

AGING AND SOCIAL LONELINESS

L.Q. Eryigitova – Termiz Institute of Engineering Technology, Doctor of Philosophy in sociology.
Sh.M. Sodikova - International Islamic Academy of Uzbekistan, Doctor of Science in sociology, professor.

Abstract: *This article deals with the attention of states to the elderly on a global scale today, the state of loneliness is considered as a social problem in the life of different societies, the factors of its occurrence and its social consequences..*

Keywords: *list of social services provided to the elderly, life expectancy rate, loneliness - as a social category, dependence on social networks, mental characteristics of Uzbeks, commonality and national identity.*

The problem of the increasing number of lonely elderly people in the population has been added to the list of globalized problems. According to the data, "the aging process was 6.8% in the world in 2016, and ¹now this indicator is 9.6%. ²According to the results of UN population studies, in 2050, the number of elderly people in the world may make up 22% of the world's population.

The status of the concept of "loneliness" among young and old people and among people of different ages and its social if we pay attention to studying the consequences, we will be sure that there are many problems in this regard. It is known that until today the concept of "loneliness" has been viewed as a social psychological phenomenon. Again, this is related to the emotional state of a person. In this case, two different cases can be seen: firstly, the positive case, and secondly, the negative case. The second situation is common in life. Many people do not want to admit that they are becoming lonely by being attached to social media. Some people feel lonely despite having loved ones in society. Such people can be divided into introvert and extrovert categories. Introverts are people who want to live with their inner world and therefore seek solitude. Extroverts are people who are always among people and strive for communication. People of this category are active practitioners in life, who have the ability to quickly communicate with people of different categories during their interactions with everyone. They are considered to have the ability to communicate with everyone, although not very deeply, in any situation, and they often try to overcome loneliness by renewing their social circles. For introverts, being around people they respect and like can help overcome loneliness by turning to them. But there are no pure introverts and extroverts among the young or the old. There is a certain proportion here - it is natural that almost all people have suffered from loneliness at least once in their life. Another important aspect of the issue is that despite the large population in large cities in all countries, many people, especially the elderly, feel lonely. Big cities do not bring people together, today they serve to separate them. In this context, is loneliness a problem of today's society or is it an inseparable and inevitable part of the life given to each of us? This question is simply difficult to answer. For example: from the first days of birth, a person lives feeling the care of his mother and those around him. Loneliness is alien to him. As he begins to grow up, he compares himself to others by forming his "I", and his character is formed by forming his system of relationships. At the same time, feelings of loneliness appear in him. Sometimes teenagers are afraid of being alone. The reason is that when they are alone, they start to think about their life, their mistakes and achievements, and their future plans. It may be a case of reluctance to acknowledge feelings of responsibility and accountability in a sense. Individuals who have lived a constant active life throughout their lives, who are public, who are in constant attention and recognition, perceive loneliness as a tragedy. The fact that most of this category of elderly spend more time sitting in front of the TV, trying to spend their time in different circles, does not serve them to increase their knowledge and experience, to improve as a person, on the contrary, after spending such time, their problems become worse. Socrates wrote about this situation: "...there is no use for such people to escape from loneliness and go on trips, they will take their problems there with them, no matter how sad they are." What type of communication can overcome loneliness? In this

¹ Sh. Sodikova. The role of the elderly in educating young people in the spirit of love and loyalty to the Motherland. Т.: Янги авлод, 2016, р. 5.

² <https://ru.wikipedia.org/.Demograficheskoeostareniya>.

