

The influence of therapeutic exercise on housekeeping

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Abstract. The processes that ensure household management require a certain level of physical fitness and restorative physical education. All this affects the content of the work, its quality and frequency. Accordingly, the dynamics of incomes of such households depends on this. The basis for the study was the change in the level of household income in the Kyrgyz Republic for the period from 2017 to 2021, taking into account the socio-economic development of the regions, the possibility of organizing sanatorium recreation. The methodology of the study is used to describe factor incomes (remuneration for hired labor, profit from entrepreneurial activity, interest on capital and rent from (i.e. from a land plot) and their percentage in the total mass of all incomes of the population.

1 Introduction

The growth of labor productivity is influenced by such factors as material, technical, organizational, economic, and socio-psychological. The first are associated with the use of advanced materials, means of production and technologies. The rest involve the use of modern approaches to managing the structure and economic processes of the organization, the formation of a work and rest regime, discipline, the level of professional training and the socio-demographic composition of the team as a whole [1].

The national development strategy of the country should be focused on achieving economic growth, employment, obtaining sustainable incomes, and the availability of social services [2, 3]. No indicators, even sufficiently high ones, achieved in certain particular industries or sectors of the economy can play any significant role for society as a whole, if these individual indicators have not led to a significant increase in the standard of living of at least 60-70% of the total population. According to international standards, the work of the leadership of any country can be considered successful only if the percentage of residents living below the poverty line does not exceed 20-30% [3].

The purpose of this work is to show the dynamics of incomes of the population of the Kyrgyz Republic for the period from 2017 to 2021. To be more precise, the purpose of the paper is to identify the peculiarities in the distribution of the shares of different types of income of the HX in the total amount of all income. In other words, it is necessary to identify quantitative ratios of shares of various types, first of all, factor income, i.e., income from labor activity or employment (called wages), income from entrepreneurship (called

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profit), income from capital (called interest), income from property, including land (called rent).

In addition, due attention is paid to income from self-employment, income from private subsidiary plots (LPH), as well as income from social transfers from the state (which include pensions, allowances, scholarships, benefits, etc.).

One of the most important factors is the rational distribution of work and rest. A rational work and rest regime involves the establishment of such a workload of employees and the alternation of work periods and rest intervals observed during the work shift, day, week, month and year in accordance with the mode of operation of the enterprise, in which the economic efficiency of the enterprise reaches its maximum while ensuring the preservation of health and progressive development of its employees. In the scientific literature, the work-rest regime is considered not only within the framework of the traditional organization of labor, but also within the framework of flexible forms of employment [1].

2 Method

In addition to consideration on a national scale, the factor of places of residence of the population is also taken into account, namely, there is a comparison of the above-mentioned indicators for urban and rural residents, as well as indicators for different regions of the Kyrgyz Republic, including the cities of Bishkek and Osh [4].

All quantitative, namely, tabular data presented in the paper are taken from the Annual Publication for 2022 "Living Standards of the Population of the Kyrgyz Republic. 2017-2021", developed by the National Statistical Committee of the Kyrgyz Republic (National Statistical Committee of the Kyrgyz Republic).

The distribution of income is studied through two interrelated approaches, namely, the concept of "*functional* distribution of social income" and "*personal* distribution". The first approach is when all the incomes of society are considered in terms of payment for the services of the various factors of production, i.e., labor, land, capital, and entrepreneurial ability. Thus, *the functional* The distribution of a society's income shows what is the share of a country's total income derived from the relevant factor of production.

3 Result

As is known, from the point of view of economic science, the three main subjects of the market economy are: the household (DH), the organization (firm, i.e. another subject of the household) and the state. DHs enter into various financial relations with counterparties and the state, linking all links of the country's financial system into one whole [<https://secretmag.ru/enciklopediya/kto-takoi-kontragent-obyasnyaem-prostyimi-slovami.htm>], the counterparty is any of the parties to the contract in relation to the other party. For example, it is a contractor in relation to the customer, and vice versa).

The owners of the factors of production, such as wage labour, entrepreneurial ability, and property in the form of capital or land, receive income in the form of wages, profits, interest, or rent, respectively. At the same time, the income of some economic entities is at the same time the expenditure of other entities, and vice versa. For this reason, in terms of macroeconomic theory, it is customary to talk about the circulation of income and expenditure on the scale of the national economy of the country as a whole [4-6].

According to
[<https://cyberleninka.ru/article/n/finansovyy-potentsial-domohozyaystva-i-metodika-ego-ra>

scheta], the relationship of DH with other subjects of financial relations is important in terms of forecasting the ability of the population to create financial potential.

