



Changes In The National Life Cycle In Modern Society: Causes and Consequences

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Abstract: This study philosophically analyzes the causes and consequences of the evolving national lifestyle in modern Uzbek society. It aims to examine how liberalization of the economy, pragmatic transformation of public policy, social openness, and the emergence of a new spiritual space have reshaped youth behavior, social roles, and national identity. The research applies a theoretical and analytical method based on scientific literature and observations of societal changes. Results indicate that these transformations have positively influenced young people's rapid adaptation to market economy realities, increased entrepreneurial activity, and strengthened mutual assistance values. However, challenges persist, including extended adolescence, the prioritization of formal education over true learning, labor market mismatches, rising youth migration, and shifting family dynamics. The findings highlight the urgent need for systematic solutions to ensure the sustainable development of youth lifestyles while balancing tradition and modernization.

Keywords: National Lifestyle, Lifestyle, Domestic Life, National Characteristics, Economic Liberalization, Pragmatic Politics, New Spiritual Space, Social Status, National Mentality.

Introduction

Today, fundamental changes are being made in our society. On the one hand, in the following years, new Uzbek lands are being created in our country, a third Renaissance Foundation is being built. These efforts create positive States in the work activities of members of society, their participation in the affairs of society, in their domestic life, in the nature of their daily habits, in their leisure aspirations. On the second hand, many problems that persist in different areas of society's life up to the dagger are causing a number of negative processes to take place from the way of life. The theoretical exposition of the category "lifestyle" of these changes, analysis in the context of the main features of the lifestyle in Uzbekistan makes it possible to advance the dynamics of the life activities of members of today's society.

This article aims to philosophically analyze the causes and consequences of the evolving national lifestyle in Uzbekistan. It explores the structural, psychological, and cultural dimensions of change, including how liberalized economic conditions, pragmatic

public policy, and the development of a new spiritual space reshape daily practices. The study also addresses the implications of these changes for national identity, social cohesion, and value systems, while emphasizing the importance of maintaining a balance between tradition and innovation in shaping the future trajectory of national development.

Methodology

From a scientific source on the topic, it can be seen that (Arzikulov R.U. Basics of a healthy lifestyle. T.; 2005), (Бегинин В. Социология образа жизни.- Саратов: Изд. Саратовского университета, 1993), (Возмитель А. Образ жизни: концепция, сущность, динамика: Автореф. дисс. на соиск... докт.соц.н.- М.:Институт соц. РАН, 2000), (Jumanova F.U., Nazirova G.K. Psychological and pedagogical factors for the development of a healthy lifestyle in schoolchildren.// Academic research in educational sciences, 2021, vol. 2, №6.- Pp. 27-32.) any lifestyle includes a number of parameters. These parameters come from the main directions of human vital activity.

Result and Discussion

There is no doubt that in the following years Uzbekistan has entered a new stage of its development. The content of updates in the social, political, social, spiritual spheres is becoming more and more rich, and the scope is expanding. It is possible to know that the changes in our country, in the words of the head of State, have become irreversible: the following processes have acquired a tendency character:

First, the liberalization of the economy. By the beginning of the new century, "the economic situation in the world market was complicated, the nature of economic relations between countries changed radically. Economic competition has become incredibly intense and increasingly tense and fierce (Mirziyoyev Sh.M, 2021). It is for this reason that all countries pay special attention to the issues of ensuring their economic security, achieving sustainable economic development. With this in mind, the head of state writes: "in such a situation, the issue of introducing mechanisms that ensure the regular improvement of the economy of our country, a thorough definition of tasks related to sustainable economic development, is becoming relevant (Mirziyoyev Sh.M, 2021). In order to introduce these mechanisms, to realize the tasks, it will be necessary first of all to liberalize the economy, that is, to reduce state participation in it. It is for this reason that this issue has become one of the priorities of economic reform.

