



IX SCIENTIFIC CONFERENCE
THE SPRING OF THE AUTUMN - THE QUALITY OF LIFE IN ELDERLY PEOPLE
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QUALITY OF LIFE IN KAZAKHSTAN

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OLDER PEOPLE

ATTITUDE TOWARDS THE OLDER GENERATION

The Kazakhs are a people who want
"Turinen kart ketpesin" –
"...to elders do not leave the place of honor."

Showing respect and honor to elders,
regardless of clan, zhuz* and nationality, is
our tradition.

Zhuz* - kazakh tribal formations

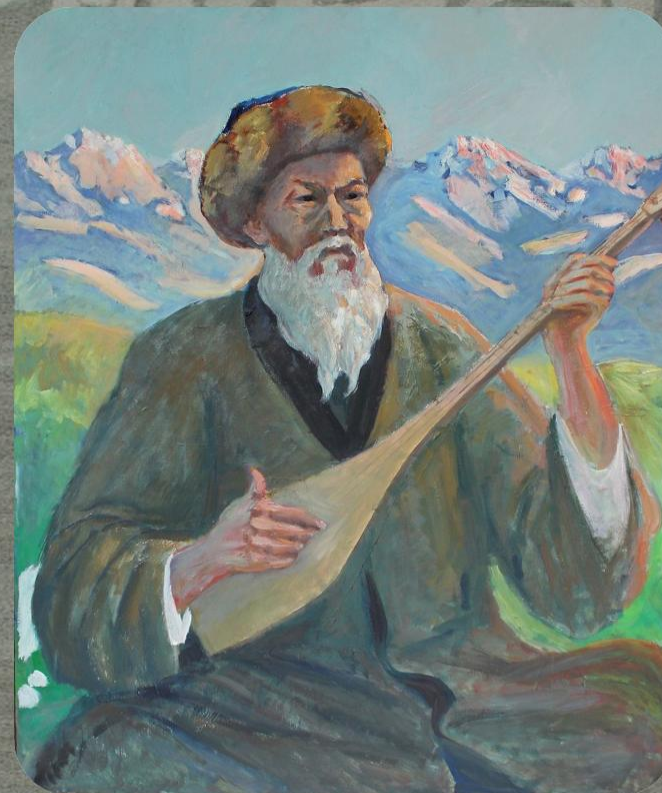


- In ancient popular meetings, elders played a **key role in decision-making**
- It is generally accepted that, due to their age, older people are more experienced in many problems, so the younger generation turned to the **aksakals** for advice.

Aksakal* -an elder, a respectable person.



- On all holidays, the elders were assigned the most honorable places, as a rule, opposite the entrance to the yurt, which is still called *ter*.
- The elders were also the first to start eating, and it was considered a sign of the highest reward to receive from their hands a handful of meat from a common dish - *astau*.
- After the end of the meal, the words blessing, *bata*, were also given by the eldest.



The custom of respecting the elders gave stability to the entire steppe society.

Respect for elders was infiltrated in the minds of the inhabitants of the Great Steppe as the highest principle, following which one could achieve noticeable success in life and earn the respect of the people.

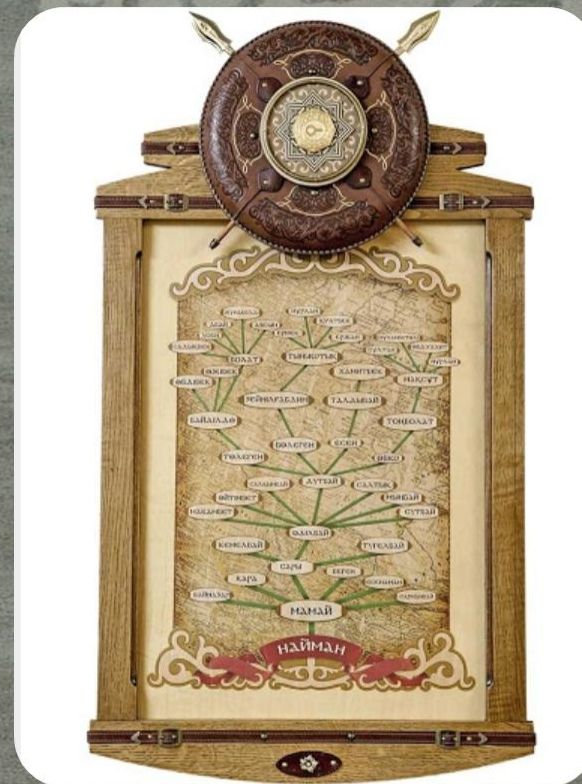
None of the people of Eurasia could compare with the steppe people in the tradition of respect for the older generation. This was recorded by the absolute majority of Russian and European researchers.