Stable prices for factors of production make it possible to obtain stable incomes (rent, interest, profit, wages) from the application of these factors.

The essence of the relationship between the DC and the financial market is to perform the following actions: purchase and sale of securities, receipt of dividends and interest on them, securities as an economic category - this is the right to a share of the total capital received as a result of the initial placement of these securities, as well as the right to distribute and redistribute the profit that such capital provides); deposit operations, payment for banking services, obtaining loans and repaying them with interest [<https://www.sravni.ru/vklady/info/depozitnye-operacii>], deposit operations of banks are operations to attract funds of individuals to deposits, legal entities to deposits, to form the bank's resource base, to increase the volume of active operations).

The relationship between the DH and the state is manifested in the fact that, on the one hand, the members of the DH pay taxes and other obligatory payments to the state, and on the other hand, they receive social transfers from it in the form of pensions, allowances, scholarships, various benefits, etc. [7, 8]

But much more significant in the relationship between DH and the state is *the influence of the state on the economic situation of DH*, on which the level of development of the national economy as a whole largely depends.

Incomes from economic resources grouped into generalized groups (the above-mentioned factors of production) are called factor incomes, respectively. Factor income refers to the income derived from the factors of production: capital, labor, land, and entrepreneurial ability.

Rent is a regularly received income from capital, bonds, property, land. Ground rent is the price paid for the use of land and other natural resources.

Further, household income is the total amount of cash and in-kind income from all sources of income, taking into account the cost of free or preferential services at the expense of social funds.

According to the sources of education, *the cash income of the DH* is divided into *primary* and *secondary* income. The category of primary income of DH includes income from factors of production, i.e., wages for hired labor, profits from entrepreneurial activity, rent from land or other property, and interest on capital. Secondary income of DH is social transfers, i.e. funds that come to the disposal of this DH as a result of redistribution of primary incomes of other economic entities, carried out through state regulation.

Wages are the main primary income for the vast majority of DHs in Kyrgyzstan.

Wages form a large part of consumers' incomes and therefore have a significant impact on the amount of demand for consumer goods and their prices. Further, income from work is remuneration in cash or in kind received by household members for work activities, including farming.

Income from business activities is a variety of forms of income from a private business. Such income is possible within the framework of doing business without the organization of a legal entity, that is, in the form of self-employment. ITD is a socially useful independent personal activity of citizens carried out in order to provide employment, obtain additional income, and more fully meet the needs of the population in goods and services [2]. And also: "ITD is a socially useful activity of individuals in the production of goods and services, not related to their labor relations with enterprises of any type" [2].

In the Kyrgyz Republic, the types of ITD include private trade, cottage production, and the provision of private services: nursing, tutoring, etc.

Entrepreneurial activity is a special type of activity aimed at making a profit, which is based on independent initiative, responsibility and innovative entrepreneurial idea, carried out at one's own risk.

In the Kyrgyz Republic, the second most important source of income for household plots (after income from labor activity) is *income from personal subsidiary plots* (LPH), which is due to the priority of the agrarian direction of the development of the Kyrgyz economy, in the sense of ensuring employment of the population and, accordingly, in terms of obtaining additional, and in many cases, basic income through the sale of part of the products produced in private household plots of citizens.

Income from private household plots, as well as the above-mentioned income from private household plots, can also be considered as income from entrepreneurial activities, but on the condition that the production of products in private household plots will not be one-time, but regular, and at the same time, if at least a certain part of the products of private household plots will be focused on sale on the market. In particular, "Personal subsidiary farming is a form of non-entrepreneurial activity for the production and processing of agricultural products...".

It should be noted that in the conditions of the Kyrgyz Republic, income from ITD and from private household plots together give approximately the same income as income from employment, that is, from labor activity. Such factor incomes as *income from property* (from transactions with property, including land) and *from capital* (from transactions with funds), which are potentially investment income. First of all, they include *income from the sale and lease of residential premises, interest on deposits and securities, dividends on shares, insurance poles, etc.*, as well as income from the sale of land plots. It should be noted that *income from property and capital* accounts for the smallest share in the income structure of the population of the Kyrgyz Republic. And the reason for this is not only *the underdevelopment of the financial market in the Kyrgyz Republic or the low profitability of the country's population*, but also in many respects in its low financial literacy, as well as in the ineffective state influence on the financial activity of members of domestic farms.

