

ANALYSIS OF THE RESULTS OF A TEST– EXPERIMENTAL STUDY TO DETERMINE THE LEVEL OF HAPPINESS OF FAMILIES IN UZBEKISTAN

Saydivalieva Khurshida Khodzhiakbarovna,

Uzbekistan, Head of the Department of the scientific research institute "family and women", doctor of Philosophy (PhD) in legal Sciences, Associate Professor.

Karamyan Marietta Khachaturovna,

Uzbekistan, Mirzo Ulugbek National University of Uzbekistan, acting professor of the Department of "general psychology", doctor of psychological sciences

Ismaylova Ra'no Nuraevna,

Uzbekistan, Acting associate professor of the Department of "Applied Psychology", Tashkent State Pedagogical University named after Nizami, candidate of psychological sciences (PhD)

ANNOTATION

The article will focus on the development of a family Happiness indicator in order to work with families individually, identify conflict situations early and systematically establish an individual approach based on the experience of foreign countries, starting with the development of happiness indicators of families at the bottom of the table in order to establish a system of relevance and implementation of the happiness index in Uzbekistan, as a test, it was noted that the introduction in pilot areas is expedient. An analysis of the results of a test– pilot study on determining the level of happiness of families is presented in Uzbekistan.

Key words and phrases: Uzbekistan, family, happiness level, indicator, individual approach, neighborhood, happiness index, family relationships, marriage, economic well– being, family values, happiness concept, demographic stability, mutual understanding, satisfaction level.

INTRODUCTION. Today, it is assumed to develop and introduce a family Happiness indicator in order to work with them individually by determining the level of happiness of families, to identify conflict situations early and to systematically establish an individual approach. At the same time, indicators of the happiness index of the population are determined both internationally and in the experience of foreign countries. On June 28, 2012, the UN General Assembly established that striving for happiness is a special desire of every person in the world, in combination with economic indicators when calculating the well– being of the population, they also take into account the level of happiness.

Since the 1970s, the collection of information about the calculation of the Happiness indicator has been activated by international organizations [1]. On 19 July 2011, the UN adopted a resolution called "Happiness: a targeted approach to development". It calls for all member states to be applied to assess the development process. On April 2, 2012, on the UN portal "Gross Domestic Happiness" – a new economic paradigm? the so– called article was published. The article highlights the content of UN secretary– general Pan Gi Moon's "happiness and prosperity" speech at the conference. In his speech, the UN leader proposed to introduce a new indicator that, in addition to recognizing the gross domestic product indicator as an indicator of economic and political development, embodies the social and environmental States of society [2].

ANALYSIS OF RESEARCH AND PUBLICATIONS. There are two types of indexes that measure happiness in the world:

1. International indexes include: International Happiness Index (Happy Planet Index), International Happiness Index (Happiness Index), Human Development Index (Human Development Index), Good Life Index (Better Life Index), quality of Life Index (Quality-of-life index).

2. National indexes: today include indexes developed in the United Kingdom, France, China, Kingdom of Bhutan, Indonesia, Malaysia. As a system of assessment of Public Administration in countries such as the United Kingdom, France, China, the Kingdom of Bhutan, the Family Institute is strengthened in such a way as to identify factors affecting the welfare level of families by determining the welfare of families in countries such as Indonesia and Malaysia. There are also states that have established state domestic policy by establishing the happiness index as a national indicator by identifying trends and management deficiencies. Today, for example, many countries have a "Ministry of happiness", including the Kingdom of Bhutan, the United Arab Emirates [3], India[4], Venezuela, Nigeria[5].

The kingdom of Bhutan was one of the first to introduce the National Happiness Index in the country in 1972 by King Djigme Wangchuk of Bhutan. In them, the concept of GDP gross domestic product is replaced by the concept of gross national happiness. In 1998, the Bhutanese government adopted a new plan under the name "4 indicators of happiness" [6]. Happiness is measured at 72 indicators. Examples include prayer, the level of selfishness, jealousy, coldness, empathy, safety, the presence of the thought of self-murder. Corruption in the state has been eliminated at all, a good ecological natural environment has been created, Khimik fertilizers are not included in the state at all, most of the population is vegetarians. In the Bhutanese Constitution, conditions were created for the residents to live a happy lifestyle. A program has been developed by the Bhutanese government that provides an opportunity to ensure the happiness of every citizen.

UK development of National Happiness Index in 2010, Prime Minister D. It was proposed by Cameron to introduce it as an indicator of government performance. The index was determined by sociological surveys. The surveys found that strong health for the British, warm relationships with family and close people, as well as a favorite job give a sense of happiness. The UK is also using its national index to identify existing problems in society and the state and to find solutions to them[1].