situation, it is necessary to communicate in such a way that it should serve not to get something, but to give something to others and society. Loneliness may not be felt by a person during his work, during intense relationships with people. But most people feel lonely when they are alone at home. In such situations, it is also important to understand that being alone may not always be safe. Sometimes leaving a person alone with himself allows him to understand his own problems. But being alone for a long time and losing communication with others can cause psychological and somatic problems. Therefore, suffering from loneliness is an aspect that leads to a lack of new information and ideas. Today, not all societies are struggling with the problem of loneliness among the elderly. By effectively organizing time in youth, a person can increase his knowledge, skills and abilities. Older people do not have all the opportunities that young people have. For this reason, in order to solve the problem of loneliness of the elderly, it is necessary to organize such places for the lonely elderly, so that in such social centers the elderly do not feel alone, they share their knowledge and skills with which people of different ages communicate together, and teach young people from their life experiences. Young people do not always pay attention to the elderly because they are busy with their personal work. The situation is different for the elderly. It is natural for the elderly to lose many of their capabilities as they age. For example, not being able to see their favorite friends for a long time, the death of many of such friends, various diseases and other reasons can destroy them. Loneliness, as a social and cultural evil that is increasing in modern societies, is attracting the attention of many people in the world today. Classical sociologists such as E. Durkheim, M. Beber, E. Morena, L. Birta, G. Zimmel and E. Klianenberg in scientific research, the reasons for people's pursuit of loneliness or the phenomenon of falling into loneliness were scientifically and theoretically analyzed on the example of urban life, and this social phenomenon It is studied how the society of origin affects the relations between people in life. Today, another type of loneliness has been formed - the concept of social loneliness. If we try to analyze the state of loneliness in modern societies in family relationships, business, social networks, we can be sure that social loneliness is usually perceived by most people as a negative state caused by the lack of communication, lack of emotions and feelings. "Loneliness" is a term that has spread as quickly and widely as the word "globalization" today. Along with rapid development, as the density of urban population increases, loneliness among people is increasing. "Loneliness" is spreading widely in the social, spiritual and cultural life of the society as an urgent problem. Once upon a time, even in the Soviet era, social loneliness in the life of the society and the problems related to it were hardly studied in our country. Even the existence of this condition is denied. "Loneliness" was assessed as a condition not typical of a social society. The economic, political, and spiritual crisis of the same period intensified the state of social isolation. Along with the formation of modern societies, the problem of "social loneliness" grew and intensified in the life of the society. It affects the stability of society as a "globalized" problem today. It is possible to observe the following relations regarding the study of the phenomenon of this process: I. Yalom, K. Moustakaslar studied this problem in existential psychology. According to them, loneliness is actually something that has been in human nature since time immemorial. According to them, each person is unique and difficult for others to understand. They try to reason that their loneliness is because others don't understand them. According to existentialists, "social loneliness" is not related to human pathology, but to his household and economic situation. Scientists such as L. Zilburg, K. Moustakas expressed their scientific views within the psychoanalytical approach to the problem of "social loneliness" within the framework of the neo-Freudian paradigm. It is necessary to study this problem from a sociological point of view, because in fact the concept of social loneliness is related to political, economic and social changes in the life of society. Sometimes it is caused by positive changes in this direction. For example; Social isolation can be a transformation in tradition. There may be changes in the issues of collectivism and individualism in interpersonal relations. Sometimes, due to the separation of some individuals, whole social groups cannot get used to a new way of life, cannot get used to the real situation, and fall into social isolation. Social loneliness is a multifactorial problem in all societies today. In our country, there are also manifestations of a tendency to live alone. For example, the first factor is the question of the attitude of our compatriots to "loneliness". When we asked 100 respondents of different ages about the same problem, 93% of the respondents said that they do not feel lonely, 62% said that they are not

afraid of the social situation of loneliness, and 41% said that they are worried about the increasing number of elderly people living alone in big cities. ³Most people reported feeling lonely for the following reasons:

- from closedness and humanity in a person - 27%;
- separation from loved ones - 40%;
- the decrease of live communication due to the wide spread of the Internet and other types of communication - 32%;
- because the desire to orientate his career and increase his savings does not spare time for communication - 25%;
- lack of free time – 19%;

Loneliness negatively affects the development of society. This can cause problems in the field of production, labor prospects and other social relations, demography. In addition, the mentality of our people has always been characterized by communal living. In Europe and other western nations

Some aspects of family relationships also play an important role in the origin of social loneliness.