Secondly, the pragmatic turn of Public Policy. In order for the activities of public authorities in any country to acquire a pragmatic character, it must first of all be subject to the principle of the rule of law and directed to ensure the well-being of members of society. "The rule of law," said the president of our country, "is a document issued by the authorities of state power and administration, that the acts of officials must be strictly and exclusively in accordance with the Constitution and the law (Mirziyoyev Sh.M, 2020). The fact that public policy is completely subordinated to the principle of the rule of law darkor, its activities should be based on the norms expressed in the laws, only then it will become an important factor in solving existing problems, promoting the well-being of the people. With

this in mind, the head of state said: "in the Constitution, the people are sealed as one source of state power, and there is a deep meaning in this.

Thirdly, the liberalization and disclosure of social life. "Today the times have changed," the head of state said.- Now we all need to get used to working in conditions of freedom, openness, transparency. This is how all developed countries, the world community live" (Mirziyoyev Sh.M, 2020). The demand of the president of the country, his political will caused a sharp change in the social environment in society, becoming free and transparent. It is becoming commonplace for leaders of different levels to report before the people, for each significant legal document to be widely discussed in society, for all existing social problems to be eliminated with the people, for freedom of access and dissemination of information.

Fourth, the emergence of a new spiritual space. In the following years, more serious attention began to be paid to the issues of developing national spirituality, ensuring spiritual security, raising the spiritual image of members of society. All this is evidenced by the fact that the process of forming a new spiritual space in our society has become trending. "What is a new spiritual space?"the head of state writes," in my eyes he is an enlightened society, which clearly reflects the spiritual image of the new Uzbekistan that we dream of, our people strive for, and our el - land happily lives(Mirziyoyev Sh.M, 2021)

The trends mentioned above have created many positive changes in the youth lifestyle. In particular, in the following years, a sharp decrease in the desire of state authorities to influence market realities, to "coordinate" economic processes in a circular way, caused the evolutionary finding of the mechanisms of a literal market economy. Such an economy requires members of society to immediately adapt to changes in the labor market, to master new professions and trades that are in demand in this market. And it is young people who are active in the occupation of professions in which there is a greater need in the labor market. In particular, from the 2020/2021 academic year, a system of professional educational institutions has been established, consisting of 340 vocational schools, 143 colleges and 147 technical ones, harmonized with the ranks of the international standard classifier(Vocational-interested youth will be admitted to vocational schools from the 2020/2021 academic year .// uza.uz, 2020). Today, in this system, thousands of guys and girls are learning the secrets of new professions.

Adaptation to the realities of a market economy does not find suicide with the acquisition of new professions, of course. For this, it is also necessary to master innovative technologies for a particular profession. In this regard, the activities of young people are distinguished by their peculiarities. The population of our country is rapidly mastering innovative technologies. True, not all of them can be called technical or technological innovation, but there is no doubt that they all arose as a result of mastering innovative technologies.

In the context of an ever-growing market economy, entrepreneurial activity takes place from a youth lifestyle. Today's youth evaluate entrepreneurial activity as a type of activity that allows them to realize their knowledge and skills, a resource that ensures their

financial independence, a factor that increases the well-being of their life. It is for this reason that the number of guys and girls who strive to master the secrets of entrepreneurial activity, engaged in it, is growing. According to data, 22.9% of business entities operating today (106,574), 21.5% of individual entrepreneurs (71,467) are young people under the age of 30. There are also about 3.4 thousand young farmers, about 7.8 thousand young artisans in operation(Youth issues are being addressed in a wide range. // yuz.uz, 2021)

The practice of mutual assistance between boys and girls of Uzbekistan has become much more firmly established. Uzbek Youth, brought up on the basis of national moral values, are used to supporting each other, reaching out to each other in the educational process, both in labor activities and in domestic life. The researcher of the stability of the practice of mutual assistance in boys and girls of Uzbekistan Sh. It is also possible to know from the result of social surveys conducted by Ismailova. 82% of young people who participated in these surveys showed the importance of moral values, mutual respect, conscientiousness, friendship for young people (Ismailova Sh.K, 2021). True, in most cases, the practice of mutual assistance is limited to the circle of acquaintances of young men and girls. For example, young people tend to support more of their former classmates, neighborhood, in educational camps. Young men and girls who have begun to engage in entrepreneurial activities will associate more acquaintances, childhood friends with themselves. However, regardless of this, the existence of this practice can be judged as a positive case, which is based on the lifestyle of young people darkor.