France in 2008, Nicolas Sarkozy created a special commission to determine economic achievements and social growth. The commission included the level of development stability, political rights of citizens, ecology in the indicators of determining the quality of life. At the conclusion of the commission's work, Sarkozy introduced criteria for measuring happiness and the possibility of medical service in the state.

In Indonesia, A special family happiness index determination test and a mobile application have been created and are used to prevent family conflicts and divorces, to diagnose the family. The e-Happiness Tool mobile app provides 20 test questions. A special web site was also launched, where the results of the hangover through happiness indicators are displayed in which parts of the map of Indonesia.

A new gross institutional happiness index (GIHI) has been introduced at Taylor University's School of Engineering in order to improve the educational process and monitor in Malaysia[7]. Through it, the happiness of teachers and students is measured. The methodology of this index consists of indicators linked to 9 main domains. The Family Welfare index 2019 has been developed, with a total of 8 domains and 22 indicators.

China introduced its own National Happiness Index in 2011 based on 16 indicators. The index takes into account the costs for scientific research, education, culture and sports. This also included a total of carbon angedride emissions per person's living area meter, physician compliance per 1,000 citizens, green crop area, and Hatto GDP volume. In China, The Happiness Index was introduced to assess the performance of officials in Henan province. 16 indicators indicating the standard of living of the population were also introduced by the government in China. The happiness index is an indicator of the performance of public officials in China[8].

A happiness index was developed in Arakawa, Japan, and a proposal was made to the Japanese government to introduce it statewide. In the creation of the Arakawa happiness index (GAH) in 2009, Arakawa was initiated by the Research Institute for Urban Local Government, which is used to determine whether economic and social reforms in cities are properly implemented[9].

Paragraph 89 of the Comprehensive Plan of measures approved by the decree of the president of the Republic of Uzbekistan dated March 7, 2022 "on measures to further accelerate work on the systematic support of family and women" dated PF- 87 established for the first time the study of international indicators of happiness in order to work with them individually, identify conflict situations early and systematically. In order to ensure the implementation of this item, scientific research work was carried out by the scientific research institute "family and women" under the state committee of the Republic of Uzbekistan on family and women and international indicators of happiness were studied. Indicators of happiness of families in Uzbekistan were determined. In order to determine the importance of indicators in determining the degree of happiness of families and their effectiveness in practice, a plan was developed for conducting an experimental test.

DISCUSSIONS AND RESULTS. A methodology for determining indicators was prepared and an experimental test was carried out in the Fergana region. Proposals for the introduction of indicators were prepared, and the draft normative legal act "on measures to introduce a system for determining the level of happiness of families in the regions of the Republic", the resolution of the Cabinet of Ministers of the Republic of Uzbekistan and the draft temporary regulations on the procedure for introducing a system for determining the level of happiness [10]. The project was discussed at the state committee of the Republic of Uzbekistan for family and women with the participation of experts, specialists of the relevant ministries, departments and organizations and underwent aprobasion.

This article will cite the results of this study.

Indicators of the degree of happiness of families with the study of the theoretical analysis of the problem and the experience of foreign countries in this regard, 8 main indicators (indicators) were identified when applying the experiment to the test:

the level of economic well-being of families;

demographic stability status of families;

duration of living a healthy life;

level of educational opportunity;

employment rate;

the level of satisfaction with family life and feeling family happiness;

role and degree of relevance of family values;

the level of satisfaction of families with the activities of state bodies and public services.

These indicators were determined in two different ways: by analyzing statistics and the results of a sociological survey.

According to the research methodology, districts and cities were selected. The cities of Fergana and Kokand and the districts of Baghdad, Beshariq and Furqat were selected as research areas in the Fergana region. Respondents were distributed by region. In the above 5 areas, the respondents were distributed according to the number of inhabitants in the regions, and their distribution was carried out through the following formula:

$$R = \frac{nn}{N} * 100 * S$$

Here:

R – number of respondents;

nn – total population in a specific area;

N– main set;

100– percentage conversion;

S – sample set.

Primary data collection (field survey) method: the survey was conducted in the form of an interview of the survey method. The interview was conducted through a survey sheet (questionnaire). In order to determine the degree of importance of these indicators and the structural aspects of each indicator, special questions were formed on the survey sheet.

In order to determine the level of family happiness, the Fergana municipality was selected as the territory of the experimental test study and surveyed from 300 people in 5 districts (cities) in the region:

Fergana, Kokand cities, Baghdad, Beshariq and Furqat districts. The number of respondents selected from cities (districts) was made based on the average number of inhabitants in them.