Even after their death, the descendants continued to honor their elders.

Respect was maintained through their knowledge and maintenance of their genealogical tables —shejire.

They also remembered them through legends, poems and historical traditions, carried over from generation to generation.



A huge role in introducing respect for elders was played by proverbs and sayings, such as:

“An intelligent old man is flowing water”

“Wisdom spoken by elders is never wrong”

“Old age is wealth”



ATTITUDE TOWARDS THE OLDER GENERATION



Currently, there are unspoken rules in Kazakh society, according to which the younger:

- greet the older person*
- necessarily gets up*
- seats him in a place of honor*
- or gives up his own and does not sit down until the elder invites him to sit down.*

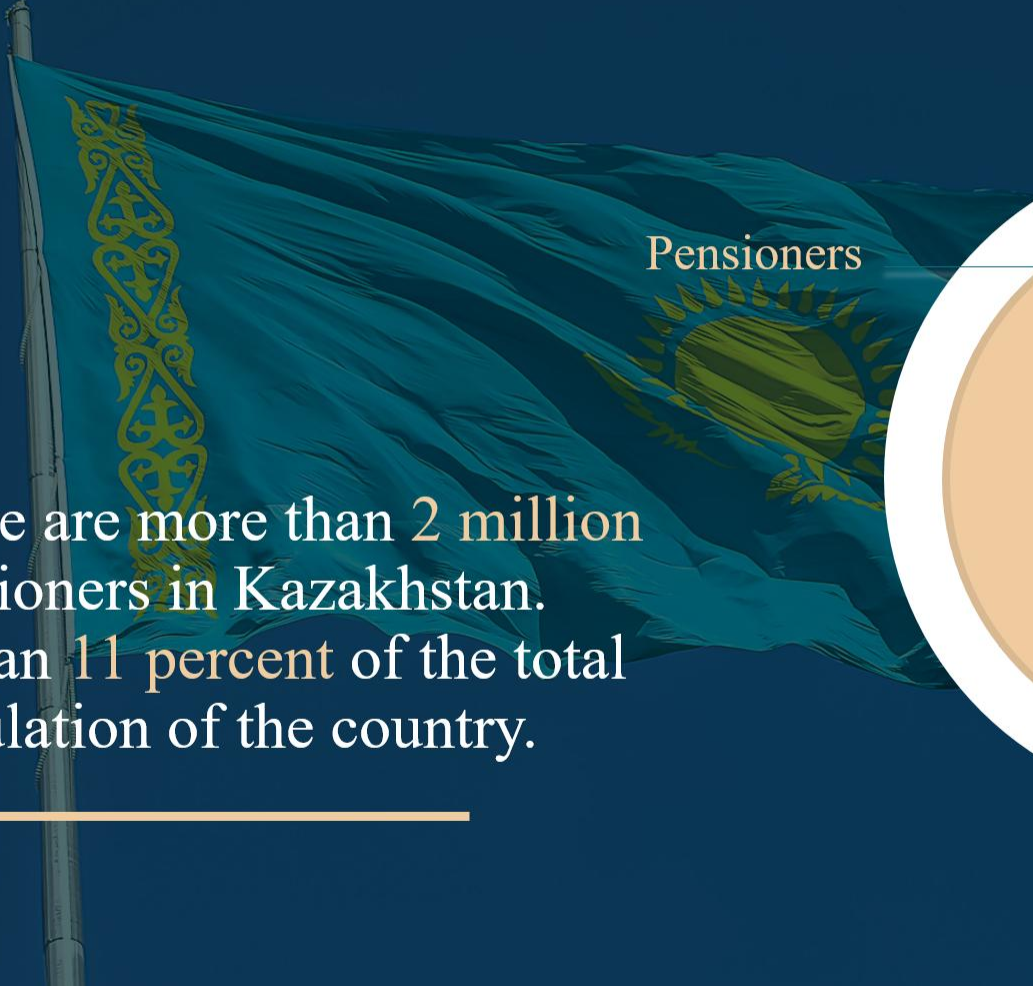


ATTITUDE TOWARDS THE OLDER GENERATION

From an early age, Kazakh children learn the principle of respectful attitude towards older family members, as well as the older generation in general.

