

# *Subjective Well-Being of Youth: Potential of State Youth Policy*

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**Abstract**—The relevance of studying the issues of the well-being of youth is due to the overheating of the economy, changes in the characteristics of youth. The young people's vision of their future demonstrates their confidence in it, satisfies with the conditions of their own development and feels safe. The real situation requires monitoring to address youth problems, which affecting the well-being and national security of the country.

**Objective:** to study some indicators of the subjective well-being of youth and the capabilities of the youth policy system to improve the quality of life of young people.

**The research methodology** consists in the integrated application of the anthropological, ontological and axiological approaches. In the course of the work, the following methods were used: statistical, analysis of documents, survey and comparative analysis of data from an empirical study.

**Object of study:** youth of the Sverdlovsk region at the age of 16-25.

**The results of the study** showed that the state youth policy has a significant potential to improve the quality of life of young people, to increase the level of subjective well-being of youth.

**The theoretical and practical significance of the study** lies in the fact that its results can be used to specify the philosophical and anthropological problems associated with the study of the subjective well-being of youth, as well as in the development and implementation of social technologies, their scientifically based recommendations for the implementation of youth policy in schools and in organizations.

**Key words**—youth; subjective well-being; satisfaction; youth policy

## I. INTRODUCTION

The degree of elaboration of the problem. Interest in the study of youth is most active during periods of aggravation of crisis situations in the country, while theoretical understanding of the potential and role of young people in society in most cases was left aside, since public opinion was and remains riveted to the country's economic problems.

The youth is an object of study of many branches of science: sociology, psychology, cultural studies, political science,

pedagogy, and others. The subject of study is the development of social activity and volunteering (Pevnaya M.V. [1] etc.), value orientations of young people (Vishnevsky Y.R. [2], Kruzhkova O.V., Vorobyeva I.V. [3], etc.), the formation of patriotic attitudes (Verbitskaya N.O., Osipchukova E.V., Silchuk E.V. and others [4]) and other directions of youth policy in the context of value orientations (Muravyova O., Popova T.S. [5]), social activity of youth (Bocharova E.E., Tarasova L.E. [6]), sports and healthy lifestyle (Kireeva M.V., Vlasova T.A. [7]). Let us note that the interrelationship of the concepts "social well-being", "subjective well-being", "quality of life" were studied by Vishnevsky Y.R., Narkhov D.Y., Belova O.R., Rapoport L.A. [8], which note the following determinants of subjective well-being: joy, satisfaction, anxiety, fear, apprehension, assessment of their life regarding the situation in society.

The concept of "well-being" has many aspects: material, psychological, family, physical, professional, and social. The level of well-being is influenced by various factors: social status, main activity, marital status, as well as personal characteristics of a person. Many factors can potentially be strengthened if young people are included in socially active activities, a system for implementing state youth policy, the main goal of which is to create conditions for young people to realize their potential. To characterize the state of the subjective world of the individual in terms of his well-being, scientific studies often study such results of well-being as happiness and inner satisfaction by various aspects of life. Well-being is created by satisfying interpersonal relationships, the ability to communicate and receive positive emotions from it. It destroys the well-being of social isolation, tension in interpersonal relationships.

The 17 goals in the field of sustainable development [9], voiced at the UN General Assembly, are quite widely known, which in general can be attributed to solving the problems of improving the quality of life of a person and increasing his well-being. Thus, the questions of studying various aspects of well-

being and factors affecting it, including subjective ones, are a promising area of scientific study.

Foreign scientific areas of well-being studies are presented by such authors as N. Breddburn, E. Diener, M. Argyle and others. The focus was mainly on psychological well-being, when satisfaction, self-actualization, and the presence / absence of psychosomatic methods were determined as a result. In Russian psychology in this area, the works of A.V. Voronin, P.P. Fesenko, L.V. Kulikova, R. Shamionova, E.E. Bocharova are widely known [10].

The correlation between the satisfaction of needs for autonomy, competence, connection with others and satisfaction with life, positive and negative affect, subjective happiness has been studied by Kulik and Akimova [10].

Vodyaha A. A. examines the impact of community membership in communities internal resources of youth and their capacities for subjective well-being and concludes that "the determinants of social well-being are factors such as altruism, positive emotions, a sense of community, the number of members of the middle class in society and personal resources" [11].

