

The role and importance of sanatoriums and boarding houses in restoring the workforce

Isroilova Dildoraxon Tavakalovna

Independent Researcher of Fergana State University

Email: isd37157@gmail.com

Abstract

This article analyzes fatigue and stress experienced by employees and workers in enterprises and organizations under the influence of various factors, as well as the role and importance of sanatoriums and boarding houses in relieving stress and restoring well-being. The study also examines modern management requirements in contemporary sanatorium-boarding facilities. Based on the research findings, a management model for sanatorium-boarding institutions has been developed, along with proposals for their further improvement.

Keywords

recreational tourism, recreant (visitor/guest), sanatorium, boarding house, rehabilitation center, health resort, medical SPA center, stress, health recovery programs

Introduction

Protecting human health has been considered one of the most important medical and social needs in every era. Since ancient times, extending human life expectancy and creating a healthy society have remained among the top priorities. First of all, a person's level of health is closely connected with their living and working conditions. Throughout different historical periods, people have used various methods for psychological, physical, and mental recovery. By the end of the 19th century and the beginning of the 20th century, the treatment process of tuberculosis became the main factor contributing to the emergence and development of sanatoriums and boarding houses. Treatment was initially carried out in the first sanatoriums located in clean air and mountainous areas.

Today, there are many different types and directions of therapeutic and rehabilitation institutions.

Therapeutic sanatoriums and boarding houses are medical-preventive institutions equipped with accommodation facilities that provide health restoration treatment to patients for a certain period of time, mainly based on natural healing factors such as climate, mineral waters, лечебный muds, and other therapeutic resources.

Sanatorium-prophylactic institutions are medical-preventive establishments operating under organizations, equipped with accommodation facilities, and intended to provide treatment and health-improvement measures for workers during their free time without separating them from their work activities.

Recreational institutions are health-improvement facilities usually located near resorts, treatment and wellness areas, or suburban territories, intended for the recreation of generally healthy people, with a relatively strict daily routine. These include rest homes, boarding houses, recreation bases, and other leisure organizations. Such institutions may operate permanently throughout the year or seasonally. The following figure illustrates the factors that may contribute to their emergence.

Main body

Physical	Psychological	Mental
<ul style="list-style-type: none"> • heavy labor • diseases • environmental problems • heredity • accidents • unfavourable working and living conditions 	<ul style="list-style-type: none"> • family problems • stress arising during work processes • heredity • environmental factors • economic problems 	<ul style="list-style-type: none"> • impaired concentrations • fatigue • exhaustion from repetitive processes • occurrence of shortcomings in reports

Figure 1. Factors Causing Human Recreational Needs

The state of physical fatigue is a natural condition that occurs among all employees and has a restorative nature. The main causes of this are often working beyond the established working hours, fatigue resulting from various illnesses, and poor working and living conditions. Among the three factors mentioned above, the most influential one is stress. According to the survey results, teachers ranked first among respondents suffering most from workplace fatigue, accounting for 41.8%. This is almost twice as high as the number of respondents working as nurses (23%) and four times higher than programmers (8%).

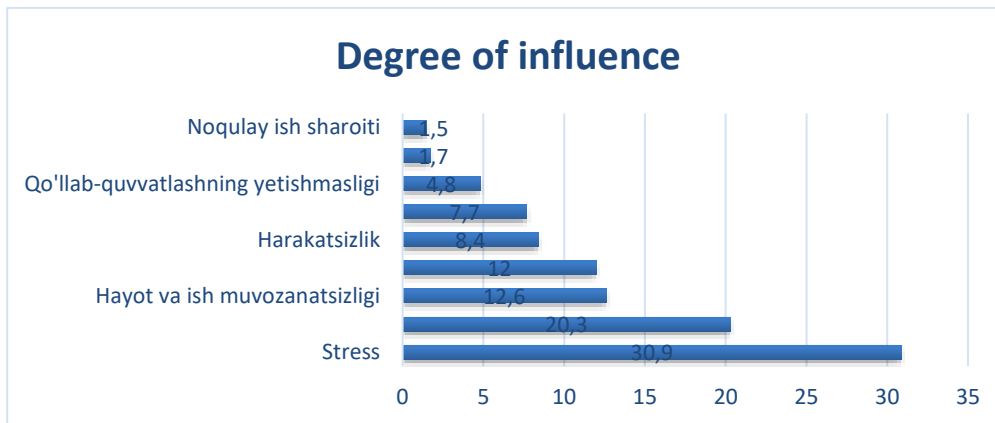


Figure 2. The level of influence of fatigue in the work process and the factors causing it

As it can be seen from the image, stress accounts for 30.9% as a cause of fatigue. Therefore, in modern sanatoriums and boarding houses providing recreational tourism services, stress-relief programs and treatments should be organized as a top priority. The system of management we establish must be aimed at solving these problems. **Current requirements for the management of modern recreational tourism enterprises:**



Figure 2. Management Requirements in Recreational Enterprises

The requirements for modern management can be observed from the above image. These are classified according to their level of importance. For example, the most important requirement of foreign recreational tourists is safety. This means that the country they visit, as well as the service-providing enterprises, must ensure safety in legal and technical-technological terms.

