



## SOCIAL INDICATORS OF THE QUALITY OF LIFE OF THE POPULATION POPULATION GROWTH DYNAMICS: PROBLEM AND SOLUTION

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**Abstract:** The article analyzes the dynamics of population growth and its national composition in the era of rapid scientific and technological development. In both cases, whether the world's population is increasing or decreasing, countries around the world find it appropriate to test mechanisms to improve the quality of life of the population in practice. The fact that the population of developed or developing countries today has a higher or better quality of life is substantiated on the basis of scientific facts.

**Keywords:** Population, quality of life, old age, youth, population change, migration, demographic change, demographic growth, urbanization, vandalism.

**Introduction.** Social philosophy as a social science is one of the main branches of the science that studies the factors of population change, which consider the influence of social society. In the modern world, with the fluctuations in the population, dynamic growth patterns are observed in the population structure throughout the world.

Not in less developed countries, but in the developed world, such factors are caused by education, employment of women, more rights for women, medical facilities for women, advice, etc.

Since 1900, many countries of the world have been in the process of determining the development cycle in order to find out the growth rates of the population. In this way, per capita food, hygiene, income and many other things have increased. Currently, people in Asia are trying to change, we can observe that their population has switched to the character of increasing in any way. For example, it is widespread among the younger generations in countries such as India, China, etc.

Recently, many developing countries have adopted policies aimed at achieving demographic change, in general, a decrease in the birth rate, which leads to an increase in the elderly population in a given society. In particular, European countries, increasingly expanding their ranks in this regard, in England, Germany and others, the stage of dynamic population change (decline) increasingly requires the need for strict planning and regulation of their lives, the gene pool of the nation and the people.

**Discussion, results and methodological analysis.** From a sociological perspective, demographic changes lead to greater needs, and such changes entail changes in the quality of life. When the indicators of developing countries are compared with those of developed sovereign states, we can see that the "Human Development Index" is achieving better results.

Today, about a third of the world's urban population lives in slums, and this is a very problematic process. According to the UN, in 2012, about 33 percent of the urban population in developing countries, or about 863 million people, lived in slums (UN State of the World's Cities Report, 2012/2013) [1; 120-125 p.]. On the other hand, quality of life in general is the quality of a person's perceived daily life. That is, the assessment of their well-being or the finding of its solution includes all the emotional, social and physical aspects of the individual.

Today, demographic changes are inevitable. Although most societies have adopted policies to reduce their birth rates, we still see communities experiencing an increase in birth rates and, as a result, an increase in population, in particular Uzbekistan. While the first group of countries that have limited their population in various areas have experienced a high standard of living, the second group or communities that have more children usually have a lower standard of living. The result of such a process is a decline in the standard of living and the emergence of diseases and difficulties in these societies, even in the future. Therefore, in order to have a quality society with productive and quality women and men in the future, it will be necessary to effectively plan the quality of life of the population [2; 83 b].

Every society must always have the authority and opportunity to achieve this, relevant social researchers, philosophers and sociologists. In general, a decrease in the birth rate ultimately leads to an increase in the elderly population in a given society. Therefore, the phenomenon of aging itself is associated with the adoption of new demographic policies in various societies in recent decades.

In this article, we will assess the population size and its impact on the quality of life. Today, in many societies where the number and proportion of elderly people have increased, we can observe that they are usually supported and cared for by the lower strata.

On the other hand, we see the dependence of the elderly population on the state and society in various ways, as well as their support, upliftment and quality of life are always provided by families, lower age groups or governments [3; 95 b]. So, demographic changes themselves create more needs. Because less developed countries have recently faced the phenomenon of aging, they do not have much experience in this regard. In such societies, the elderly face many situations. In this, they need various disadvantages, revision and more support.

Therefore, ensuring a decent life, pensions and related rights as their inalienable right has been approved by many scientists, intellectuals, state and public figures. Industrialized countries, which are more familiar with the phenomenon of aging than other societies, have provided more services and amenities for their elderly, thereby significantly preserving their quality of life.

Although the financial problems of the elderly have been largely solved, especially in industrialized societies, the aging of the population has led to problems such as the isolation of the elderly, usually after the disappearance of large families, in such situations, the elderly must live independently or live in nursing homes with their peers. This stage of life has had various effects on their quality of life. Because in the past, the family was different from today. Families in the past respected and obeyed a system of values. Urbanization processes have had an increasing trend over the past two centuries, like demographic changes. In a sense, many citizens today are tied to the city for shopping, education, entertainment and recreation. In recent years, the increase in the population without investment in the economy and industrial sectors has led to increased urbanization, especially in developing countries. Immigrants to such cities usually migrate for higher income, prosperity, and access to more services. That is, they want to achieve a situation where they can improve their quality of life. Thus, urbanization is an intensive process of balanced development that can be controlled and the quality of life of the population reaches many amenities and services in large cities. Similarly, by balancing the indicators of quality of life, the spread of urbanization can be prevented.

