



Research Article

## Wellness Effect of Organizing and Holding Competitions of Professional Skill Among People with Disabilities

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### Abstract

The movement of Abilimpix is currently actively developing in the world. Its main goal is the maximum possible integration of disabled people into professional activities and their improvement through it. For the development of this movement in the member countries of the International Federation of Abilimpix, non-commercial organizations have been established and are actively operating. Their activities are ultimately aimed at activating the hidden reserves of the disabled person's organism through his active participation in society, changing the status of the disabled person in his eyes and the eyes of society in the country concerned to a "full member of society". As a result, the most important task is being solved: full-fledged socialization of disabled people with the maximum possible rehabilitation. For this reason, the main technologies of the Abilimpix championships are held by the standards of the International Federation Abilimpix. Recognition of their high efficiency and thoughtfulness allows them to be actively used in conducting such professional competitions in the Russian Federation. It is considered justified when organizing similar competitions in Russia to take into account the already existing experience of holding previous championships and competitions for disabled people. This experience is particularly important as a result of the development in the course of its application of compensation for impaired functions and increasing the labor potential of disabled people who have started preparing for participation in competitions. The consistent application of the Abilimpix International Technologies developed earlier in the conduct of professional skill contests in the Russian Federation is able to ensure the development of vocational education and vocational guidance for persons with disabilities, which subsequently allows them to actively participate in labor activities.

### Keywords

Invalids; Improvement; Competition; Professional skill; Abilimpix

### Introduction

The onset of various pathologies in the human body inevitably causes a weakening of its general resistance [1-3]. This is based on a violation from the beginning of one organ [4,5] or organ system [6,7] and then several systems [8,9] due to the close interaction of life processes in different tissues among themselves [10-12]. This introduces an additional weakening in the work of the organism as

a whole [13,14] and sometimes causes a significant decrease in its efficiency and functional readiness for different situations [15,16].

At the same time, this process is not considered by modern science as irreversible [17-19]. Medicine actively searches for approaches to increase the functional capabilities of the human body with severe pathology [20,21]. An important and effective way in this regard is considered non-drug effects [22]. They showed their effectiveness in a variety of pathologies, including with a massive recovery [23,24]. In many ways, for this reason, the world was born the movement Abilimpix.

In the countries-participants of the International Federation Abilimpix there is a strong support of this movement by non-profit organizations and the state. The governments of various countries see Abilimpix as an effective and effective tool for the rehabilitation of disabled people through career guidance work with them, increasing their interest in vocational education and further employment. In fact, Abilimpix helps to solve an important social and economic problem - activation of the hidden reserves of the disabled person's organism through his active participation in the life of society with changing the status of the disabled person in his eyes and the eyes of society from the "dependent" to "a full member of society". This solves the most important task of a humane society - the full socialization of the disabled through the maximum possible improvement of their health. In this connection, the main technologies of Abilimpix championships according to the standards of the International Federation Abilimpix are of great interest [25]. Their high efficiency and thoughtfulness allows them to be used in conducting such professional competitions in the Russian Federation. At the same time, it is possible to take into account already existing experience of holding various championships of invalids in Russia, as well as holding professional contests for students with disabilities and disabled people. It is known that people with disabilities are preparing for them, they were gradually compensated for their existing diseases, which entered into a state of stable remission, which increased their residual labor potential [26].

In this regard, the paper sets the following goal: to consider the aspects of the health impact of the competitions of professional skill on people with disabilities.

### Mechanisms of health effects of professional craft competitions

Positive impact on the health of disabled people, their participation in competitions of professional skill can be associated with a number of points: in the early career guidance of children with disabilities; in raising the level of professional competence of persons with HIA and persons with disabilities; in the popularization of a wide range of opportunities in the professional development of people with disabilities; in the holding of Abilimpix championships as a tool for creating new workplaces for disabled people; in the creation of an expert community and new communication lines within the framework of the development of vocational training for persons with disabilities and persons with disabilities; in the creation of a distance learning system for the expert community; in the exchange of innovative practices among the countries participating

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in the international movement Abilimpix; in obtaining additional vocational education for people with disabilities; in attracting employers' attention to job opportunities for disabled people; in attracting wide attention of authorities, the public, representatives of the real sector of the economy to the problem of vocational guidance for disabled people; in the employment of people with disabilities; in informing society about the broad professional opportunities of people with disabilities; in the absence of an upper limit on the age of participants in Abilimpix championships; in the development of strategic partnership with state and non-governmental organizations, enterprises and educational organizations in the context of vocational guidance and employment of disabled people [27].

As a result of the interaction of the countries participating in the international movement Abilimpix, a number of very important points were achieved: communication and contacts between organizations from all over the world engaged in vocational training and training for persons with disabilities; motivating people with disabilities from a very early age, their teachers, experts and employers to achieve world-class standards in the provision of services and industry; vocational training and additional education for people with disabilities; exchange of innovations and experience in vocational training and training through seminars, and competitions of professional skill; dissemination of information on world standards of qualification; exchange of young specialists between members of Abilimpix.

