

TO THE QUESTION OF AN OLD PERSON IN KARAKALPAKSTANI SOCIETY

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Abstract:	Keyword
This article talks about the situation of older people in the Republic of Uzbekistan, in particular, in the Republic of Karakalpakstan. The author outlines the problems of the elderly, their causes and occurrence. It also talks about the attitude of the family towards the elderly.	elderly person, society, quality of life, lifestyle, family, traditions, culture.

INTRODUCTION

Many foreign and domestic researchers in the field of philosophy, sociology, demography, psychology, and pedagogy have been engaged in the definition and understanding of old age as a social phenomenon. As a result of these studies, the elderly were classified as an independent social group.

For example, 1999 was designated by the UN General Assembly as the International Year of Older Persons. This indicates that the older generation needs help and protection everywhere - in developed and developing countries. The tasks of the state and society are to get as many older people out of the yoke of economic, social and psychological problems caused by the onset of old age, to make a full-blooded life in the "third age" [3], since the socio-demographic characteristics of older people show that large-scale economic and social measures are needed: in the pension system, in the social service system, because the process of population aging can lead to such serious problems as a change in the ratio of the number of people employed and unemployed in social production, as well as an increase in the dependency burden on the able-bodied population.

At the same time, new requirements are imposed on medical, communal, domestic, cultural and other types of services, i.e. to all elements of social infrastructure. Therefore, large investments and an additional contingent of workers are required to help the elderly and the elderly.

MAIN PART

To determine the position of the elderly in society, sociologists use the concept of "lifestyle". Lifestyle is a system of life activities of a given social group, which is determined by the socio-economic conditions of the elderly: work, life, social life and culture. [7]

It should also be noted that the lifestyle of older people also consists of other indicators associated with data on the level and quality of their life.

Quality of life, the aggregate characteristic of the level and objective and subjective living conditions of the population that determine the physical, mental, socio-cultural development of a person, group or any community of people. The quality of life of the population of a country, a given territory can be expressed both as a set of indicators and other characteristics that cannot be quantified; it is determined by a number of economic, social, demographic, ecological, natural-geographical, technogenic, political, moral and other factors. Among them, the main one is the standard of living, which reflects the income of the population, food consumption, housing conditions, etc. [2]

Thus, a way of life is a form of human (individual and group) life activity, characteristic of a historically specific system of social relations and civilizational order. Therefore, fixing the features of communication, behavior and mentality of older people in the areas of work, life, leisure, socio-political and cultural activities, the concept of "lifestyle" gives a typological, "portrait" characteristic of how the real conditions of life are refracted and embodied (natural, economic, socio-political, cultural, etc.) in the daily life and practice of individuals and social communities. [9]

After a person goes through periods of youth and maturity, they begin to refer to the elderly. Most often, the main signs of the "autumn" time are wrinkles, gray hair and general deterioration in health, but the boundaries of old age have recently moved forward.

A few hundred years ago, 40-year-old men and women were considered very old, but now everything is different. According to the age classification of the World Health Organization, biological age has now changed significantly. From 25 to 44 years old is a young age; 44-60 years is the average age; 60-75 years old - old age; 75-90 years old - senile age; 90 years and older are long-livers. Moreover, in many developed countries there is an increase in the elderly, senile age and centenarians. In these countries, older people are not going to recognize themselves as old, because they lead an active lifestyle, maintain social ties and remain needed in society for a long time.

Of course, the quality of life in general plays an important role in how much demanded and needed older people will feel. There are 4 most important criteria by which you can determine the standard of living of a person of retirement age:

1. Material wealth. Good financial security is, first of all, opportunities. These are travel, access to quality medicine and good living conditions. This item is considered one of the most important at any age, and for older people - especially.
2. Health and general condition of the body. At the age of 60, many retirees begin to feel generally worse, but the absence of serious ailments significantly improves overall life satisfaction.
3. Leisure and employment. These items refer to the active social life of pensioners. If older people have access to interesting and varied pastimes, the quality of life improves significantly.
4. Security and freedom of choice. According to the UN, living in countries with a high level of social support, good security and freedom of choice is one of the main factors prolonging the life of older people. [4]

With age, the quality of life of older people often deteriorates, as many begin to get sick

and gradually become dependent on relatives, both physically and mentally. Therefore, a powerful incentive for continuing life is the support of family, relatives, the elderly begin to feel needed and not alone. It is the family and relatives that become the closest people, because after retirement, older people spend most of their time at home with their loved ones, and the importance of family ties begins to be assessed precisely in old age, as aging, a person begins to lose social ties.