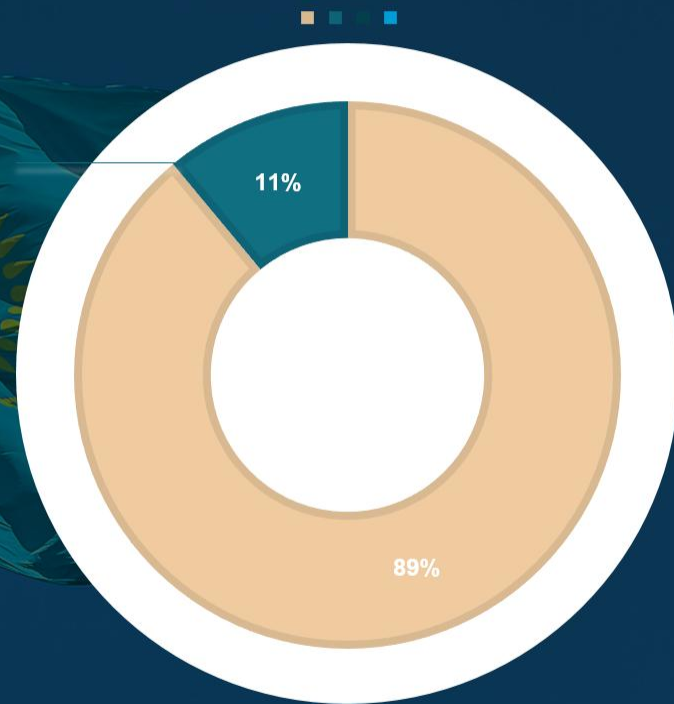


In Kazakhstan, it is not customary to argue with elders, be rude to them, offend or disobey their advice.



Pensioners

There are more than 2 million pensioners in Kazakhstan. It is an 11 percent of the total population of the country.



More than 5,000 of them are held in **nursing homes**.

At the same time, 1,026 people over 55 years old are registered in **drug dispensaries**.

Old people fall into depression from their lack of demand, sometimes chronic diseases develop on this basis.

Unfortunately, not all people treat the older generation with due respect.



In modern Kazakh society, the attitudes of the younger towards older members of society are formed in the direction from traditionally respectful to non-traditional, that is, condemning, **blaming, rejecting**, which is not typical for the traditional Kazakh mentality.



In such conditions, older people are deprived of a significant degree of empathy and assistance from young people.

There is a breakdown in the centuries-old tradition of Kazakh society, which is so painful not only for the elderly, but also for all other members of society.



The state is trying to fix this problem.

According to the Ministry of Labor and Social Protection of the Population, the Roadmap “*Active Longevity*” was adopted in Almaty in 2018.

THE ROADMAP “ACTIVE LONGEVITY”



Centers are opening where retirees can go through a 45-day program, including consultations with a doctor and psychologist, sports, language and computer literacy training, and much more.

According to this program, elderly people are entitled to preferential sanatorium treatment.

THE ROADMAP “ACTIVE LONGEVITY”



Old-age pensioners (provided that the average per capita family income does not exceed three times the subsistence level - 89,094 tenge - 785,39 PLN) pay the cost of the voucher in the amount of **25 percent of the pension**, excluding the state basic pension payments.

At the same time, participants and invalids of the Great Patriotic War can get a ticket for free.



“SCHOOL OF THE THIRD AGE”

In addition to the state, **public organizations** are involved in the problems of older people in the southern capital.

For example, exists a project of the public fund “**Old Age in Joy**” called “School of the Third Age” in Almaty (2019).



“SCHOOL OF THE THIRD AGE”

The program is designed for **one year**, during which retirees come to lessons several times a month.

Elderly people go in for **sports**, listen to lectures and master classes, learn how to handle **gadgets**, go to the **cinema**, museums and exhibitions.

The emphasis in this school is on **communication**, which pensioners lack so much.



CONCLUSION

The tradition of respectful attitude towards elders, knowledge of one's ancestors and other folk customs play an important educational role.

Folk traditions of moral education, closely entering into the life of a modern Kazakh family, transforming in it in accordance with the requirements of modern society, have a great influence on the nature of the relationship between family members, thereby creating a healthy family atmosphere, lifestyle, which has an educational effect on children.



CONCLUSION

Moral traditions, in the content of which

- ✓ respect for the elders,
 - ✓ reverence for parents,
 - ✓ care for the younger is manifested,
 - ✓ kind and respectful attitude towards people around,
 - ✓ mutual assistance -
- create the basis for the formation of high moral qualities.

THANK YOU FOR
ATTENTION!