According to the researchers, current generations are at risk of aging alone in the future. The number of lonely elderly people is increasing year by year in European countries. If 20 years ago, the elderly alone made up 22% of the European population, today this figure is 40%. Among them, unmarried single women make up 50.2 percent of all women. Until recently, single women felt happier than men. The reason is that men's emotional maturity in this regard is not as complete as women's. For example: the number of single mothers in Russia has tripled in recent years. In developed countries such as Europe and the USA, this situation is analogous. In a 2017 social survey conducted by the British agency "Mintel", 75% of respondents answered, 61% of single men and 49% of women said that they did not make any efforts to get out of their lonely situation or to find a life partner. 46% of the most active 25-34-year-old population of today's European countries are single people, and most of them have never been married. In Germany, 1 in 5 people live alone. This figure is 23 percent of the total population. Among European countries, Sweden has the highest number of elderly people living alone. Another factor in social loneliness comes from loneliness and the need for a household market. Companies that serve the home life industry see a significant increase in their revenue from singles. For them, living alone due to family separation also increases the need for various household appliances produced by such companies. It has been found that single people spend more money on food and utilities than married people. That's why some production companies are investing a lot of money in promoting loneliness. The issue of the state's response to this problem is also one of the important factors in the origin of the state of social isolation. It is well known that in most countries of the world today, the elderly with limited physical capabilities are dissatisfied with their social isolation. According to such elderly people, this situation is caused by the decrease of their source of income, and the decrease in the number of various entertainment public places, which most of the elderly people go to alone.

Social isolation and loneliness become a destructive social condition. Taking into account this aspect, a number of countries have developed a strategic program for the development of society in relation to this problem. For example, in Great Britain, a ministry has been introduced in this direction ⁴. Following the example of the Federal Council of the Russian Federation, a proposal was made to create a special ministry for working with the elderly as an effective way of working with the elderly in the country. The activity function of such a ministry includes the tasks of individual approach to elderly single people and their constant support.

Sometimes loneliness can be interpreted as a high social value. Loneliness is not always a negative situation, but sometimes it is individual loneliness, different from social loneliness, that allows a person to realize his identity, reach a state of harmony, and realize new life values. Such loneliness is characteristic of those engaged in creative activities, it is common among artists, composers, and writers. Sometimes loneliness is not negative, it can play a positive role for a person and society. For example: in the last century, during the Soviet dictatorship, a philologist from Leningrad University named T.G. Gnedich spent 2 years in solitary confinement in a solitary cell. He was accused of concealing his noble lineage, T. Gdenich translated Byron's

³- The public survey was held on March 17-20, 2023 in the city of Termiz, Surkhandarya region.

⁴- URL: <http://tass.ru.obschesvol>

"Don Juan" - 17,000 verses into Russian, even though the conditions of human life in the cell were extremely difficult. Against all the tortures used against him, he said to himself - Byron and I don't need anyone, he overcame the difficulties, found the strength to work, and did not fall into depression.

Social loneliness is now caused by social media addiction. It's no secret that today, being connected to the Internet and social networks is seen as a form of coping with loneliness in modern societies. But there is another side to it: it is observed that a person's attachment to social networks limits his personal communication and connections. In addition, there are also important specific aspects of Internet communication:

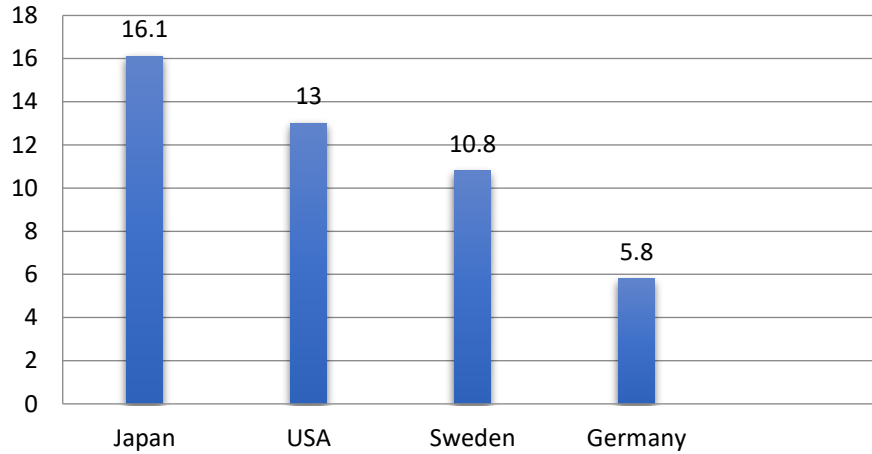
- anonymity - it allows the behavior to be hidden;
- creates an image of the interlocutor in a virtual image;
- gives the opportunity to disconnect at any time;
- allows a person not to show emotions that affect relationships;
- leads to the replacement of real reality in the virtual world.