Older people are an essential and necessary element of the development process at all levels in society, they must be considered as an integral part of the population in the context of population groups such as women, youth, persons with disabilities, etc. In the course of many sociological studies, it has been revealed that improving the level and quality of life of older people is a complex complex process, during which the state of physical and spiritual health, satisfaction with living conditions, high provision with the necessary material, spiritual, cultural and social benefits, harmonious relations are achieved. older people with a social environment. Improving the level and quality of life of older people is an important condition for improving lifestyle in old age.

Considering the quality of life of older people in Uzbekistan, and in particular, in Karakalpakstan, one cannot but recall the words of the First President of the Republic of Uzbekistan I.A. Karimov: "The level of cultural development of any society is primarily determined by the attention and real care for the elderly. Showing respect and reverence towards them is an integral part of spiritual life in our country. A folk proverb says: "In a house where there are elderly people, goodness and light rule." [6] And that is why 2015, at the initiative of the First President, was declared the Year of attention and care for the older generation. In a report at a solemn meeting dedicated to the 22nd anniversary of the adoption of the Constitution of the Republic of Uzbekistan, I.A. Karimov emphasized that this is done taking into account the age-old values of our people, in order to provide due respect and comprehensive support to people of respectable age, which is in tune with the aspirations and aspirations of our society. [5]

RESULTS AND DISCUSSIONS

Today in Uzbekistan more than 3 million people, or about 9% of the population, are people of the older generation. To provide financial support to the elderly, provide them with daily care and attention, a system will be created at the mahalla level, said the President of the Republic of Uzbekistan Sh.M. Mirziyoyev on April 29, 2022 at a videoconference on measures to strengthen support for socially vulnerable segments of the population. – In particular, more than 16,000 lonely elderly people in need of care will be treated in sanatoriums every year; medicines, prostheses and orthopedic products for 25,000 low-income elderly people will be provided by the state, and the cost of surgical operations will be covered from the budget; they will be covered up to 540 thousand sums of monthly subscription for visiting sports facilities, such as stadiums, tennis courts, gyms, swimming pools; the cost of tickets to theaters and museums for the elderly will be reimbursed in full. [8]

According to the information service of the Ministry for the Support of the Mahalla and the

Older Generation, 3 million 162 thousand of the population of Uzbekistan are persons of the older generation. Of these, 221 are participants in the Second World War, 9965 are participants in the labor front and 22745 are lonely elderly people who need the care of other people. Over the past period of the current year, 1775 wheelchairs, 1489 hearing aids, 2132 canes, 1016 glasses, 864 other means of rehabilitation were provided to the elderly. 475,124 persons of the older generation underwent a free in-depth medical examination. Of the 22,745 elderly, 3,565 people in need of care of other people and the lonely were provided with medicines, 8,266 with food, 3,785 with material assistance, and 168 with repaired living space. [12]

On October 3-9, 2022, the “Week of the Elderly” was held in Uzbekistan. During this week, many elderly people from Karakalpakstan visited holy places in Samarkand, Bukhara, Khiva and others at public expense, as well as the Nuroniy Foundation provided charitable assistance to many elderly people in need. The branch of the Nuroniy Foundation at Karakalpak State University named after Berdakh organized a meeting of two generations: older teachers and students. During the meeting, a concert of talented students from all faculties was shown. Gifts were distributed to all elderly representatives.

This once again shows a certain level of attitude towards the elderly in our Uzbek society. It is not for nothing that studies conducted to determine the level of respect for the elderly have shown that Uzbekistan is the leader among countries where the elderly are most respected. [10]

From a sociological point of view, the successful socialization of older people is one of the main conditions for maintaining a high quality of their life. But, along with raising the standard of living, older people name loneliness, health and economic problems as the most important problems. Thus, despite the relevance of quality medical care and material support, almost all older people are no less tormented by psychological problems: disruption of their usual lifestyle, lack of attention from society and loved ones, loneliness. Therefore, the state, first of all, should inform the public on issues related to the treatment of the elderly, who need communication, attention and care. For example, to overcome the lack of communication, it is necessary to create special centers-clubs for the elderly on the basis of existing cultural institutions: theaters, museums, libraries, cultural information centers. This form of communication, based on joint activities and close interests, will restore the autonomy and independence of the elderly person, compensating him for the decrease in personal potential and the feeling of loneliness.