1. The Economic Well-Being Index of families is 2 questions, namely "to what extent does your receiving family income satisfy your needs?" and "what about the housing where you live?" was determined. The results were +0.6 on the first question (Table 1) and +0.7 on the second question (Table 2).

Table 1.
Respondents' opinions on family income
(in percentage and index account)

To what extent does the family income you receive satisfy your needs?	percent age	index
Fully satisfies our needs, no problem	37,2	+0,6
Satisfies, even if our needs are not full	50,0	
Not satisfied, rather than satisfied	7,9	
Not satisfied at all, we are experiencing material difficulties	2,9	
It's hard for me to answer	2,1	

Table 2
Respondents' opinions on residential housing
(in percentage and index account)

What about the housing in which you live?	percentage	index
We have personal housing, there is no problem with it	65,7	+0,7
We have housing, but our housing does not meet our full need	21,7	
We do not have personal housing, we live in the same apartment with Father/Mother, Brother/Brother, Sister/Sister	11,3	
We do not have personal housing, we live in rent	1,3	

The index of economic well-being of family happiness was +0.65 when the data obtained was calculated with an average arithmetic value.

2. Demographic stability of the family. According to the statistics committee of the Republic of Uzbekistan, the expected average life expectancy in the Fergana region today is 74.8 years. It was found that the average demographic stability rate index in the Fergana region is at +0.71, based on the formula presented above, taking into account the average life expectancy relative to the age of 105.

Focusing on the number of children in the family, it turned out that in 2021 there were 25.7 children per thousand inhabitants in the province, on average, 2.7 children per woman. According to demographers, normal demographic growth assumes that each family will have 2.5 children. Therefore, the fertility index in the province is +0.6.

Based on these two indices, the demographic stability index of families was +0.65.

2. The fact that the availability of educational opportunities is usually higher levels of satisfaction with one's own life for people who are able to provide a wide range of opportunities for their child has been observed in many studies. As a result of the studies carried out, the majority of respondents (68.2%) demonstrated that their children strive for higher education and are able to create enough opportunities (Table 3). Accordingly, it was found that the children's chances of higher education in families were at +0.5.

Table 3.
Respondents' opinions on the possibility of higher education of their children (in percentage and index account)

Do you have the opportunity to get your children a higher education at this time?	percentage	index
Yes	68,2	
No	22,4	+0,5
It's hard for me to answer	9,4	

4. The duration of a healthy life. One of the important indicators of the level of family happiness is the health of family members. To what extent this indicator should be directly depends on the quality and level of medical care provided to the population, families. The Medical Service Index was measured based on statistics and survey results.

According to statistics obtained by the Statistical Committee of the Republic of Uzbekistan, in the Fergana region there were 22 doctors per 10,000 inhabitants. In most countries of the world, this figure is 60, then this figure in the region can be estimated at +0.2.

In the course of the study, 21.7% of respondents surveyed were satisfied in their areas at a level higher than the level of medical services provided to the population, 56.3% at a medium level, and the rest at a lower level (12.9%) as well as a very low level (7.5%). The fact that it showed an index of +0.4 when the average happiness rate was calculated from the studied case determined that the population's satisfaction with medical services was slightly lower than the middle (Table 4).

Table 4
Opinions of the population on the level of satisfaction with medical services (in percentage and index account)

How do you assess the level of medical services provided to the population in your area?	percentage	index
High	21,7	
Middle	56,3	
Lower	12,9	+0,4
Too low	7,5	
It's hard for me to answer	1,6	

Hence, the average index of statistical performance and research results was +0.3.

5. Employment level. On the survey sheet, the employment index of families says "Do you have a job/income?" was measured at. Not only the respondents themselves were taken into account in this, but also the employment rate of their spouses, and on the basis of both answers it was found that the average is +0.65 index (Table 5).

Table 5
That respondents have a job/income views on

Do you have work/income?	Response	Percent	Index	total index
Himself	Yes	86,0%		0,65
	No	14,0%	+0,7	
Spouse	Yes	78,0%	+0,6	

6. Assessment of the level of satisfaction with family life and family happiness. Relationships in the family occupy an important place in determining the level of happiness of a person. In many cases, what kind of relationship the family is built on and on whose initiative determines the future family monasteries, the level of satisfaction of family members with these relationships and responsibility. During the study, this condition was researched as a key indicator that determines the level of happiness.

Based on the analysis of the studied opinions and the results obtained, it was found that the level of satisfaction of respondents with family relationships is an index of the yohud happiness coefficient +0.5.

