

THE METHOD OF ART THERAPY IN SOCIAL WORK WITH THE ELDERLY

Метод арт-терапии в социальной работе с пожилыми людьми

Today, 34.5 million people over the age of 60 live in Russia, and by 2030 their number will increase by 2 million. This was stated by Deputy Prime Minister Tatyana Golikova at the International Exhibition and Forum «Russia» at VDNH. [2] The method of support and rehabilitation of the elderly is art therapy. This method helps to reduce stress levels, improve self-esteem and strengthen the psychological state, helps older people express their emotions, and improves cognitive functions. The purpose of the study is to analyze the use of art therapy in social work with the elderly.

The results of the study. Art therapy is therapy using various types of art, one of the modern directions of social work. This technology provides a wide range of opportunities for rehabilitation, development of a person's mental and emotional state. Advantages of art therapy: expression of emotions (through drawing, modeling, painting or other artistic techniques, people can express their inner feelings and emotions); self-expression (technology makes it possible to express their unique features, identification through creativity); the development of creativity (promotes the development of imagination, the ability to find non-standard solutions); relaxation and stress relief; the development of personality; promotes personal growth; the corrective effect of art therapy (consists in the fact that «art allows in a special symbolic form to reconstruct a conflict traumatic situation and find its resolution through the restructuring of this situation with the help of creative abilities the client» [1, p. 26]).

We interviewed specialists in social work (100 people). Experts named the following types of art therapy that they use in their work: creative expression therapy – 74 %, music therapy – 68 %, game therapy – 72 %, fairy tale therapy – 66 %, bibliotherapy – 48 %, dance therapy – 44 %, physical and motor therapy – 52 %, art therapy – 92 %. To the question: «What types of art therapy do you use in working with the elderly?»: isotherapy (drawing therapy) – 84 %, visual (image therapy) – 76 %, meditative drawing – 64 %, multimedia (integrative) – 48 %. The following answers were received to the question: «How did art therapy affect an elderly person?»: «became more open» – 67 %, «became more confident and began to believe in himself» – 54 %, «found new friends» – 48 %, «it helped him adapt among other people» – 33 %, «learned a new type of activity» – 83 %.

Thus, art therapy is important for the elderly, helping them to deal with age-related problems, as well as having a positive impact on their physical and psychological health.

References

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THE PROTECTION OF STATE SECRETS AND INFORMATION TRANSPARENCY: IMPACTS ON SOCIO-POLITICAL AND ECONOMIC DEVELOPMENT

Защита государственных тайн и информационная прозрачность: влияние на общественно-политическое и экономическое развитие

In today's globalized world, states often need to balance the transparency of information with the protection of national security. This creates a complex dilemma: how to safeguard state secrets without hindering international cooperation and information exchange. The purpose of this study is to examine the legal frameworks that ensure the security of state information and to understand why concealing critical state information from the public is not considered a violation.

The protection of state secrets involves a set of legal measures aimed at preserving the confidentiality and integrity of classified information. State secrets include data related to defense, economics, science, technology, and national security. Their key attributes are confidentiality, integrity, and restricted access. Such information is not subject to dissemination and is protected by various legal and technical methods, such as encryption, which limit unauthorized access.

For example, in Belarus, legal documents such as the Law «On Informatization» and the Law «On State Secrets» regulate the classification and protection of sensitive information. The Law «On Informatization» safeguards personal data and prevents unauthorized access to private information. The Law «On State Secrets» governs the classification and declassification of information in the interests of national security. Additionally, individuals with access to classified information are bound by strict legal obligations. These rules are confidential to prevent potential breaches of state security.

At the same time, access to open sources of information, such as the internet, newspapers, and scientific publications, has become a key tool for intelligence services worldwide. This method, known as Open Source Intelligence (OSINT), enables the gathering of publicly available information to monitor global events.