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EFFECTIVE ORGANIZING LEISURE TIME AND INCREASING SOCIAL ACTIVITY OF THE ELDERLY IN UZBEKISTAN

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Abstract: The elderly population will need the care and maintenance of society. Ensuring their health and social protection, lifestyle and opportunities is one of the priorities of the social policy of every country. Institutions of social protection of the population occupy a special place in this process.

Keywords: elderly, aging, retirement, leisure time, social activity, sociogereontology, third age, longevity.

Aging is not an event, but a process [5]. For most aging theorists and practitioners, aging is one of the most neglected issues because older people are seen as frail and under-resourced.

Educating each of us from our youth to respect the elderly is an integral element of the cultural identification of a person with an oriental way of thinking. One of the characteristics of this way of thinking is a humane and tolerant attitude towards certain age groups of the society.

When talking about the image of a modern elderly person, first of all, it is necessary to decide from which side to analyze it. From the point of view of the modern young generation, he looks like a subject who is dissatisfied not only with his life, but also with the social environment that surrounds him, is critical of almost all social events and processes, and tries to show his life experience to other representatives of society at the slightest opportunity.

One of the problems of the sociology of old age is the definition given to the concept of old age. There are several definitions of this. From a medical point of view, there is a biological age that determines the physiological changes that occur in a person. For example, according to the WHO classification, 60 to 74 ears old is considered early (active) old, and 76 to 90 ears old, and after 90 ears, longevity begins [2]. One of the definitions that appeared in the 50s of the last century is the "third age" [4]. concept is considered. This concept is considered to be the new, active period of life that comes after retirement, equivalent to the previous age stages.

In the 1970s, demographers and gerontologists proposed to reconsider the concept of the "third age". According to the research of gerontologists B. Neigarten and E. Shanas [7], elderly people can be divided into two groups: "the Young Old"

and "the Old Old". In sociology, the young "elderly" includes older people under the age of 75, who lead an active lifestyle, have stable (good) health, and have a high life expectancy. According to P. Laslett [6], the concept of "third age" is a historical, cultural and social phenomenon that arose as a result of the economic and demographic development of society.

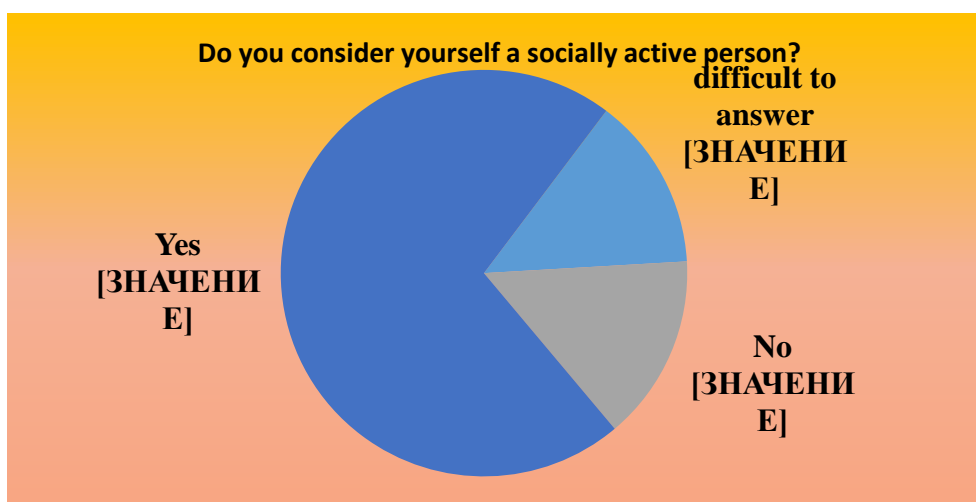
If it follows from this, from the point of view of modern social gerontology, old age is legally defined by legal limits. However, with the increase in life expectancy, decrease in fertility and the improvement of the life quality, a new age group - the "third age" or the "young elderly" – appears, which shows a new social image of the elderly. Existing stereotypes of the image of older people, legal documents often do not allow this age group to continue an active life.

Sociological survey on the topic "Formation of a healthy lifestyle and increasing social activity in the elderly" was conducted by Makhalla and Family" Research Institute in Uzbekistan in 2021. Field research of survey was carried out through interview was used as method of field survey in research. The aim of survey is to develop effective suggestions and recommendations for living a decent life and increasing social activity of old people.