The second important factor is tactical and strategic planning. Through planning, the demand for material, labor, and capital resources is determined, and unnecessary costs are prevented.

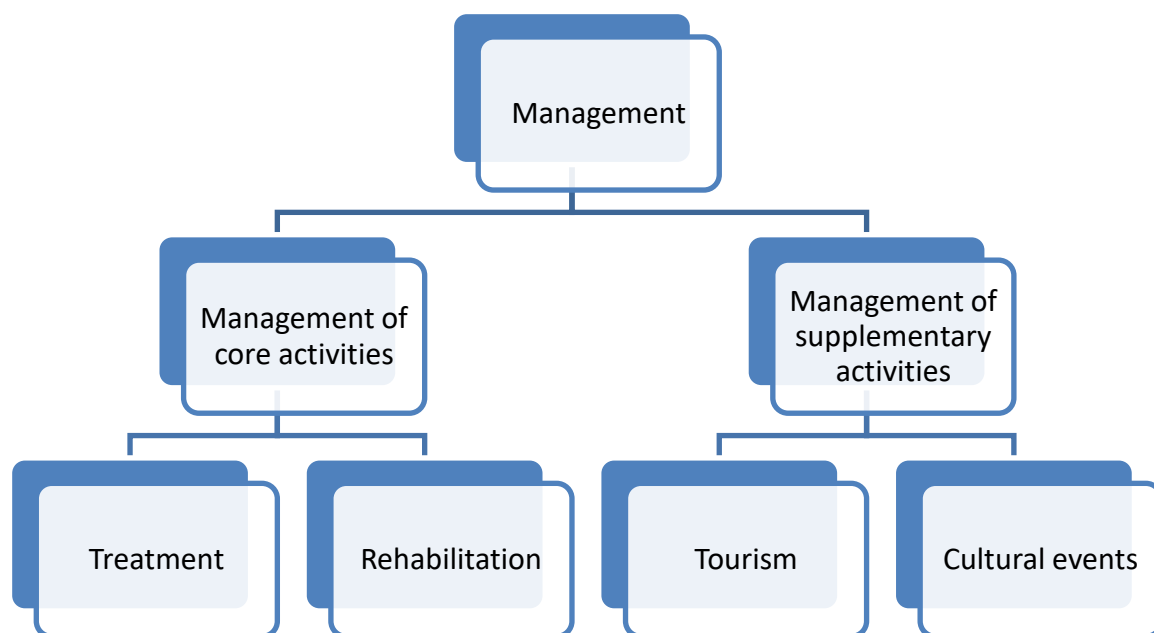
The third key requirements are convenience, modernity, and efficiency. These three factors complement and depend on each other.

The fourth factor is flexibility, meaning adaptability. Management is a process that must be changeable depending on time, place, and conditions. This can be seen in the example of the COVID-2019 situation, when recreational tourism enterprises shifted to functioning as medical treatment institutions. In other words, enterprise liquidity must be adapted to any situation.

During the research process, international recreational tourism service providers such as sanatorium and boarding-type institutions were studied. As a result, it was observed that in many developed countries, sanatoriums are referred to as “Rehabilitation centers,” “Wellness resorts,” and “Medical SPA centers.” In other words, these centers operate in an integrated format of treatment, tourism, and SPA services. The concept of “sanatorium” is mainly used only in CIS countries. In our opinion, the term “Wellness resort” is more suitable for our mentality and conditions, meaning a health-improving center. Such centers should integrate treatment, tourism, and recreation in their activities.

From this, the necessity arises to divide services of recreational tourism enterprises into primary and supplementary types. A package of primary and additional services is provided according to the needs of the recreational tourist.

Conclusion Modern recreational service-providing sanatorium and boarding institutions should replace their existing management system with a new one. The following management model is proposed:



The advantage of this model is that it includes tourism and cultural activities in accordance with international standards. As a result, the recreational client (guest) has the opportunity to receive treatment while simultaneously visiting tourist attractions and participating in cultural events.

References

1. Data of the Statistics Agency under the President of the Republic of Uzbekistan, Tashkent, 2024, p. 7.
2. Internet sources: https://bodytrak.co/news/worker-fatigue-statistics-worldwide/?utm_source=chatgpt.com
3. Bodytrak, “Worker Fatigue Statistics Worldwide in 2024.”
4. Isroilova, D.(2023). Theoretical Foundations of the Development of Tourist and Recreational Activities in the Republic of Uzbekistan. Khorezm Mamun Academy Bulletin, Volume 8, No. 2, 2023, pp. 266–269.
5. Isroilova, D. (2023). The Current State and Development Prospects of Tourist and Recreational Resources in the Fergana Region. Innovations in technology and science education, Tom-2, issue 9, 2023 y, 955-964-p.
6. Isroilova, D. (2023). SWOT Analysis of Tourist and Recreational Activities in the Fergana Region. Khorezm Mamun Academy Bulletin, Volume 8, No. 2, 2023, pp. 263–266.