a referendum on this issue. The only thing that can be confidently asserted is that the problem of legalization of euthanasia exists in the

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mass consciousness of the inhabitants of Nizhny Novgorod and, we think, in our country, that every person has the right not only to live, but also to die, that it is necessary to give the right and a civilized opportunity to the terminally ill and suffering people to calmly and painlessly leave this world, demonstrating in relation to them not cruelty, but an act of help and mercy.

And, of course, we need to discuss this issue comprehensively, broadly and openly, listening to the opinion of the public and experts, weighing and assessing the negative and positive consequences of the possible legalization of euthanasia in Russia. The more active the society will join in the discussion it would seem to be one of the forbidden topics, the more grounded the laws of our country will be adopted that meet the interests of the majority of the population.

**ОСОБЕННОСТИ ЭМОЦИОНАЛЬНОГО ВЫГОРАНИЯ  
У ПЕДАГОГОВ ПОЖИЛОГО ВОЗРАСТА И СРЕДСТВА ПОМОЩИ**

Мантикова А. В., Хакасский государственный университет им. Н.Ф. Катанова (Абакан, Россия), e-mail: anetdomanet@mail.ru

Чупров Л. Ф., Журнал «Вестник по педагогике и психологии Южной Сибири», редакция научного журнала (Черногорск, Россия), e-mail: leo-chuprov@yandex.ru

Шерошенко Г. П., Хакасский государственный университет им. Н.Ф. Катанова (Абакан, Россия), e-mail: galya.poleeva@yandex.ru

Аннотация. Статья посвящена особенностям, факторам эмоционального выгорания у педагогов в пожилом возрасте. Помимо описания проблемы, предлагаются как традиционные способы профилактики эмоционального выгорания, так и авторский подход, апробированный в смешанной группе тренинга с участием пожилых педагогов.

Ключевые слова: эмоциональное выгорание, профилактика эмоционального выгорания, педагоги пожилого возраста

**EMOTIONAL BURNOUT AND ITS PROPHYLACTIC IN TEACHERS OF OLDER AGE**

Mantikova A. V., Medical-Psychological-Social Institute, Khakas State University. N.F. Katanov ("KSU"), Abakan, Russia, (anetdomanet@mail.ru).

Chuprov L. F. The Scientific Journal "Bulletin of the Pedagogics and Psychology of Southern Siberia". Chernogorsk, Russia, (leo-chuprov@yandex.ru).

Sheroshenko G. P., Medical-Psychological-Social Institute, Khakas State University. N.F. Katanov ("KSU"), Abakan, Russia (galya.poleeva@yandex.ru)

Abstract. The article discussed the peculiarities, factors of emotional burnout of teachers in older age. In addition to a description of the problem, the authors offer both the traditional methods of prevention of