People who spend a lot of time on social networks may develop negative mental states. This category of people first of all feels vulnerable, without the possibility of getting help, limits themselves from general communication, and as a person in social isolation, their depressed mood increases. For this reason, social loneliness is considered an urgent problem of today's modern society. The specificity of loneliness is multifaceted. It covers all aspects of life. Therefore, the fight against the negative manifestations of loneliness puts on the agenda as a necessity the creation of legal acts that require a completely new attitude. The growing desire to live alone in the world today is causing a number of negative social problems. This is also justified by the fact that the family survival rate has halved over the last 60 years. Even in value-oriented Japan, this has become a problem. Living alone in this country is called kodokusha and has become popular in recent years. In 2020, Japan's Prime Minister Yo.Suga and the country's Regional Development Minister T.Sakato appointed him as the minister of the Ministry of Loneliness, along with his current position.⁵

It is noteworthy that this is the first time that a position in charge of single people's problems has been introduced in Japan. This policy in the country is aimed at solving the social problems that arise in the life of society due to the declining birth rate, among other problems studied in the field of population studies. It has been studied by sociologists that the number of suicides has increased due to loneliness in the country. Especially during the pandemic, suicides have increased among people living alone in the country. This is the first increase in 11 years. The number of people who committed suicide in 2020 was 20,919. According to the experts, among the strata of the population who live alone, getting into a state of stress is more common than in other categories of the population. In 2015, when sociologists studied the level of loneliness of elderly people over 60 years old in four countries, it was found that the number of elderly people over 60 years old in Japan is 16.1% of all elderly people in the country. It was determined that it is the USA (13%), Sweden (10.8%), and Germany (5.8%). (Table 1) By 2022, Sweden will rise to the first place among European countries according to this indicator. (Table 1)

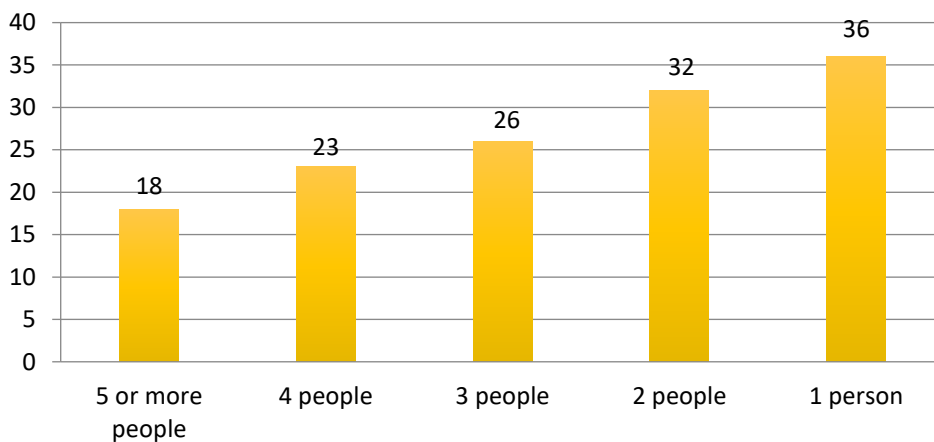
⁵- K. Kato, Chief Secretary of the Japanese Cabinet of Ministers, announced this at a press conference in Tokyo.

Table 1. The rate of loneliness among the elderly over 60 years old (2015 conducted in 4 countries , in %)



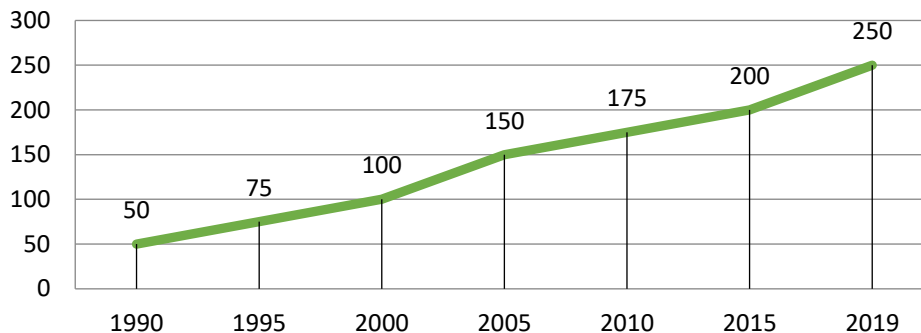
In Russia, in the next five years, it was found that the number of families with only one person in the number of families in the country is increasing. In 2022, it was 36 percent. It was found that this is an increase of 18 percent compared to 2018. (Table 2)

Table 2. The number of families in Russia where only 1 person lives alone (in %).