During the research, special attention was paid to revealing the following issues:
to determine the level of satisfaction of the elderly with their living conditions, the attention paid by the state, and the level of material protection of the elderly;
identify problems in the system of health care of the elderly and its provision;
determining the level of social protection;
to reveal the problems of effective organization of free time of elderly pensioners.

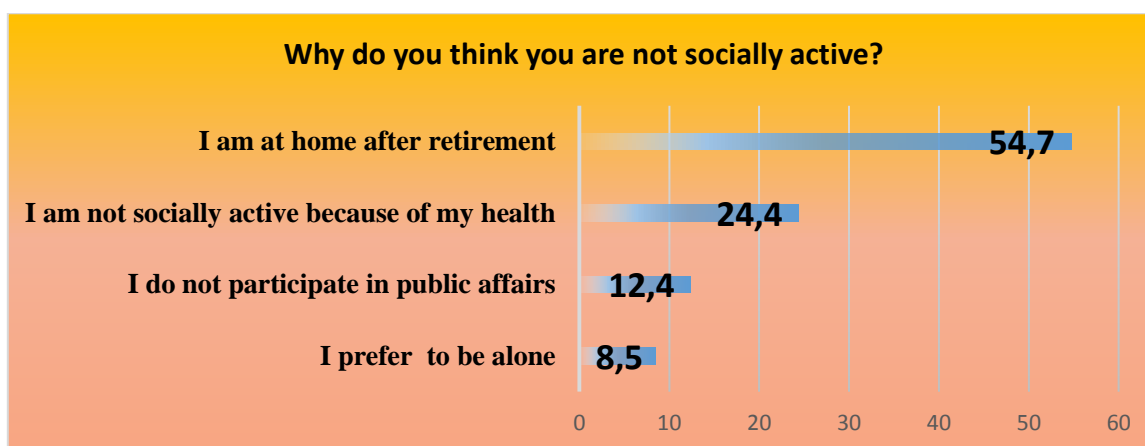
In this article, issues related to free time of the elderly, effective spending of free time are analyzed.

A person's social activity is evaluated by the extent to which he participates in the life of society. Most of the elderly gave a positive answer to the question, "Do you consider yourself a socially active person?" (*Pic.1.*).



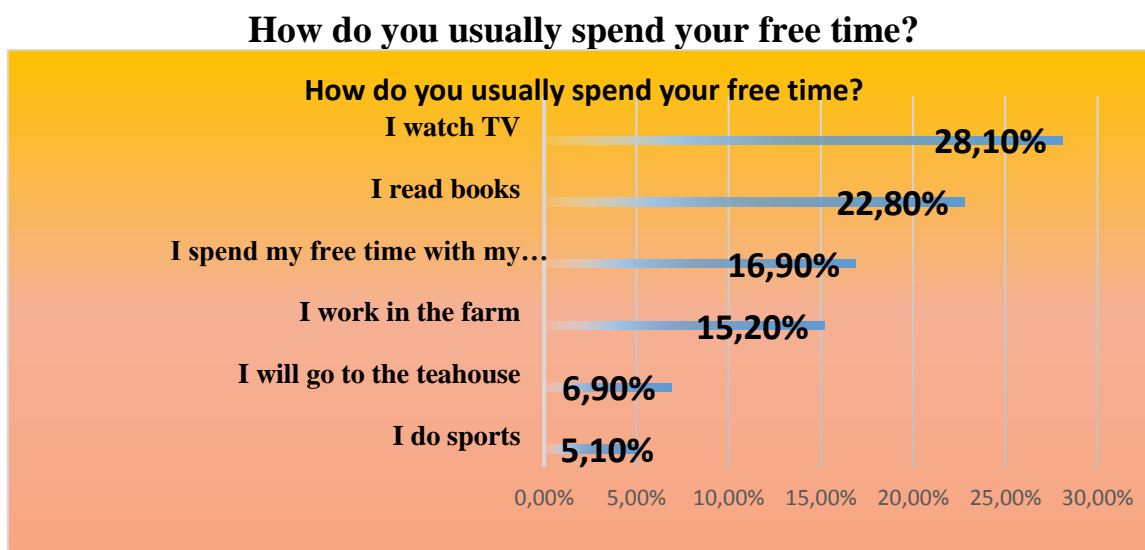
Pic.1. Opinion of older people about their social activity

It is shown that about 15% of the respondents who took part in the research consider themselves not socially active and about 14% had difficulty answering this question. They explained their lack of social activity mainly by sitting at home after retirement (55%) and health problems (25%) (Pic. 2.). In the first case, it is possible to restore the social activity of the elderly by engaging them in some activity, and in the second case, it can be done only by restoring their health. Unfortunately, the health of the elderly may not always recover sufficiently.