Discussion

It should be noted separately that youth of Uzbekistan are trying to increase their social status. As you know, social status refers to the role of young men and girls in society, the sum of their social roles that they perform in a socium. True, in early youth, adolescents perform the functions prescribed by their parents. However, in later periods, they begin to strive to increase their status, that is, to perform more serious social tasks. The same situation is observed in Uzbek guys and girls. Young people studying in educational institutions strive to take the leading peaks of their profession, young people working in organizations and enterprises seek to rise from career sawmills, young people with entrepreneurial skills seek to establish their work. Such an aspiration to elevate social status in certain blacks can occur at the cost of weakening the performance of other roles. However, when evaluated in a general context, the efforts of young people to increase their status can be recognized as a significant trend.

In the years that followed the liberalization and disclosure of social life, the reaction of young men and girls to social problems became active. Problems with the economic sphere of society, conflicts with the activities of social institutions, objections to the activities of cultural institutions are widely discussed by young people. Young people express their attitude to these problems in several forms. In particular, young men and girls freely express their opinions at meetings with executive personnel, which have become the norm in later years. Social networks are becoming a kind of pulpit for young people to communicate their

attitude to various problems. The main participants of talk shows dedicated to the discussion of social problems also remain young people. There are more and more guys and girls who are engaged in blogging with the intention of identifying and informing various problems. Sometimes this relationship can be characterized by its own maximalistic position, homogeneity, shallowness. But there is no doubt that the habit of reacting to social problems takes place from the lifestyle of young men and girls.

Updates in the community have raised youth expectations of the future. In later years, the attention to young people became extremely intense. "Young people," the president of the country noted, "tend to think in a new way, to boldly put new ideas in the middle and implement them, to solve problems on the basis of creative and non-standard approaches. Increased attention to young people has provided a solid foundation for their vision of the future with hope.

It is worth noting that many positive changes have occurred in the lifestyle of young people affected by social trends, as well as noting that a number of negative situations remain in this regard. First, the adolescence of today's youth is stretching. According to the United Nations interpretation, adolescence lasts from 10 to 19 years. In this, the age of 10-14 years is the early adolescence, 14-19 years is the late adolescence (SHerbakova YE, 2012).

Late adolescence is seen as the first period of youth. Adolescent consciousness and behavior have a number of characteristics. For example, they will have a weak developed sense of responsibility. Young men and girls of this age do not think about the consequences of their actions, do not reckon with the interests of others. Also, adolescents are not able to objectively assess the current situation, therefore, they find it difficult to adapt their actions to it. Their mood is characterized by rapid variability, and their attention is marked by disarray. A number of negative cases remain, as well as noting that many positive changes have occurred in youth lifestyles influenced by modern trends.

Today's young people are under the influence for a long time. The excessive love and patronage of parents, the grace of teachers from social demands, the care of the state somewhat undermine their formation as an independent person. As a result of this, the adolescent-specific traits mentioned above continue to persist into later youth. That is why, judging by the data of the internal affairs bodies, one in four (23.2 percent) of crimes in the country are committed by young people who are not ready to take responsibility for their actions (a quarter of the crimes recorded in Uzbekistan in 2020 were committed by young people.// kun.uz, 2021).

The preservation of adolescent-specific malignancy in young people is particularly prominent in Tests for admission to higher education institutions. Many guys and girls score below the tests because they cannot keep their attention on the same topic for a long time. For example, in 2019, applicants in some directions of the Namangan Institute of Engineering and construction and Tashkent Institute of Chemical Technology received 30.6% of the maximum score, in some directions of the Tashkent Institute of railway engineers - 30.6%, in some directions of the Tashkent Institute of Chemical Technology - 31.1%, in some directions of the Shahrisabz branch of the Tashkent Institute of Chemical

Technology-31.1%, - 31.2 percent, in some directions of Kokand branch of Tashkent State Technical University - 31.2 percent, became students. Other examples of the persistence of traits typical of adolescence in young adults can also be cited in large numbers.