This situation can be explained by their answers. Half of the respondents involved in the study (48.1%) were found to have married through suitors and on the basis of consent from both parties, and 35.7% married on the basis of mutual acquaintance and love. Responses that could be assessed as negative, i.e. forced marriage (1.1%) or chance and inability to marry (0.5%), were the majority disadvantage (Table 6).

Table 6
Respondents ' opinions on how to start a family
(in percentage and index account)

How or on what basis did you start a family?	percent age	inde x
Couple on the basis of mutual– loving love	35,7	
By mutual family agreement (through matchmakers), taking into account the consent of both of us	48,1	
Based on the wishes of my parents	14,6	+0,5
I did not take into account my hoax– will, I forcibly married a family	1,1	
By chance, due to the impossibility of not having a family	0,5	

Family relationships and decision– making can in many cases determine gender equality, voluntary freedom, and the degree to which a person feels happy. Therefore, this issue was also given special attention as the main indicator of research.

Most of the respondents ' opinion (65.9%) demonstrated that decisions in family relationships are made jointly by husband and wife. In every fifth family (16.5%), however, it was revealed that the opinion of the family's adults together with the couple was also important when decisions were made. In the rest of the cases, it was found that the opinions of the spouse (8.9%) or husband and wife were not taken into account when decisions were made, and were assessed as a condition that negatively affects their level of happiness. The analysis found that the respondents studied had a family decision satisfaction status and happiness rate of +0.7 index.

Table 7
Igtiroki's views on family decision making
(in percentage and index account)

Who will make decisions that relate to your family mainly?	percent age	inde x
Alldecisionscoupletogether	65,9	
Together with the couple, the parents of me or my spouse	16,9	
Byhusbandorwife	8,9	+0,7
By my or my spouse's parents	3,9	
It's hard for me to answer	4,4	

It is known that the results of a number of studies show a low level of satisfaction with family life, as well as a lack of mutual understanding as the main cause of family differences.

In addition to the study of this situation, it was found that in the family of most respondents there is a mutual understanding based on respect and love (61.5%), tradition and national customs (29.3%) in full or in many cases. At the same time, it was found throughout the study that cases in which the family is trying to maintain due to children or other obligations, when the family is in turmoil, constant quarrels and misunderstandings occur in relatively small quantities. The index of the state of satisfaction with the relationship with the spouse in the family and the level of mutual understanding showed an indicator of +0.7 (Table 8).

Table 8
Respondents ' opinions on their relationship and level of mutual understanding(in percentage and index accounting)

How do you assess your relationship with your spouse and	Perce	Inde
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mutual understanding of each other?	ntage	x
We fully understand each other, the relationship is based on mutual love/ respect	61,5	+0,7
We understand each other in most cases, family life is established on the basis of traditions and traditions	29,3	
We can endure a relationship, we live together for the sake of children	5,0	
Relationships are tense, tense, we do not understand each other at all, there are often family quarrels	1,3	
It's hard for me to answer	2,9	

Based on the Highly Cited 3 aspect (responses) indexes (+0.7, +0.5 and +0.7), the average family life satisfaction and family happiness assessment index was +0.63.

7. The degree of importance of family values. Each person will have their own values. These values define the behavior, aspirations and basic aspects of people in society that they pay attention to in life. During the study, values were researched as the main indicator of the happiness index. According to him, 9 basic values were selected and the average index on each of them was determined, with the opinions of respondents studied in relation to them.

According to the results, in our society, health (+0,9) and procreation (+0,9) are perceived as high values. Shared trust and mutual respect (+0,8), justice and integrity (+0,8), care and mutual assistance (+0,8) are important to most respondents. Beyond that, beliefs and religion (+0,7) family– traditions and Customs (+0,7), money and economic prosperity (+0,7) have shown no loss of value and importance even today. The average value of the indexes quoted in terms of values was +0,8, indicating an important place in determining the indicator of happiness of people (Table 9).