As a result of today's rapid development and the information-media space covering more and more time in people's lives, people fall into a state of depression. The saddest thing is that it is increasing among the elderly population. The increase in such a state of depression is certainly related to various reasons and factors. But among such factors, it is determined from the researches that the spread of various sensational information and alarming messages in social networks makes a specific "contribution" to the increase of this problem. Between 1990 and 2019, the number of elderly people with depression increased from 50 million to 250 million. (Table 3)

Table 3. Global increase in depression among older women and men (in millions)

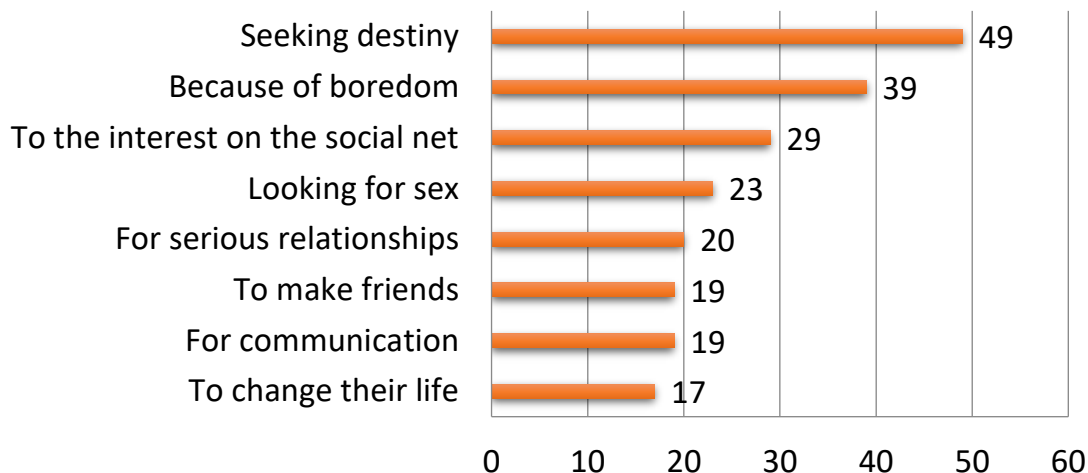


Research shows that older people do not always use social networks compared to young people. But in recent years, there has been an increase in the number of people over 60 turning to social networks precisely because of social isolation. According to US sociologists, the majority of those who turn to social networks more are those who live alone.⁶

When the reasons for applying to social networks were studied, it was found that those who applied in search of their fate accounted for 49% of the total applicants, those who entered social networks out of boredom accounted for 39%, those who accessed the Internet out of curiosity accounted for 29%, those who were looking for sex accounted for 23%, those who wanted to establish a serious relationship accounted for 20%, those who wanted to make friends and communicate with 19% percent, and those who want to change their lives made up 17 percent.

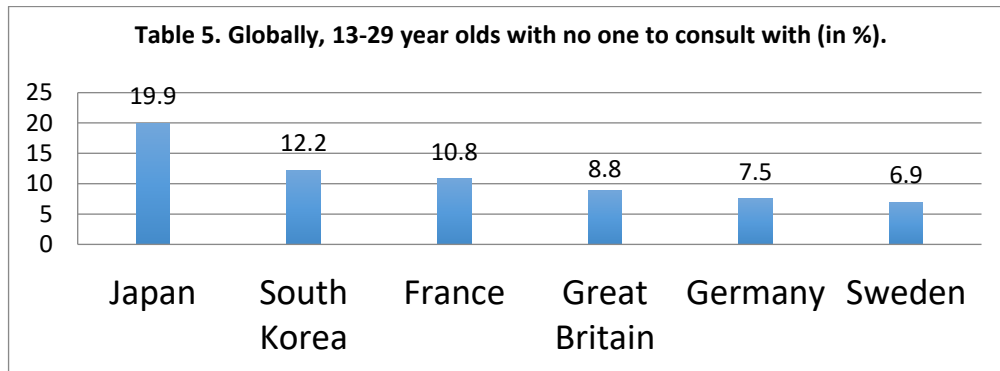
(Table 4)

Table 4. Reasons for people to use the Internet and social networks (in %).