The growth of cities or urban complexes has caused many problems such as health, pollution, traffic congestion, substandard housing (standard), and so on, which in turn has affected the lives of all classes, especially the elderly. And their quality of life is becoming increasingly complicated. Therefore, the social problems of improving the quality of life of the population are mainly related to environmental problems, high population density, irregular migration within cities, suburbanization, and other phenomena [4; 53 b].

In such geographical spaces, in the conditions of population diversity, a certain alienation, or in other words, individualism, is manifested in such societies, and thus, in some cases, the social and demographic structure itself creates a kind of crisis and social problem. Therefore, it is possible to coordinate urban areas in terms of population size and quality. This will significantly improve the quality of life of the population, and this will lead to the social and mental health of citizens. The indicated situation (quantitative and qualitative coordination of the population) [5; 125-126 p.] will further systematize the improvement of the quality of life and social health and will be a decisive criterion for the development of a

society that is easy to manage.

Such cities usually lose strong kinship networks and are replaced by friendship networks. After the kinship network has been weakened in various ways, the emergence of a new urban landscape opens the way to strengthen and stimulate the friendship network as much as possible to prevent the possible risks of replacement, crises and alienation.

In such cases, the application of social planning should be carried out correctly and with sufficient skill. That is, it is important to introduce into the state management system a set of conditions that will help improve the quality of life of citizens.

At the same time, in such cities, all kinds of crimes, vandalism, etc. are more common than in smaller areas, and this threatens the safety of citizens, including the elderly. The expansion of urban areas usually leads to various consequences. In immigrant cities, there are large and small, overt and covert crimes, including various forms of vandalism. In addition to the above conditions, in recent years, the urban environment of large cities has been exposed to various dangers, such as incidents that cause different harm to different age groups and environmental pollution. The phenomenon of vandalism is also evident in large and mainly immigrant cities. Vandalism is the destruction of the environment and its various objects, such as the deliberate cutting of trees, the destruction of green spaces, the destruction of property such as public telephones, the destruction of means of transport such as buses, and even today in European civilization, smoking, drinking, and talking loudly in public places are considered vandalism.

In general, in order to advance development goals, it is necessary to establish a balance of men and women in different age groups in different parts of the country. In a way that human and non-human abilities and skills can be used to the fullest extent, the quality of life will also improve.

Various factors have been suggested as to why women live longer than men. These include:

1) In addition to the biological factors that extend women's life expectancy, many other social factors also play a role. Social factors such as social capital, higher literacy and education, increased age at marriage, and later a decline in fertility among women, and such factors, each of which, along with biological factors, has played a role in causing women to be compared to men. This is a process that requires necessary measures to maintain and improve the quality of life, especially for women aged 60 and above.

2) Since women today and in the urban-industrial world have almost taken on male roles, the resulting tensions and pressures lead to many situations. This, in turn, leads to fatigue and depreciation between them, which ultimately affects their life expectancy index.

In today's world, industrialized countries have adopted policies that are high and supportive of women in order to ensure their own health as much as possible. The reduction of women's working hours, their retirement at an earlier age than men, the provision of health care, medical care, education, etc. are some of the factors that have allowed women working in urban-industrial societies to maintain an average life expectancy compared to men.

3) The reason why men are more prone to accidents is that they smoke more, drink more alcohol, and are also subject to work pressure at a higher labor coefficient, etc. [6].

Longevity is also a phenomenon that, after demographic changes (growth), they need more support, care, and supervision to maintain a satisfactory quality of life.

The quality of life can be maintained at a satisfactory level. The results of population aging can be summarized as follows:

- Pensions and other additional benefits.
- More hospital care.
- More nursing homes.
- More home health care, etc. [7].

- At the same time, such situations lead to more family involvement, family anxiety, and ultimately more isolation.

Loneliness in the elderly leads to feelings of worthlessness in the elderly. Therefore, ongoing demographic changes are prompting the planning system to pay special attention to different groups of the population, especially the elderly.

Conclusion People and politicians in developing countries are doing their best to create the best

quality of life according to their standards in order to improve health and thereby increase life expectancy. Since 1950, many developing countries have tried to implement plans to improve the quality of life. In this way, they could improve many living standards, such as health care, hygiene, education, and the efficiency of the quality of life.

However, today's densely populated world, on the one hand, requires that the continuous improvement of the quality of life in order to compete with the growing needs be a priority goal and task of every world community. On the other hand, the demand for natural resources also requires that the population's quality of life be improved.

The current era of quality reform also requires interaction with countries with higher quality of life and competition, and learning from their experience. It is worth noting that the need for developing countries, which today lack resources (both underground and aboveground), to plan their population growth rates accordingly and build a better life accordingly should be the foundation of every major reform.

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