The authors analyzed the aspects of life of young people, including its values, realization of creative abilities, social well-being of youth, public and political activity of young people, the specificity and problems of implementation of youth policy in enterprises [12].

The study of these aspects shows that there is a change in the characteristics of young people, including such important ones as value orientations, that young people are perceiving new challenges, such as extremism, terrorism, and the spread of deviant behaviors. This entails a decline in the quality of life of young people, which may have an impact on young people's forecasting their future, strengthening conformism and internal tensions, including in situations where young people do not see opportunities to realize their own potential.

With the direct participation of the authors conducted a series of studies aimed at studying satisfaction with quality of life, aspects of life of young people at work, including the study of the experience of implementation of social youth programs at large industrial enterprises [13]. This helped to identify the specific characteristics of working youth in terms of well-being.

The modern system of youth policy in Russia is developing rapidly and rapidly: an effective hierarchical management structure is being built, the regulatory and legal framework is being improved, opportunities are created for young people to implement their ideas in the form of project competitions (in 2017 more than two billion rubles were allocated for youth by The Federal Agency for Youth Affairs of the Russian Federation), in Russia, 15 projects are being implemented under the auspices of the all-Russian project "Russia - a country of opportunities" [14], which allow young people to develop in different directions, such as volunteering, self-management, entrepreneurship, professional development, and others. It is worth noting the increasing attention to the state youth policy in the country over the past five years. This fact suggests that the potential of the state youth policy is quite significant and

young people who actively participate in youth policy projects have higher indicators of quality of life and level of well-being.

At the same time, the authors note that at present the activity of young people in the projects of the state youth policy in Russia is not sufficient. Thus, in earlier studies among young people in St. Petersburg, it is noted that 70.0% of respondents are not familiar with state institutions in the sphere of state youth policy [15].

The young people's vision of their future demonstrates how young people are confident in it, is satisfied with the conditions of their own development, feels safe, ready for further development, building their future in this country, and participating in the development of the economy and society. The real situation in a particular region requires regular study and analysis to develop and adjust measures and measures to address youth problems affecting well-being and national security.

Deryabin D.G., Volkov N.A., Ignatova T.N., Komarov N.N. [16] investigated interrelationships in the system "quality of life - quality of health - quality of education". Scientists have established a clear relationship between the two processes (education and health) and confirmed that the students' academic performance is directly affected by their health, which increases the level of mental well-being.

As a result of an analysis of research scientists, we came to the conclusion that the following trends in studying well-being are traced. A significant part of the work is devoted to the issues of psychological well-being, and a number of authors define the subjective benefit of receiving it as a psychological one (AA Kulik, AA Akimov [10]). Another area includes works devoted to the study of the correlation links of well-being and value orientations of young people. The study of the potential of youth policy in terms of improving the quality of life and well-being of young people is presented in the third direction. It is worth noting that the last direction of scientific research is not sufficiently developed. However, youth policy, its defining role in society in the context of developing the potential of young people, as well as ensuring its future and the future of the country, necessitates studying this aspect.

## II. ORGANIZATION OF RESEARCH, MATERIALS AND METHODS

The scientific work was carried out at the department "Organization of work with youth" of the Ural Federal University named after the first President of Russia B.N. Yeltsin (Ekaterinburg, Russia). The study involved 457 young people aged 16–25 living in three cities of the Sverdlovsk region. The survey results are processed in the Vortex program.

In conducting the study, we proceeded from the fact that subjective well-being is a generalized and relatively stable experience that has a special significance for the individual, manifested in certain living conditions and allows us to determine the future person's vision, intentions and expectations. It is this that to a large extent determines the characteristics of the dominant mental state: a favorable state that promotes a coordinated course of mental processes, successful behavior that supports mental and physical health, or, conversely, an unfavorable state.

Realizing that indicators and criteria for subjective well-being in science and practice are defined a sufficiently large number, we single out a number of them, which, in our opinion, are to some extent related to youth policy and indicate the satisfaction of young people with a number of parameters of their lives. We have studied:

- 1) youth satisfaction with the current state of their lives;
- 2) expectations from the future and willingness to engage in entrepreneurial activities among young people;
- 3) personal safety and security in your city, region and in the country as a whole;
- 4) satisfaction with youth policy.