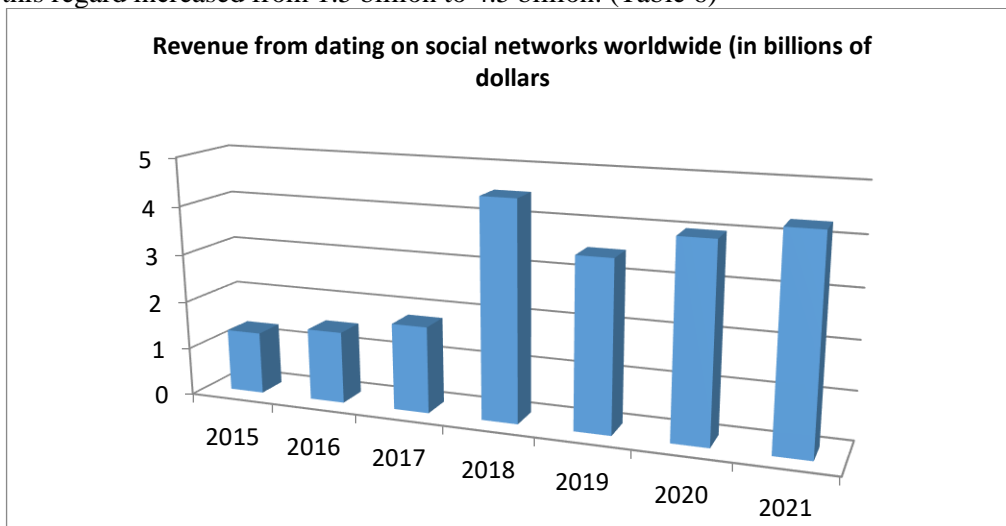


In the process of studying the problems of loneliness, sociologists have determined the fact of increasing tendency to live alone among young people through social surveys. It was found that the main factor in this is that there is no possibility to consult with anyone among the 13-29-year-olds. It was found that this indicator is 19.9% of all lonely people in Japan, 12.2% in South Korea, 10.8% in France, 8.8% in Great Britain, 7.5% in Germany, 6.9% in Sweden. (Table 5)

⁶- Ch. R. Mills. Sotsiologicheskoe voobrazheniya. Moscow, 2001



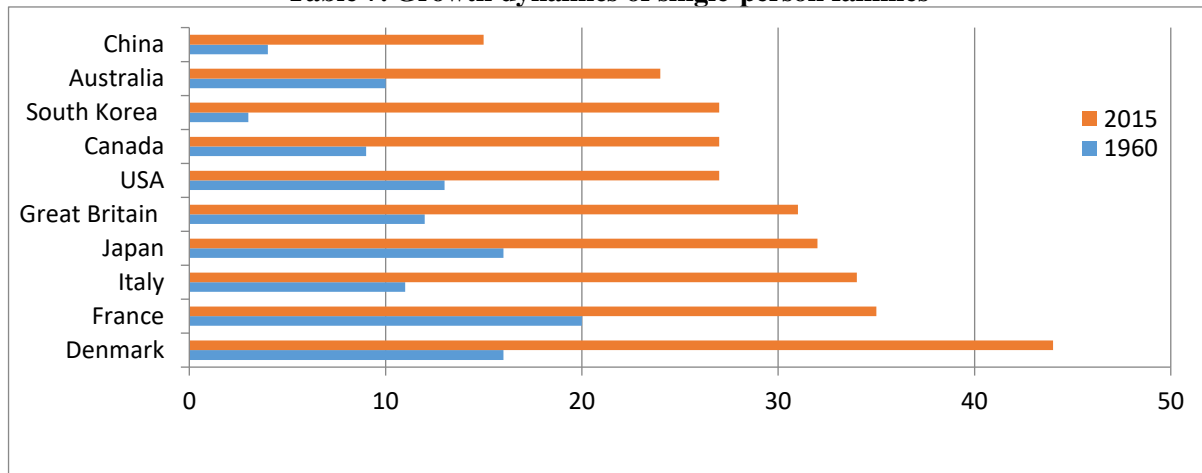
Today, in the conditions of the market economy, many well-known companies in the world's information market, knowing that it is possible to make a small profit from people's acquaintances and various communications on social networks, are making a small profit from betting their funds in this direction. When studying the last eight years of the analysis of this indicator, it was found that from 2015 to 2021, the income received in this regard increased from 1.5 billion to 4.5 billion. (Table 6)