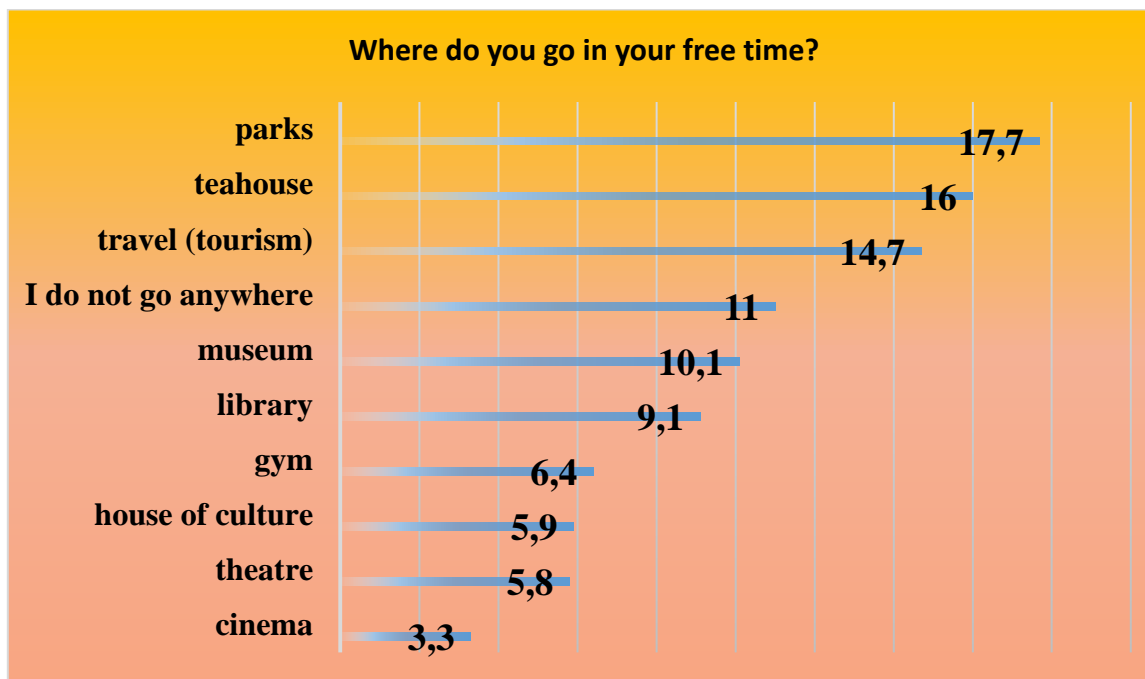
Pic. 2. Respondents point of views about the reasons for their social inactivity

Free time and how to spend it meaningfully in many cases determine the level of satisfaction of the elderly with their lives. According to the data, most old respondents spent their free time watching TV (28.1%), reading books (22.8%) and spending time with grandchildren (17%). The fact that 17 percent of the elderly spend their time working on their farms means that they are actively engaged in economic activity in Uzbekistan (Pic.3).



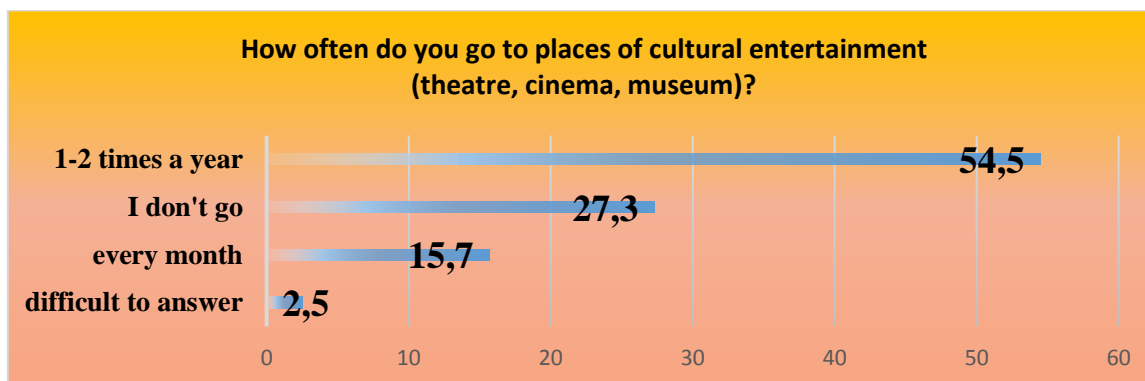
Pic.3. Respondents' point of views about spending their free time

In terms of entertainment, it was found that the elderly prefer more parks, teahouses (male respondents) and going on trips. Among respondents were also identified the elders who did not go anywhere (11,09%) (*Pic. 4*).