To determine the dynamics of the gender-age structure of youth, migration, nuptiality and divorce rate, the corresponding statistical data of the Federal State Statistics Service from 01/01/2018 [17] were studied.

### III. RESULTS AND THEIR DISCUSSION

*Statistical data.* According to open sources of the Federal State Statistics Service in the Sverdlovsk region there were 4,325,256 residents, including: 74.0% - the urban population and 26.0% - the rural population; 45.9% of men and 54.1% of women. The population of the region decreased by 600 people compared with 2016. The life expectancy of citizens of the Sverdlovsk region in 2017 was 71.23 years. Population growth in 2017 (compared to 2016) was observed only in the age groups of 14-15 years old and 30-34 years old. The largest decline in population is observed in the age group 25-29 years. This group of young people decreased by 20 191 people. The number of employed in the Sverdlovsk region amounted to 2,058.8 thousand people (the average value in the 4th quarter of 2017). Note that the number of marriages in the region is higher than the number of divorces (respectively, per 1000 population 2.3 in 2016 and 3.0 in 2017). In the Urals, intraregional migration prevails: the number of departures and arrivals of citizens in the Sverdlovsk region in 2017 are identical (70,944 people each) [17].

It should be noted that in the Sverdlovsk region there is a tendency of a decrease in the population, namely the socio-demographic group "youth", an increase in the number of marriages and a positive migration increase.

The subjective well-being of young people can be measured through satisfaction with the parameters of their lives. The authors analyzed the parameters previously selected during the study.

To determine the satisfaction of young people with the current state of their lives, the study examined the material situation at the present moment; social problems that are most important in the village where the respondent lives; subjective attitude to the methods of success in life, experience of social activity, participation in projects of the state youth policy, as well as overall satisfaction with their own lives at the moment.

The results of a survey of young people showed that almost half (48.1%) assess their financial situation at the moment as "average", 23.8% as "difficult", 7.2% as "very difficult". And

only 21.0% note that "it is completely secured, there are enough funds for housing, food, clothing, leisure, education." Young people consider the most important problems in their locality (out of the 23 proposed):

- lack of quality medical care - 47%;
- difficult financial situation - 42.7%;
- unemployment - 42.2%;
- low level of health among the population - 39.4%;
- poor environmental situation - 39.8%;
- high prices for food - 31.5%.

A less significant problem for respondents is the lack of opportunities for young people to engage in creative work. This problem was noted by 7.4% of the respondents.

Three-quarters of respondents are convinced: "we must work hard and honestly to become a respected person in society" (75.6%). Less than half of respondents (46.0%) have no work experience, but almost all (95.8%) have experience in social, scientific, or creative activities. Only 15.8% said that they managed to fully realize themselves. Alarming is the fact that the one, the life they lead, suits only 53.4% of the respondents.

*Expectations from the future by young people* made it possible to record the answers about the plans of respondents for 2019, about the expectations of changes in their lives, as well as about the most exciting issues of young people at the present time.

The plans that young people build are quite diverse and peculiar to their age: 32.2% will get a job, 20.8% will start living independently, 17.0% will go to school, 16.0% will change their place of residence in Russia, 3.4% will move abroad.

According to the majority of young people (71.2%), in a year their life will change for the better. The rest believe that their life will worsen, will not change, or they find it difficult to answer (5.9%, 8.2% and 14.8%, respectively). The youth are primarily concerned with the following questions: "How to find a good job?" and "How to achieve success in life?" (48.4% each), "How to get a quality education" (13.9%), "How to create your own business?" (12.7%).