Therefore, *income from property and capital* is considered, as noted above, primarily as potential investments.

The accrual and payment of *social transfers* (pensions, allowances, scholarships, etc.) is very much dependent on legislative norms. It is noteworthy that the share of *social transfers* in the total cash income of the population of the Kyrgyz Republic has been growing steadily since 2009.

The state is obliged to take into account changes in the real income of households as a result of changes in retail prices for goods (especially foodstuffs), as well as as changes in the cost of paying taxes and other mandatory payments.

Recall that the real income of the population is calculated as the ratio of the total amount of cash income of the household to the consumer price index.

The second approach is related to *personal* distribution, that is, from the point of view of the amount of income as the sum of remuneration (wages, profits from entrepreneurial activity, interest on capital, and rent on property) for the use of the economic resources of the household.

The personal distribution of income is also understood as the distribution of income among individual economic units, which include individuals, families and households. In this regard, there are significant inequalities in the distribution of income.

In the Kyrgyz Republic, for the period from 2017 to 2021, there was a slight increase in the main indicators of the standard of living of the population in the social sphere. For example, according to the data of a sample survey of the budgets of the Far East, conducted annually by the National Statistical Committee of the Kyrgyz Republic, the amount of social benefits increased by 1.9 times, amounting to 4554 soms per recipient at the end of

2021, and the average per capita cash income in the analyzed period increased by 1.4 times. At the same time, of course, it should be remembered that the size of the nominal wage can be used to judge the level of earnings and income, but not the level of a person's well-being. To do this, it is necessary to know what the real wage is, which is directly dependent on the nominal wage and inversely – on the level of prices for consumer goods and paid services, as well as on taxes. In addition, it is necessary to take into account such a concept as the subsistence minimum. The structure of the subsistence minimum for the main socio-demographic groups of the population of the Kyrgyz Republic was approved by the Decree of the Government of the Kyrgyz Republic dated November 6, 2009. In 2021, the cost of the subsistence minimum amounted to 6268.3 soms on average per capita per month and increased by 17% compared to 2020. The main share of the subsistence minimum falls on the cost of the food basket and amounts to 4074.4 soms.

In 2021, the average monthly nominal wage of an employee increased by 2.1 percent compared to the previous year, amounting to 19,330 soms. Real wages in 2021 increased by one percent compared to 2017. In 2021, cash income per capita in nominal terms amounted to 84164.0 soms per year, which is 1.4 times higher than in 2017.

As can be seen from Table 1 below. As shown in Table 1, the value of the Gini coefficient for income decreased from 0.392 in 2017 to 0.372 in 2021.

In general, in Kyrgyzstan, cash incomes of the population in 2021 amounted to about 541.8 billion soms. As can be seen from the last column of Table 1, the distribution of the total volume of monetary income among the 20 percent quintile groups of the population is in favor of the fifth group (with the highest incomes), which has about 43.9 percent of all monetary income. At the same time, the 20 percent of the population with the lowest incomes had only 6.3 percent of all cash incomes of the population of the Kyrgyz Republic. Table 2 shows that in 2021, the disposable cash income of the population of the Kyrgyz Republic amounted to 6647.8 soms per month per capita, an increase of 1.4 times compared to 2017.

Table 1. Key Social Indicators

	2017	2018	2019	2020	2021
Gini coefficient (by income)	0,392	0,378	0,364	0,344	0,372
<i>Cumulative share of revenues, percentage:</i>					
0-20	5,9	6,2	6,8	7,1	6,3
21-40	16,5	17,1	15,3	18,9	17,4
41-60	31,9	32,9	31,8	35,3	33,3
61-80	54,7	55,7	55,4	58,4	56,1
81-100	100	100	100	100	100

Table 2. Main indicators of the standard of living of the population (at the end of the year)

	2017	2018	2019	2020	2021
Cash incomes of the population (average per capita per month), soms	4739,4	5337,3	5684,7	5625,4	6647,8
Average monthly accrued salary per employee, KGS	15670	16427	17232	18940	19330
Minimum wage, som	1 200	1 662	1 750	1 854	1 854
Ratio of the average monthly accrued wage of one employee to the minimum wage, times	13,1	9,9	9,8	10,2	10,4
Income ratio of the top 10 per cent to the bottom 10 per cent of the population, times	12,9	11,7	10,6	9,2	11,3
<i>Distribution of total cash income by 20 percent of the population, as a percentage:</i>					
Group 1 (with the lowest income)	5,9	6,2	6,8	7,1	6,3