Pic.4. Places where elderly people go in their free time

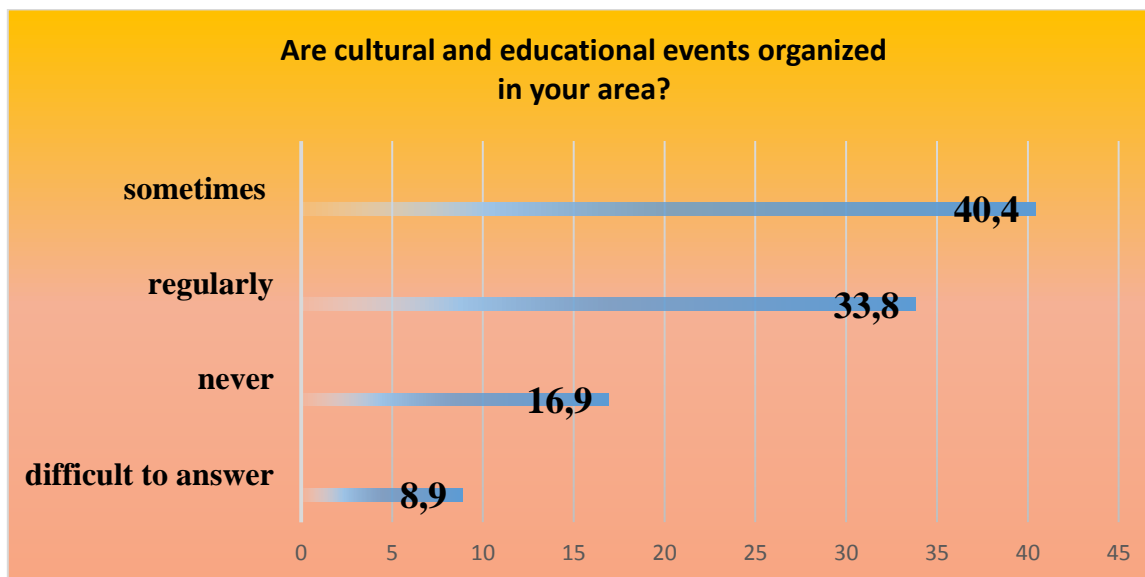
In the country, the level of visits of the elderly people to cultural recreation centers is not high. More than a quarter of the elderly do not go to such places at all (27%), more than 50 percent may go once or twice a year, and only about 16 percent regularly go to places of cultural recreation (*Pic. 5*)



Pic.5. Respondents' point of views how often they go to cultural places

Based on the above, it can be said that not enough attention is paid to the cultural and educational recreation of the elderly on their own initiative or on the initiative of family members. This case may be due to lack of money, lack of time, or neglect of the elderly by family members.

It is known that cultural and educational events for the elderly are planned to be held by official organizations in each region in accordance with the policy on the elderly in the country. According to the obtained results, such activities are sometimes held. These events are mainly organized by neighborhood citizens' assembly, district or city departments of neighborhood and family support, and culture and enlightenment centers (*Pic. 6, Table 1.*).



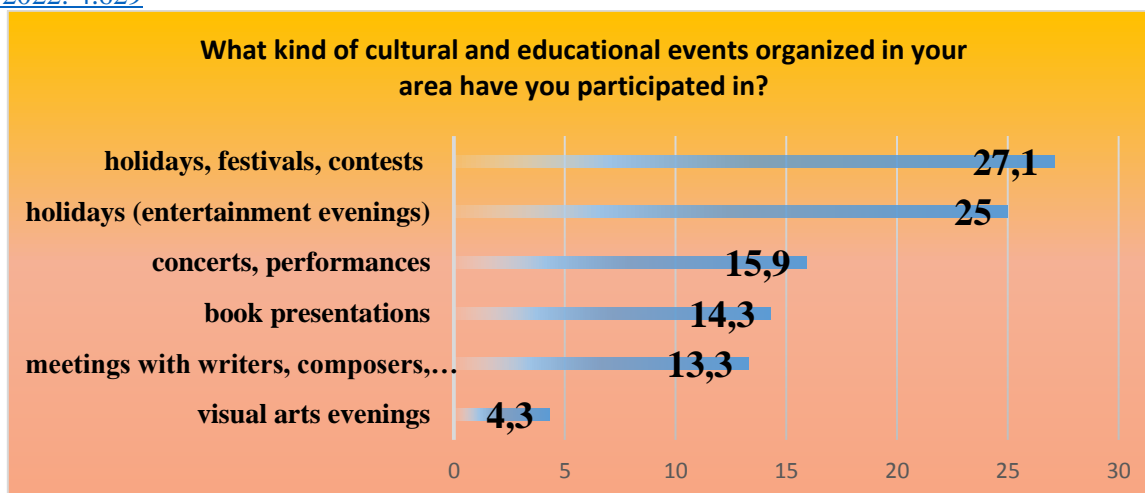
Pic.6. the opinion of older people about cultural and educational activities