Currently, there are about 13 million disabled people in the Russian Federation. The level of disability is 9.2%. According to some estimates, out of 2.57 million disabled people who are of working age, only 817.2 thousand people work, the number of disabled people is 1.75 million people or 68.1% of disabled people of working age. According to other data, 80% of disabled people are unemployed. The share of disabled people of working age is 20% - 31.9% of the total number of disabled people of working age. For comparison: the employment rate in the Russian Federation is 75% of the working-age population, in the early 1990s more than 55% of disabled people worked in Russia. The latest figures show that the potential of people with disabilities and disabilities as a country's labor resource is now used much lower than it was 20-25 years ago.

The state faces the task of successful socialization of people with disabilities and disabled people. Successful socialization of this category of citizens of the country is inconceivable without their professional rehabilitation. One of the main, pivotal problems, the solution of which creates the necessary starting conditions for the survival and further dignified life of a young able-bodied person with disabilities, is the provision of professional activities adequate to his needs and opportunities, contributing to his social, physical and moral rehabilitation, the restoration of his social ties, improving the quality of life [28].

The application of the technologies of the International Federation Abilimpex during the conduct of professional skills competitions in the Russian Federation should be considered as one of the directions for the development of vocational education, vocational guidance and employment of students with disabilities and disabilities of various categories. It is aimed at developing professional competencies and providing motivation for their formation in educational organizations general and vocational education. Movement Abilimpix is a combination of the learning process with regular competitions of professional skill.

Implementing the technologies of the International Federation of Abilimpex when conducting professional skill contests in the

Russian Federation in the Russian Federation's education system will facilitate communication and contacts between organizations around the world engaged in vocational training and training for disabled people, and the exchange of disabled specialists within the Abilimpics Movement [29].

The mission of applying the technologies of the International Abilimpex Federation when conducting professional skill contests in the Russian Federation in the education system of the Russian Federation is the professional development of students with disabilities and disabilities of different categories, the development of professional competencies and the provision of motivation for their formation in general and vocational education institutions, and creation of innovative practical-oriented conditions for the development of primary and secondary education of-the-art education to ensure the economy of the Russian Federation with highly qualified professional cadres from among disabled people motivated to achieve the economic success of the country, personal and professional success [30].

Expected results from the introduction of technologies of the International Federation of Abilimpex when conducting professional skill contests in the Russian Federation in the Russian Federation:

1. Improvement of vocational guidance work with persons with disabilities and disabled people in the education system of the Russian Federation;
2. Improve the quality of vocational training for persons with disabilities and persons with disabilities in the system of vocational education, taking into account the needs of the Russian economy;
3. Increase the motivation of persons with disabilities and persons with disabilities to vocational training and self-determination;
4. Professional self-realization of persons with disabilities and disabled people;
5. Involvement of employers in the problem of employment of persons with disabilities and disabled people;
6. Employment of persons with disabilities and persons with disabilities.

In accordance with the stated goals and objectives of implementing the technology of the International Federation Abilimpix when conducting professional skill contests in the Russian Federation in the education system of the Russian Federation, the following groups of participants can be identified: students with disabilities and disabilities of different categories (participants at different levels); organizers (members of the expert and methodological council, independent experts, specialists in various professional competences competence); educational organizations of primary, secondary and higher vocational education; educational management bodies; employers (representatives of commercial organizations); public organizations of disabled people.

The main limitations in the implementation of the application of technologies of the International Federation Abilimpex when conducting professional skill contests in the Russian Federation in the education system of the Russian Federation: participation of the Russian Federation in the activities of the International Federation Abilimpix; financial constraints - the availability of the necessary

amount of funding for regional, national and international events of Abilimpix; time constraints - ensuring the holding of regional, national and international events of Abilimpix in a timely manner; restrictions on the structure and personnel - the availability of the necessary number of specialized sites (with the necessary infrastructure and equipment) and specialists of the necessary qualifications for the preparation of the national team for participation in international competitions Abilimpix.

The main assumptions when implementing the technologies of the International Abilimpex Federation when conducting professional skills competitions in the Russian Federation:

1. Elements of existing models of vocational guidance for students with disabilities and disabilities and the development of professional competencies in educational organizations of vocational education have been maintained.
2. Inclusion in the process of implementation of the application of the technologies of the International Federation of Abilimpex when conducting competitions in the Russian Federation for professional skills in the education system of the Russian Federation for students with disabilities and disabilities, management of institutions of educational organizations, education management bodies, and support from representatives of business structures in the amount sufficient for the implementation of planned activities for the implementation of Abilimpix activities [31].

At the same time, the holding of Abilimpix events requires financial and organizational support from the state. In all countries where the Abilimpex Movement is developed, such support from the state exists. Since the Abilimpix events assume a certain periodicity of the competitions at the regional, federal and international levels. Otherwise, the vocational guidance of persons with disabilities and persons with disabilities within the framework of the Abilimpix Movement will have only short-term success.