Table 9
Opinions on the role of values in the lives of respondents
(in percentage and index account)

Values	Very important	impo rtant	Not so important	Not important at all	It's hard for me to answer	in dex
LoveIsLove	54,0	35,8	8,0	0,3	1,9	+ 0,6
Trust, mutualrespect	77,0	19,8	3,2	0	0	+ 0,8
Health	84,1	13,3	1,2	,6	,6	+ 0,9
Faithandrelig ion	54,3	35,9	4,1	1,0	4,8	+ 0,7
Justiceandho nesty	59,6	37,3	1,9	,6	,6	+ 0,8
Careandmutu alassistance	58,8	36,9	2,5	1,2	,6	+ 0,8
Procreation	74,8	22,3	1,9	,3	,6	+ 0,9
Monetaryand economicfauna	60,4	34,3	4,4	,3	,6	+ 0,7
Familywaitra ditionsandCustoms	60,4	34,3	4,4	,3	,6	+ 0,7
Index						+ 0,8

8. The attitude of the family to the activities of state bodies and public service. The degree of satisfaction of the population with the activities of public institutions was studied among the main indicators during the study. The results obtained indicate that the level of satisfaction of respondents with the activities of state institutions is higher (+0.6) than with the activities of the Supreme Assembly, and the lowest indicator is given in relation to the activities of the Portal and people's receptions (+0.36) indicates that there are certain problems in this area.

From the point of view of the assessments given to the activities of state bodies, it can be said that while a certain part of the population is satisfied with the activities of certain state bodies, most of them show a mood of distrust in this regard, respectively, it can be seen that the overall index indicator in this regard is relatively lower.

Table 10
Opinions on the level of satisfaction with the activities of state bodies
(in percentage and index account)

Public institutions	I fully believe	I believe	I don't believe so much	I don't believe at all	It's hard for me to answer	index
House of Commons	43,7	44,0	6,1	1,7	4,1	+0,63
Portal and people's receptions	23,5	49,4	17,9	4,6	4,6	+0,36
Courts	30,5	45,6	14,2	4,7	5,0	+0,44
Prosecutor's office	33,4	46,6	11,3	3,1	5,3	+0,55
Internal affairs	33,8	42,6	13,9	3,8	6,0	+0,44
Governorates	37,9	45,1	8,5	4,7	3,8	+0,55
General index						+0,45

Based on the analysis, the index of satisfaction with the activities of 6 state bodies in the region was +0.45.

It was found that negative aspects affecting the level of happiness of the population of the Fergana region exist to one degree or another in all aspects of family life (based on indicators). Accordingly, the areas of healthy living (+0.3) and attitude towards the activities of public bodies and public service (0.45) are seen to be dominated by aspects that negatively affect the level of happiness of the population. The indicators calculated by each indicator and the overall average are summarized in the table below (table 11).

Table 11
Indicators of the level of happiness of the population of the Fergana region

Indicators	Index
Economic welfare index of families	0,65
Demographic stability of the family	+0,65

Availability of educational opportunities	+0,5
Duration of living a healthy life	+0,3
Employment rate	+0,65
Assessment of the level of satisfaction with family life and family happiness	+0,63
The degree of importance of family values	+0,8
Attitude of the family to the activities of state bodies and public service	+0,45
Total family happiness index	+0,57

In order to determine the degree of happiness of the population living in the Fergana region, the total average amount was determined based on the results of the 8 indicators presented in the analysis above. According to him, the family happiness index in the Fergana region was + 0.57.

CONCLUSIONS. In addition to the positive characteristics that are visible as a result of the analysis of the experience of foreign countries, there are also negative situations. The degree of effectiveness of the introduction of the happiness index is observed in the Kingdom of Bhutan, China, Japan and the United Arab Emirates. In these states, it can be observed that the standard of living of the population, social security issues, and in which the economy is also properly oriented, policies and management are achieved. Despite the fact that the Ministry of happiness was established in Venezuela and India, they practically did not pay off. Poverty, the low level of normal hygienic conditions is a pity [8].

At this point, the question arises Why did such opposite cases occur? It seems to us that in the processes of this day, the following factors have an influence:

First of all, the still abstraction of the concept of happiness and the delimitation of the possibilities of concretizing its scientific philosophical aspects;

Secondly, the fact that the concept of happiness has a subjective character;

Thirdly, the methodology of the introduced happiness indices and the variety of indicators can also in turn influence the effectiveness of management, and the fact that a unified methodology measuring happiness has not yet been developed;

Fourth, the lack of desire of the population, on which the happiness index is based, to participate in surveys. In particular, Russian researchers have reported that social surveys today are faced with a crisis because of the lack of confidence in them, the fact that many citizens do not listen to them because it does not matter to take time to do so, and it is not safe. In the eyes of the population, it was noted that social surveys are not seen as an independent institution. This process is also observed in Kazakhstan [6].

Fifth, in the implementation of the happiness index in Uzbekistan, it is appropriate to use positive experiences of foreign countries, starting from the development of happiness indicators of families in the lower tier, to the Prevention of divorces in conflict families in neighborhoods and monitoring the activities of responsible persons in the neighborhood.

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