Table 1.

Cultural and educational events are mainly organized by which organizations?

Which organizations mainly organize cultural and educational events for the elderly in your area?	percentage
local assembly of citizens (MFY)	39,7%
district or city departments of neighborhood (Makhalla) and family support	25,0%
Center for Enlightenment and culture	10,2%
Youth Union and Youth Affairs Agency	5,5%
District/city cultural departments	7,6%
District/city tourism and sports departments	2,1%
Difficult to answer	9,7%
Total	100,0%

In most cases, these organizations organize holidays, festivals, and contests for the elderly. Together with this, concerts and performances, book presentations, and meetings with industry representatives were organized. However, the elderly considered it preferable to go to holidays, festivals, contests (27.1%), as well as concerts and performances (25%) (*Pic. 7.*).

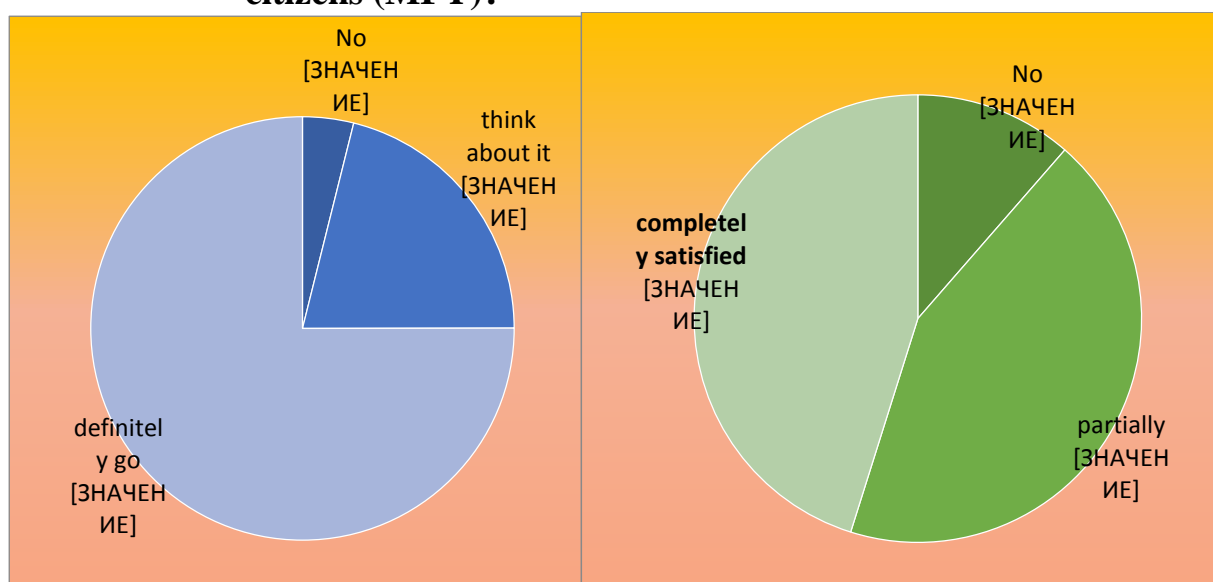


Pic.7. The opinion of older people about the quality of cultural and educational activities in which they participated

During the research, it was shown that the desire of the elderly to participate in cultural-educational and sports events is very high. It was found that most of the respondents would certainly go if they were invited to such events (75%), and more than 20% would think about it. Only about 4 percent of respondents said they would not go (Pic. 8A). It can be seen that the level of satisfaction of the elderly with the activities they have participated in so far is average and above average (Pic. 8B).

A) Would you be invited to the cultural-educational and sports events held by local assembly of citizens (MFY)?