As a positive example of such state support in the Russian Federation, the development of Paralympic and surdo-Olympic sports (sport of the deaf) in our country can be cited. Thanks to the state support, the number of disabled people who engage in physical culture and mass sports is increasing every year, and in the sport of higher achievements, our country in the Paralympic and surdo Olympic sports is the undisputed leader, which was shown by the last both winter and summer Paralympic Games and Surdoolimpiads, where our athletes with disabilities won the greatest number of awards.

### **Prospects for using international experience in implementing programs of inclusive vocational education**

National programs to support students with disabilities exist in many countries, and provide access to the education system. Separately, support for inclusive education in the vocational education system is rare, but certain features exist.

The main issues complicating the educational process for people with disabilities are safety requirements that are heightened for people with disabilities and accessibility requirements that imply not only the existence of a special infrastructure in the room, but also the close location of the educational institution to the place of residence of the disabled person [32].

As a rule, the state takes on the financing of various benefits and compensations for the disabled, the payment of benefits, the development of training materials. For example, in Greece, a disabled student may have a greater number of school absences due to his / her disability. At the same time, there is no separate support for students with disabilities in the system of secondary vocational education [25,26].

The experience of Germany and Japan testifies that the fulfillment of the accessibility and safety requirements for a disabled student studying in the system of secondary vocational education is difficult for an educational institution, so another scheme is being implemented there. A disabled person who receives a qualification in the system of secondary vocational education receives appropriate education in the workplace, under the guidance of an experienced mentor and in compliance with the requirements for safety and accessibility. An enterprise teaching a disabled person in the workplace receives state subsidies, benefits and other bonuses from the state. And the size of bonuses is higher depending on the degree of remoteness from the center, that is, an enterprise teaching a disabled person on the periphery will receive more from the state [33].

This circumstance explains the interesting fact that, despite the significant share of secondary vocational education in the education system in various countries, it is difficult to find information on supporting students with disabilities in the system of secondary vocational education. Either the system of support measures, the same as for other types of education, or the training of individual groups of people with disabilities for obtaining this qualification, is taken out of the school directly to the enterprise [25].

In the United States, the analogy of the system of secondary vocational education is the level of associate (2 years of study). Students who went to two-year college programs are more likely to choose the academic direction of study (57%) than the professional (29%), 11% chose both courses of study and 3% attended classes mainly for recreation and personal interests. Students who chose the professional direction of the two-year college programs, and students who entered professional, business or technical schools, mainly chose the following range of professional specializations:

- Handicraft specialties (for example, plumbing, carpentry) or mechanics (13%)
- Health care, computers, education and childcare, art (including graphic design) (11%)
- Catering or business services (8%), clerks (7%)
- Household services, engineering specializations, communication or criminal law (less than 5%) [25].

The system of continuing vocational education in France includes more than 40,000 educational organizations. Among the state educational institutions, the most important role is played by the departments of continuing education in the faculties of universities, since in France any natural or legal person can engage in continuous education. There is a problem of employment related to the low level of training and qualifications of applicants with disabilities (only 16% of them have a higher education).

According to recent reports, students in general and students with disabilities in particular, as a primary goal after graduation, began to determine higher education more than before [25].

Financing of institutions providing services to support people with disabilities, which were established by the Association of Parents of Disabled Children or Associations of People with Disabilities, is partly due to self-financing, in part from the Ministry of Health, Social Security and Social Protection.

Special measures, most often offered by higher education institutions: help in the exam in reading questions or recording answers in a special room; use of ancillary technologies; breakdown of exams into smaller units; taking the exam in individually agreed terms; increase the time spent preparing, using a computer or other devices on exams, etc. [17-25].

Typical services provided by disability departments are assistance in allocating extra time for the exam, producing educational materials in an accessible format (for example, Braille), specially equipped computer classes, consulting services, assistance in registration procedures, mobility training, awareness raising and general academic support.

## Conclusion

In the countries-participants of the International Federation Abilimpix there are non-profit organizations that are responsible for the development of the Abilimpix movement in their country. In all countries where Abilimpix is developing, this process is supported by the state. The governments of various countries see Abilimpix as an effective and effective tool for the rehabilitation of disabled people through career guidance work with them, increasing their interest in vocational education and further employment. It is recognized that Abilimpix helps to solve an important socio-economic problem - activation of hidden reserves of the disabled person's organism through his active participation in the life of society. This solves the most important task of a humane society - the full socialization of the disabled through the maximum possible improvement of their health. In this connection, the main technologies of Abilimpix championships according to the standards of the International Federation Abilimpix are of great interest. Their high efficiency and thoughtfulness allows them to be used in conducting such professional competitions in the Russian Federation. At the same time, it is possible to take into account already existing experience of holding various championships of invalids in Russia, as well as holding professional contests for students with disabilities and disabled people. It is known that people with disabilities are preparing for them, they were gradually compensated for their existing diseases, which entered a state of stable remission, which increased their residual labor potential.

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