At the same time, it is necessary to organize the involvement of young people in the provision of services and care, as well as in the implementation of activities for the elderly, in order to strengthen the link between generations. Mutual assistance between healthy and active older people and their assistance to less well-off peers, as well as the involvement of older people in informal activities, should also be developed wherever possible.

It is also necessary to study the economic and medical problems faced by older people, to study the level of medical care and material support for older people, their level of psychological comfort, their lifestyle. After all, inattention, disrespect for the bearers of the past, increased social isolation leads to unfavorable socio-psychological well-being of an

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elderly person, depression, uncertainty about the future, constant expectation of undesirable changes, make this social group unprotected, which differs from other categories in the uncertainty of social status and greater dissatisfaction with its own life. [1]

For example, by the Decree of the President, the Nuroniy Foundation was entrusted with the task of opening the Nuroniy maskani complexes by September 1, 2017 in each district and city on the territory of parks of culture and recreation, where there should be halls with a book fund, leisure rooms for playing chess, checkers, a gym with special exercise equipment for the elderly, as well as a dining room and a medical room. [11] In the city of Nukus, on the territory of the Amir Temur park, a recreation site for the elderly was opened. But there is no complex as such, as there were not enough funds to implement this project. Book funds were redirected to secondary schools, where libraries will be open to the elderly until 10 pm. There are no rooms for leisure, although school gyms are also open until late, but there are no adults there, these halls are occupied by various sports sections. All this suggests that it is necessary to be stricter with the main tasks prescribed in the programs for the implementation of decrees and resolutions of our government. After all, no one stays forever young. In this sense, it is necessary to create favorable conditions for the elderly, which would contribute to improving the situation of the elderly.

It should also be noted that the family remains the main support for the elderly, therefore, special attention should be paid to strengthening family solidarity and mutual assistance in the family, this will mitigate the effects of unemployment and economic difficulties. To better understand the role of the family in the life of an older person, it is necessary to consider the demographic and sociological changes that are taking place in our modern society.

CONCLUSION

At present, the people of the older generation of our republic are a significant resource for the socio-economic development of the country, since many of them have a high level of education and qualifications, great professional and life experience, and free time for socially significant activities. Therefore, in order to provide comprehensive support, further improve the standard of living and social activity of the older generation in the country, on the basis of the decree of the President of the Republic of Uzbekistan, work continues to be improved with representatives of the older generation and elderly citizens, material and moral support is provided for socially active representatives of the older generation who take the initiative in implementation of the principle "One representative of the older generation is responsible for ten young people" in mahallas, groups "Keksalar maslahati (Councils of Elders)" are organized in the mahallas of our republic, and the effective activity of consultants to the chairmen of citizens' assemblies on the affairs of elderly citizens and veterans is also ensured. [8]

On this basis, the potential of the elderly is realized, and here it is also possible to form a specific basis for the development of our republic, as the economy will acquire additional resources, and the older generation will receive opportunities for personal self-realization. Thus, it is possible to solve the problem of promoting active longevity of the elderly, as

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well as to solve the issues of their labor and social activity, this is very important for improving the material well-being of people of the third age, for creating conditions for their demand in the economy and society.

Due to the fact that in our republic the need for experienced and professional personnel is increasing, representatives of the older generation can contribute to the continuity of generations and labor dynasties, the system of mentoring and transfer of professional experience. After all, pensioners can influence the development of the economic potential of the state by directly participating in production processes, transferring skills and experience, facilitating the involvement of other categories of the population in the economic sphere, participating in the upbringing of children in the family. Labor and social activity allows the society to make fuller use of their life and professional experience, increasing their contribution to the strategic development of the country both through their work, the labor activity of their students and followers.

Thus, against the background of demographic aging, the relevance of the study of social well-being, social and labor activity, the formation of a healthy lifestyle for older people, the study of life strategies and social practices of active longevity is increasing. Of particular interest is the definition of opportunities in connection with the changed role of people of the third age, who are becoming more active and included in the processes of forming the country's human capital.

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