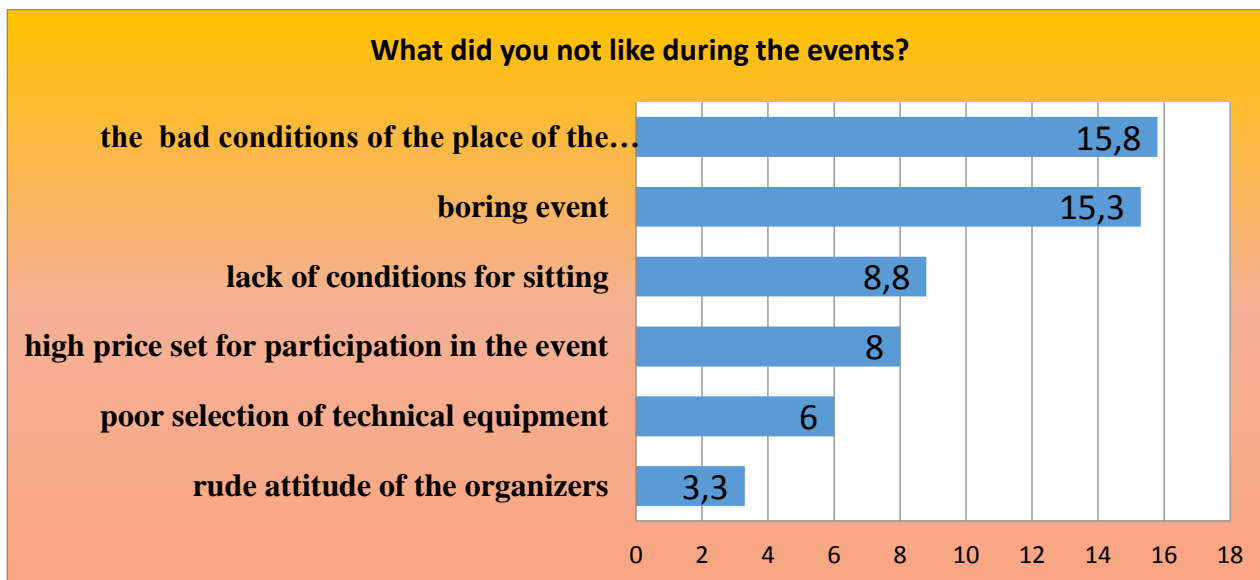
B) If you participated in such events, were you satisfied with them?



Pic.8A and B. participation of older people in cultural and educational activities and their satisfaction with these activities