The development of the entrepreneurial sphere of the economy, especially youth entrepreneurship, demonstrates the confidence of citizens in their future, that the country has created conditions for improving the quality of life, entrepreneurs are supported by the state and are able to sustainably develop their business. In our opinion, the willingness of young people to participate in entrepreneurial activity makes it possible to talk about their confidence in the future, the subjective feeling of favorable conditions for the development of the socio-economic potential of the region. The study shows that despite the fact that only 25.6% of young people believe that favorable conditions have been created in the Sverdlovsk region for the development of small business, more than half of them (54.2%) plan to realize themselves through entrepreneurship. The ideas of the respondents about the forms of state support for entrepreneurship in the Sverdlovsk region are rather mosaic. Most young people are

aware of the Grants of the Sverdlovsk Foundation for Supporting Entrepreneurs (19.0%), preferential credit conditions (13.1%) and business incubators (10.4%). The main reasons for starting your own business are the presence of a unique business idea (33.0%) and unwillingness to work for hire (29.7%). The presence of financial support, state guarantees and the availability of necessary information, business ideas (20.7%, 15.4% and 14.4%). At the same time, there is a tangible need for young people to raise awareness of government support measures for entrepreneurs, since 64.2% would like to know more about government support measures for aspiring entrepreneurs. 54.4% are not aware of such support.

*Issues of personal safety and security in the city, the region and the country as a whole*, undoubtedly are characteristic of the quality of life of citizens. Currently, such security challenges in our country as extremism and terrorism are especially acute. As part of the study, the authors determined how young people in the region feel these threats, whether they have encountered manifestations of extremism and what ways to combat extremism they consider the most effective.

Every tenth one is currently most concerned with the question "How to ensure the safety of one's own and one's loved ones?". The majority of respondents did not encounter problems of extremism (64.5%) and did not discuss them among their loved ones (66.1%). At the same time, the majority (61.7%) believe that extremist sentiments have recently intensified among the youth. According to a third of respondents, the problem of extremism is relevant both for their settlement, and for the region, and Russia as a whole.

Young people consider the most dangerous manifestations of extremism to be political assassinations, physical violence (as indicated by 25.1% of respondents), propaganda of fascism and humiliation, insults (relevant for 21.9% of respondents), threats against people of other nationalities and religions (indicated 19.8 % of respondents). Respondents consider the development of youth movements, sports and cultural work with young people to be the most effective ways to combat extremism; legal and spiritual-moral education; the work of law enforcement agencies (respectively 29.6%, 23.7% and 24.3%). More than half (66.2%) do not dislike other nationalities. One third of young people (34.6%) faced discrimination based on their nationality, religion or other status. If their rights are violated, young people prefer to choose legitimate ways to solve problems: contact law enforcement agencies (24.9%), court (22.7%), media (14.9%), ministries and departments (13.6%), etc.

*Satisfaction with the implementation of youth policy.* Young people estimate the implementation of the state youth policy in their municipality higher than in the region and at the country level (respectively, 35.8%, 24.7% and 25.1% are satisfied to varying degrees). It should be noted that the analysis of the level of satisfaction of young people in specific areas of the state youth policy requires separate consideration and was outside the scope of our study.

#### IV. CONCLUSIONS AND SUGGESTIONS

Life strategies, manifested in everyday behavior and human activities, determine one's life path, allow a person to concentrate efforts and overcome various crisis conditions, which determines the fullness of a person's self-actualization and one's satisfaction with life [18].

In our opinion, to increase the level of subjective well-being of youth, it is necessary to develop measures at the level of municipal self-government of the Sverdlovsk region and the country as a whole to increase the level of satisfaction with aspects of life, including the opportunities for self-realization in the field of entrepreneurship.

Analysis of the research results revealed the following key positions that need to be addressed when implementing the state youth policy:

- decrease in the number of young people in the region;
- young people are concerned about the quality of medical care, unemployment and the low level of material condition;
- the youth of the Sverdlovsk region has the opportunity to develop their scientific, creative, sports potential and does not single out these areas as a problem for themselves;
- most of the youth of the Sverdlovsk region are ready for honest work and do not allow non-legal methods of achieving success, and also do not actively count on the help of parents;
- half of young people are generally satisfied with the life they are leading now;
- overwhelmingly, the youth of the Sverdlovsk region is not going to leave the country in search of better living conditions;
- young people look to the future with hope, I am sure that in the future their lives will improve, about half of the respondents are concerned about future employment and methods for achieving success;
- more than half of young people are ready to realize themselves in entrepreneurship, but note the problem of informing about measures of state support for entrepreneurship and the need to teach them entrepreneurial skills;
- a significant number of young people believe that extremist sentiments have recently intensified among the youth;
- young people consider the development of youth movements, sports and cultural work with young people to be the most effective ways to combat extremism;
- young people evaluate the effectiveness of the implementation of state youth policy in their municipality higher than in the region and at the country level.