Today's youth cannot overcome the conflict between their subjective desires and the social situation. We passed by noting that young people live with high desires, strive for Great Goals. This, of course, is a positive situation. But it is difficult for desires in any conditions to compare with the real situation, to strive for them based on the existing conditions. In today's guys and girls, it is this principle that is very rare that is noticeable. Young people want comfort and comfort to prevail in their domestic lives, but they do not take into account the fact that this comfort is created by long years of Labor.

Of course, it can be objected that this conflict is inherent in young men and girls who have lived in all eras. Reasonable objection. In all periods of historical progress, young men and girls have longed for great dreams, but in some cases the existing social situation has undermined the realization of these dreams. However, today, when the life of society has become extremely complicated, social relations have become controversial, this imbalance is extremely sharply manifested.

The fact that today's guys and girls are struggling to find work remains an extremely painful issue. This has its own objective and subjective reasons. The objective reason why young people have difficulty finding jobs is that there is a serious imbalance in society between young people who are entering the labor market with their annual job creation. For example, in 2021, it is planned to establish 457,127 jobs in the country (Decision of the president of the Republic of Uzbekistan. "On the state program for the organization of new jobs and assistance in employment in 2021). however, the number of young people entering the labor market is much higher. "In our republic," the head of state notes, "at least more than 600,000 graduates are entering the labor market every year. But the fact that most of them are looking for work is a sign that what we are doing in this regard is not yet enough."(Mirziyoyev Sh.M, 2020).

Labor migration among young people remains about the size of a swing. In general, labor migration is a trend that is characteristic of all countries of the world. "International labor migration is the migration of the labor force among world countries, which is carried out in the process of organizational or stichian migration and is determined by a number of factors"(Tolametova Z.A, 2016). The transformation of labor migration into a universal trend is due, on the one hand, to the aging of the population in developed countries, and on the other, to the large number of young people in developing countries and the emergence of a surplus power as a result. Young men and girls who have not found a place in the labor market in a developing country will go to the developed lands in the hope of finding a job.

At first glance, it seems that there are no negative aspects of this trend. In fact, young men and girls who are going to work abroad, in addition to having a job, master one or another craft, by the time they begin to send a certain amount of funds to their families, the entry of foreign currency into the country is activated. However, there are also a number of

negative aspects of this trend. In particular, as a result of it, the creative potential of young men and girls becomes reality in other countries, highly qualified specialists who can serve the development of the country go abroad. The labor migration of young people also leaves a mark on their spiritual image, affecting the upbringing of children in their families. Therefore, to evaluate the labor migration of young men and girls as a trend with a complex character darcor.

The family marriage of young people is changing. Strictly speaking, the change in the family life of young men and girls is the legal reason for the five changes mentioned above. For example, due to the stretching of adolescence, young people are starting a family marriage when they are not ready to start a family. The concentration of the main attention in the educational process on obtaining a diploma has a negative impact on their cultural level, a situation that also leaves a mark on family relationships. The inability of young people to coordinate their subjective desires to social conditions is fraught with a rational solution to their problems. The fact that young men and girls cannot find a suitable job is limiting their financial capabilities. The departure of young people to work abroad, as we noted, affects the spiritual and spiritual situation in the family.

As you can see, a negative process, state, problems are fraught with which it is necessary to focus on youth lifestyle. This is a negative process and without finding a systematic solution to troubleshooting, the lifestyle of today's guys and girls cannot be rationalized.

Conclusion

From the above considerations, the following conclusions arise. Trends such as the liberalization of the economy, the pragmatic transformation of public policy, the liberalization and disclosure of social life, the emergence of a new spiritual space have shaped the young people and girls of our country to quickly adapt to the realities of the market economy, intensively master innovative technologies, tend to entrepreneurial activity, are ready to help each other, try to increase social status, actively react At the moment, a number of negative situations remain in the youth lifestyle. These include the fact that adolescence is stretching, the desire to get a diploma takes the place of striving for education, the presence of a conflict between subjective desires and the social situation, difficulties in finding a job, labor migration, family marriage are changing.

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