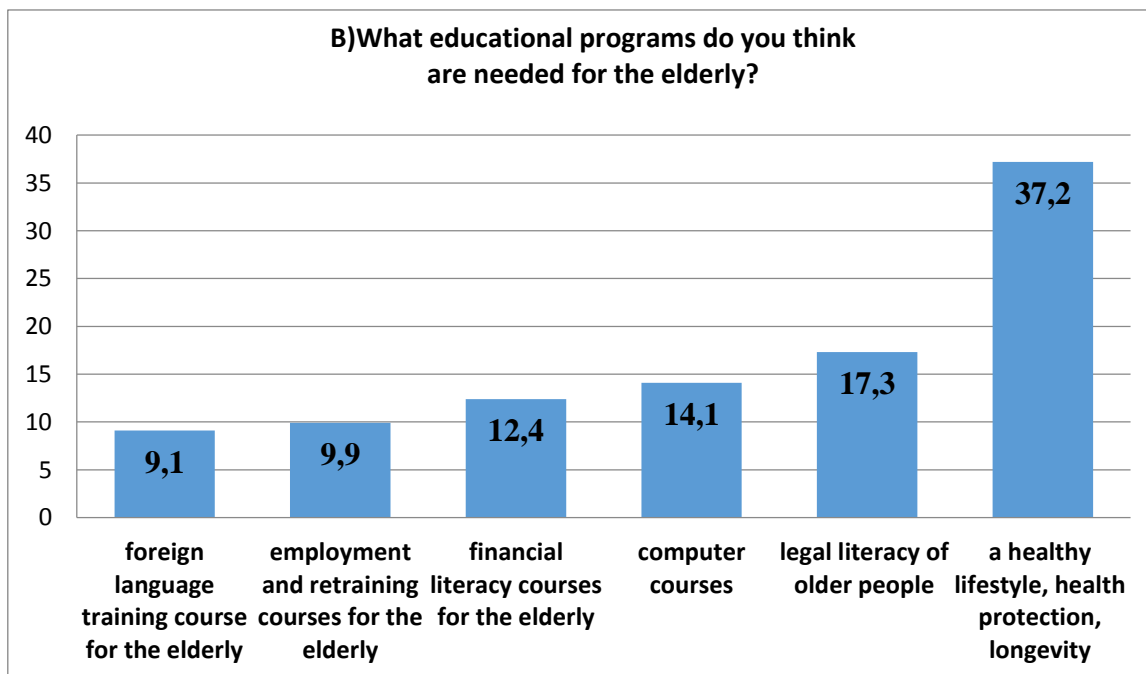
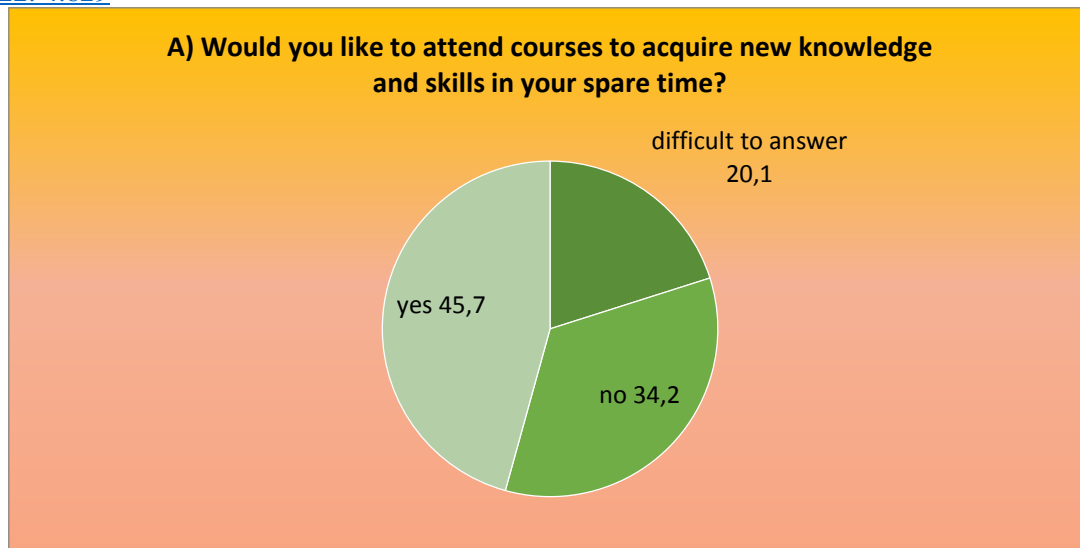
Those who were not completely or partially satisfied with these activities indicated organizational issues as the main reason for this. In most cases, the event

was not informed in advance, the place of the event was located geographically far away, and the conditions of the place of the event were not good. At the same time, problems such as boring event, high price set for participation in the event, poor selection of technical equipment, lack of seating places caused inconvenience to the elderly (*Pic. 9.*).



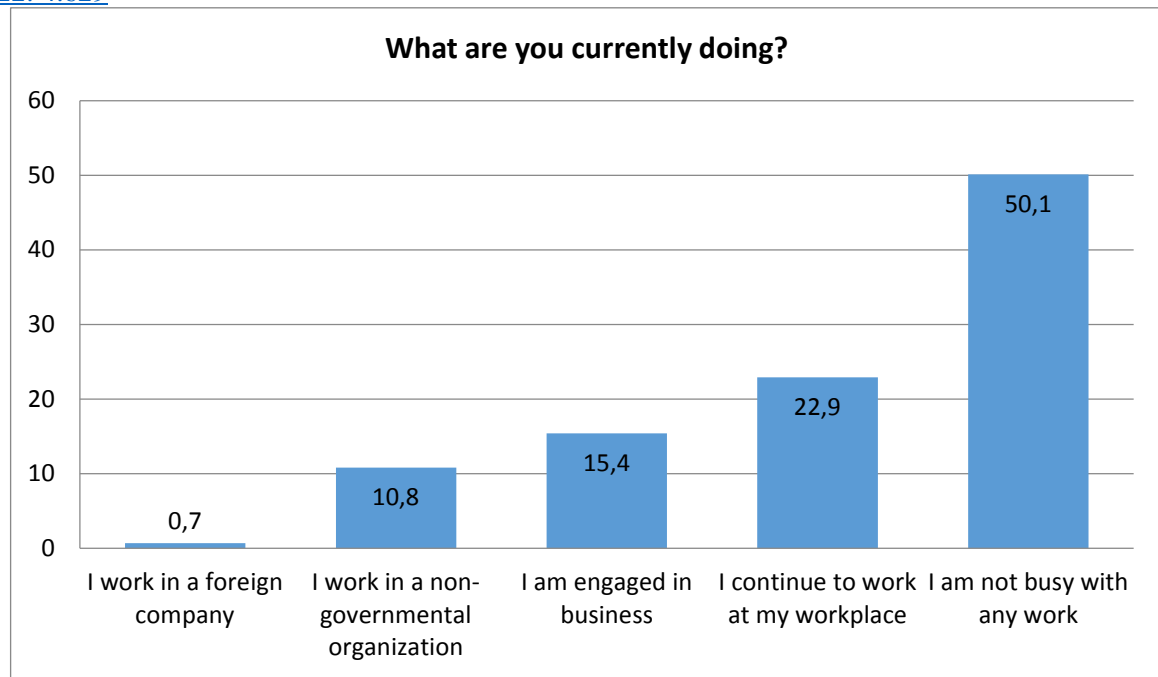
Pic.9. Opinions of the elderly about the quality of the events