According to the authors, it is necessary to analyze the various integrated programs implemented by the youth affairs agencies, in terms of the impact of their activities and projects on improving the quality of life of young people and their subjective well-being.

The greatest attention should be paid to the issues of youth employment in both labor and socially significant activities. It is necessary to improve the traditional directions of state management of the regional labor market, such as: developing a system for monitoring and forecasting the labor market, including in the context of municipalities; implementation of programs to create favorable working conditions that increase the working capacity of workers; optimization of budget spending on employment policy of constituent entities of the Russian Federation on the basis of assessments of their real need; expanding the range of targeted measures to promote employment by age and gender, social and professional groups, groups that differ in the degree of activity and methods of job search.

In the direction of supporting youth entrepreneurship, we note that an approach and a set of measures are needed for a particular region. A variety of approaches should be applied when creating different types of business, since it is obvious that creating innovative business in the field of IT technologies or robotics, designed to maximize profits, is different from creating social business in rural areas.

When conducting anti-extremist activities, it is necessary to take into account the characteristics of the target groups. It should be understood that it is impossible to clearly distinguish one or another target group, to distance it from other groups, and also to apply forms of work that will affect the behavior of only the selected group.

Formation of a negative attitude to such a dangerous phenomenon in society as extremism is a complex task requiring coordinated efforts of state and local government bodies at all levels with public organizations and associations, religious structures, civil society institutions and individuals.

Specialists responsible for work in the field of preventing extremism among young people should know the legal basis for implementing state policy to prevent manifestations of extremism and harmonize interethnic and interfaith relations and the role of state bodies, local government, public and educational organizations, and social institutions in the process of patriotic education growing citizens; be able to use the concepts, nature and main approaches to the analysis of the social phenomenon of extremism, as well as create conditions for the harmonization of interethnic and interfaith relations in the educational field of various educational and youth organizations; possess modern technologies for identifying signs of extremism in the information space of the youth environment and their readiness for illegal behavior, knowledge of providing conditions for successful sociocultural adaptation of migrant youth, and counteracting the penetration of religious fundamentalism, extremism and intolerance into the public consciousness. The authors previously studied questions of the socio-psychological aspects of extremism among young people and the proposed technologies for the prevention of extremism are scientifically justified [18].

The measures we have proposed may contribute to a positive mood of young people and a vision of the future through the prism of their well-being in a certain segment of their present.

## V. CONCLUSION

The study of the characteristics of the subjective well-being of young people is quite relevant at present. Well-being, its characteristics, correlations between various social actors and factors are the subject of long-term scientific research, both in theoretical terms and based on empirical research. The attention of many scientists to this subject confirms the relevance of the research topic chosen by the authors. In the system of raising the level of subjective well-being of young people, building youth's confidence in the future, a sense of security, comfort and security by various state institutions, youth policy plays a significant role.

In the Sverdlovsk region, there is a steady downward trend in the number of young people, an increase in the number of marriages and a migration increase in the population. Young people as a large socio-demographic group require close attention of scholars and practitioners, since the processes taking place in it affect the stability of society and the security of the region and country. The perception by young people of their place in society, of their future through the prism of subjective well-being largely determines its behavior in the educational institution, in the enterprise and in the organization.

The youth of the Sverdlovsk region assesses its financial situation and prospects, future plans and is taking steps to make this future come true. Considering that have a lot of honest work to become a respected person in the society, the youth is committed to education and find a decent job. Young people are aware of the existence of such problems as a lack of quality medical care and jobs, high prices on food and difficult financial situation, note the impossibility to realize themselves. This situation can lead to disastrous consequences: departure of young people from the region and the country.

The authors believe that effective state youth policy can have a positive impact on the youth's vision of their future, improve their subjective well-being, confidence in the future, willingness to actively participate in building and development of civil society, and to realize their potential in various fields through participation in projects of the state youth policy.

Thus, the potential of the state youth policy is significant enough to increase the level of subjective well-being of youth that allows making a conclusion about the necessity of the active involvement of young people, in general, positively charged on its own successful development projects and programs of the state youth policy.

## **Acknowledgment**

The authors thank the reviewers for a careful reading of the article and the comments made, which helped to significantly improve its content.

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