Group 5 (with the highest income)	45,3	44,3	44,6	41,6	43,9
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Using some other tables of the National Statistical Committee of the Kyrgyz Republic, the following conclusions can be drawn: if we compare the structures of monetary incomes of urban and rural populations, we can see the following:

1) Income from employment for both of them during all five years of the period under review amounted to a significantly larger share of the total amount of income, but at the same time this indicator for urban residents was consistently much higher than that for rural residents;

2) the share of income from social transfers among urban residents over the course of all five years was many times (more than 10 times) higher than the share of income from private household plots, while for rural residents the shares of these two types of income were approximately the same;

3) the share of income from private household plots among rural residents was much higher than that of residents of urban settlements.

In 2021, among urban residents, the average per capita cash income of the non-poor population exceeded the income of the poor population by 1.7 times, and among rural residents, the same excess was equal to 1.8. That is, the contrasts between the poor and the non-poor in cities and villages turned out to be almost the same.

Obviously, the size of the average per capita cash income of the household is highly dependent on the composition of the household. Namely, in households with people of non-working age, the average per capita income is much less than that of the members of the household consisting only of adults. Thus, according to the survey, the average per capita income of a household consisting of one person was 2.3 times higher than the national average.

The National Statistical Committee of the Kyrgyz Republic separately considered 2021. Here are some excerpts from the relevant tables.

Table 3. Household income at the place of residence in 2021 (average per capita, soms per month)

	Altogether along Republic	Including	
		Urban settlements	Rural locality
Total Revenue	6647,8	6514,0	6727,3
Income from employment	4406,3	5059,8	4018,0
<i>including:</i>			
Salary income	2631,5	3580,5	2067,5
Income from ITD	932,4	1013,7	884,1
income outside the territory of the Kyrgyz Republic	837,1	464,4	1058,6
Property Income	42,9	57,0	34,5
Income from personal subsidiary plots	949,6	114,1	1446,2

Table 4. Household income by territory in 2021 (average per capita, soms per month)

	Total Arrivals	Income from labour T
CD	6647,8	4406,3
Bat-ken region	6205,4	4263,2
J.-Abad For example, if region	6672,2	4471,9
Iss.-Kul For example, if region	7173,2	3295,4
Narynskaya region	5808,8	2266,2
Osh For example, if region	6922,4	4650,4
Talas In 1999, the United States of America	5732,5	2473,3
Chui For example, if region	6755,1	4563,7
Bishkek	6946,2	5614,0
Osh	5523,1	4074,3

Table 3 shows that, in addition to income from salaries, income from ITD, income outside the territory of the Kyrgyz Republic and income from personal subsidiary plots play an important role. Characteristically, in comparison with urban residents, it is common for rural residents to have much more income not only at the expense of private household plots, but also at the expense of income outside the territory of the Kyrgyz Republic, which is associated with more active external labor migration of the former than the latter.

Living in a particular region also has an impact on the average per capita income of the population. Such incomes turned out to be higher than the national average for residents of Bishkek, as well as Issyk-Kul, Jalal-Abad, Osh and Chui regions.

4 Discussion

In socio-economic statistics, the Gini coefficient is used as one of the indicators of the degree of differentiation of the country's population by income level, which shows the degree of uneven distribution of the population by income level [9-11].

The principle of the market economy is that no one can be rich, but no one should be poor. The distinction between functional and vertical income distribution. It is said that functional distribution reduces total income to the income of the owners of the factors of production only, while vertical distribution is the result of redistributive intervention of the state in the sphere of income. It is suggested that different people with the same abilities may have different attitudes towards the performance of their work and, accordingly, show different productivity of work. And if everyone is paid equally in such a situation, then high-productivity workers will no longer have the desire to work to the fullest. From this it is concluded that income inequality should serve as a kind of incentive to work. As the country develops, the degree of income inequality increases. Income inequality is the price that society pays for accelerating the growth of overall welfare.

5 Conclusion

An important parameter in achieving high results is the intensity of labor, which is expressed by the ratio of labor costs to the time of its use. By itself, the intensity of work cannot fully correlate with the fatigue of the employee or the harm to his health. The impact of labor efforts on health can be positive under adequate working conditions. Such principles of organization of production processes as the principle of specialization, which is the division of labor in the organization, and especially the principle of differentiation, when using which the production process is divided into such elements as technological processes and operations, assume an increased level of fatigue of workers when performing operations due to the intensity and great monotony of production processes. All this affects the economy of households and the country as a whole.

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