Of course, taking into account the age of an elderly person, it is considered desirable that he should have more rest and entertainment in cultural and educational events. However, at the same time, it is considered appropriate for the elderly to become socially active in society and not to be cut off from life, as well as to acquire certain knowledge and skills in order to receive the necessary information for their health. In this regard, the respondents were asked if they would like to attend courses to acquire new knowledge and skills in their free time. According to the results, almost every second of the elderly prefers to attend such courses (*Pic. 10.A.*). It was found that the need for courses aimed at teaching older people in the direction of a healthy lifestyle, health protection, longevity (37.2%), improving legal (17.3%) and computer literacy of them (14.1%) is relatively high. At the same time, it was found that some elderly people have a desire to improve their financial literacy, retrain for another field and even learn foreign languages (*Pic. 10.B.*).



Pic. 10. Elderly people's desire to acquire new knowledge and skills (A) and opinions about educational programs (B)

At the moment, half of the respondents participating in the research are not engaged in any activity. About a quarter of them continue their work even after retirement. 15% of the respondents engaged in business activity, 11% of those working in non-governmental non-commercial organizations. So, half of the elderly people prefer to be busy with work, while the others prefer to rest at home (*Pic. 11*).



Pic. 11. Employment rate of the elderly

Based on these conclusions, it is recommended to implement the following suggestions in order to further improve the current situation and support the elderly:

- adoption of the Law on the Elderly in order to ensure the rights and freedoms of the elderly, to establish order in the field. In this, using the support of relevant Ministries and organizations, creating mechanisms for increasing the legal knowledge of the elderly;

- reform the pension calculation procedure, to allow citizens to choose one of two types of pension payment procedures, paid by the state and private sector, based on foreign experience;

- increase the amount of pension and to form alternative ways to meet the material needs of the elderly, that is, to encourage the elderly to engage in business activities, to create suitable jobs for the elderly, to sponsor the elderly;

- review and reform the system's working mechanisms in order to eliminate elements of personal interest and corruption, identify and eliminate excessive red tape, unnecessary procedures in the system of social assistance, healthcare and sports;

- establishment of sanatoriums for the elderly in each region, expansion of benefits for existing sanatoriums, training of specialists working with the elderly in the sports and health system, formation of care services for the elderly and training of specialists, to consider, create and introduce a mechanism for improving the professional skills of employees providing social services by the Ministries of Health, Tourism and Sports, Neighborhood and Family Support;

- Development the health insurance system and its guarantees, which will be saved for the representatives of the elderly generation, taking into account that the main expenses are spent on medical services and medicines;

- establishment of "Nuroni" TV channel, which promotes a healthy lifestyle for the elderly, launches legal, healthcare, financial, work activity, entrepreneurship and interesting projects;

- further improve the activities of the commission on working with the elderly in MFYs, to establish additional measures to increase the legal and health-related knowledge and social activity of intellectuals, to create educational programs and courses;

- supervision of the socio-economic and health status of the elderly in need of assistance by the MFY, establishing cooperation with family polyclinics;

- Introduction of legal, computer literacy, and healthy lifestyle courses for the elderly in the neighborhood under the health system organizations;

- improve the quality of medical care provided by family polyclinics, to further develop forms of services that replace inpatient treatment

- MFY, neighborhood and family support district/city departments, mass media, hokimias should promote a healthy lifestyle among the elderly by increasing spiritual and educational activities in order to form their medical culture and a healthy lifestyle, a new, effective system of working with luminaries in the neighborhood development;

- Development of elderly tourism in cooperation with the Ministry of Tourism and Sports;

- attracting sponsors and encouraging old people to visit entertainment venues.

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