Another aspect is that most of the people who met through social networks are socially isolated people. Some production companies are also openly promoting single living. Because the daily social needs and expenses of single people are almost equal to the needs and expenses of the family. For example, the consumption of resources such as electricity, water, natural gas is not different from the consumption of families of 3 or 4 people.

Sudden changes in the transformation of the family can also be considered as another factor that causes the situation of people to become lonely. From the conducted research, it was found that if between the 1960s and 2015, single-person families grew in most countries: 24 in South Korea and 28 in Denmark, 15 in France, 23 in Italy and 18 in Canada, 15 in Japan and Great Britain, 14 in the USA and Australia, China increased by 10 times. (Table 7)

Table 7. Growth dynamics of single-person families



As our country, as one of the equal subjects of the international community, has gained its place in the international arena and is strengthening cooperation relations with a number of countries of the world in various spheres of public life, along with the flow of foreign invitations to our country, various ideas and ideological views, various forms of mass culture have entered our country. natural state of course. Among such ideas, it is dangerous to increase the influence of views that serve destruction, such as the promotion of loneliness. Our people have learned to live in a collective way of life since time immemorial. It is well known that our nation is collective in essence. The ratio of compromise and consensus is also unique in the Uzbek mentality.⁷

With the change of certain social-political environment, spiritual-cultural approaches to the situation of compromise in the life of society, compromise can turn into consensus or alienation. In the development of society, the state of consensus has always been more positive than the state of compromise. Because the concept of consensus refers to the unity of common interests. In addition, situations of loneliness and individuality are alien to the concepts of succession and spiritual harmony in the nature of our people.

The priority direction of the reforms carried out in our country is human interests and rights, providing equal opportunities to all citizens, including pensioners, war and labor veterans, disabled and lonely elderly people who are not left out of the state's real support and attention. In our country, the legal basis and organizational mechanism of social protection of elderly people have been created. New approaches in this regard are proposed in the updated draft of the constitution of our country. Decree No. PF-4906 "On measures to further improve the activities of the "Nuroni" fund for social support of Uzbekistan's veterans" and PQ-2753 "On additional measures to improve the mechanism of payment of wages, pensions, allowances and scholarships" - Decision No. "On social protection of disabled people in the Republic of Uzbekistan" and the Labor Code, as well as a number of other laws and documents are among them. It is instructive that paying attention to lonely elderly people and respecting them is considered as one of the priority directions of important activities in the social sphere. There are more than 3.9 million pensioners in Uzbekistan today. The increase in the number of elderly people in recent years is also related to the increase in life expectancy in our country. This situation can also be seen as a reflection of the increase in living well-being. In our country, the elderly make up 6.7% of the total population. This is the lowest indicator among the CIS countries. In Russia, 28% of the country's population are in the pension system, 26% in Belarus, 29% in Ukraine. Help Age International's research in our country shows that by 2030, the number of elderly people will increase by 11.6 percent. In 2050, this indicator is expected to increase to 19.4 percent. In Uzbekistan, a number of tasks have been defined and are being implemented at the level of state policy for the elderly to spend their old age peacefully and comfortably. But at the same time, there are a number of problems, the solution of which will serve to improve the life of elderly people and increase their life expectancy. Among such problems, it is appropriate

⁷- M. Bekmurodov. Uzbek mentality. Tashkent, 2011, 84 - p.

to consider the need to increase the amount of allowances for the elderly as one of the most urgent. At the same time, caring for lonely elderly people, providing them with medical services, expanding the quality and scope of social services, solving problematic issues related to nursing homes are the most urgent tasks in this regard. To provide support to the lonely elderly, to organize "Volunteer" groups among young people on a voluntary basis, to actively communicate with the elderly lonely people in order to make them feel that they are not alone in our society in which they live, to hold various events, to strengthen the provision of assistance through various social programs, to study international experience and from the acceptable ones. should be used so that the elderly alone do not feel isolated from everyone.

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