

## Demographic Policy

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**Abstract:** This article provides information about demographic policy, demographic policy methods, birth rate, demographic education of the population, population regeneration and factors affecting it.

**Keywords:** population policy, demographic policy, demographic method, quantitative and qualitative development of the population, demographic education. birth, death, natural growth, socio-economic factors, natural-biological factors, demographic factors, a reduced type of population regeneration, an expanded type of population regeneration



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Demographic policy means the state-wide system of unified means and unity of ideas, which provides for the achievement of a certain quality and quantity in the field of population reconstruction and dynamics for the current period and the long-term perspective. Conducting a demographic policy requires compliance with the following conditions:

- the existence of a concept that defines the task and time describing the purpose of the policy;
- Resources that must be spent on financing all policy activities within the framework of the adopted concept;
- Mutually proportional opinions that apply the main strategic points of the policy being conducted.

It should be said that economic, administrative and socio-psychological methods are used to conduct demographic policy. The economic method is mainly used in cases where the birth rate cannot ensure population growth. In this way, the state allocates special allowances to pregnant women after giving birth and until the child turns 2-3 years old, and various benefits are given. Reproduction of the population in the administrative-legal style is influenced by legal documents. For example, this method prohibits abortions by law, raises the age of marriage, and the migration movement of the population limit or development is carried out through the protection of the rights of mother and child when a couple divorces, the protection of their rights when hiring or dismissing a pregnant woman, and other measures. The socio-psychological method of conducting demographic policy is also called «demographic education of the population. Through demographic education of the population, the attitude of the young generation to the family and the expected number of children in the family is formed in accordance with the socio-economic

development of the state and the health of the population. In this case, the family is the main center of education. That is why parents pay great attention to «demographic literacy». Another important focus of demographic education is to influence the demographic inclination of the population through mass media. Within any strategy of demographic policy, the state exercises the right to manage its social processes. At the same time, it is the responsibility of the state to cover the expenses of the part of the population, which is in the flow of the goals and tasks of the demographic policy carried out by the state. Such a policy should be maximally differentiated in accordance with the life interests and values of various socio-demographic groups, regional and ethnic communities. Only then, the number of people interested in one or another aspect of the demographic program may decrease, and the efficiency of program implementation costs may increase. Alternatively, policymakers want to make straight-line decisions, that is, promote demographic goals in a specific toridoire, in the conduct of demographic policies, despite the negative trends in demographic development associated with lower birth rates. Demographic or traditional integration policy is given importance in global programs of social development. The main reasons that form such a cautious attitude towards demographic programs are:

- individualization of consciousness and behavior does not popularize any actions of the state in this direction;
- demographic investments do not increase the political image of statesmen because they do not allow to achieve quick and important positive results;
- Demographic programs require costs. For example, the costs of maintaining a single birth and death rate should be officially increased over time. Due to this, demographic programs seem to be of no use to society as a whole. In addition, the population quickly adapts to the proposed and implemented measures and then ignores them. Thus, demographic policy is considered an integral part of population policy, through which it is possible to achieve the expected type of reconstruction of any population.

Methods of conducting demographic policy can be conditionally divided into three directions.

1. Economic
2. Administrative-legal
3. Socio-psychological

The economic method is mainly used in cases where the reproduction of the population with a reduced birth rate cannot ensure the increase of the population. In this way, the state allocates special allowances to pregnant women (for a certain period) after they have a child and until their child reaches the age of 2-9, economic assistance is provided to the first, second, and third children. Economic assistance is also provided to families with many children. Women with young children participating in social production are given some benefits from their workplaces, conditions are created for them to raise their children and continue their social activities, and economic assistance is allocated to low-income families in some countries. Another economic method of raising the birth rate is the benefits provided by the state to provide housing for young married families. Also, selling children's clothing food at a low price improves the quality of activities of preschool educational institutions, children and mothers protection of health by the state, providing household services to the population, tribes are also considered economic factors that have a positive effect on population regeneration. The administrative-legal method includes the reconstruction of the population, influencing the formation of families through various laws. For example, the prohibition of abortions (artificial destruction of the fetus) by law, raising the age of marriage, limiting the migration of the population, or developing the legal protection of the rights of mother and child in case of family breakdown, husband and wife separation, the child's parents - processes such as legal determination of their duty to their parents, legal protection of

their rights when hiring, or firing a pregnant woman, taking into account the number of children in the allocation of benefits. Socio-psychological style, or population “demographic education”. In the demographic education of the population, first of all, it is necessary to form the attitude towards the family in the young generation, the number of children expected in the family, in accordance with the social and economic development of the state, and the health of the population. In this case, the family is considered the main center of education. That is why parents should pay great attention to “demographic literacy”. Another important center of demographic education can be influenced by demographic inclinations through mass media. Demographic policy should be an integral part of social –economic policy. Only then will it develop, reflecting the social and economic needs of the population. All methods of demographic policy are used in Uzbekistan. Social and psychological methods are widely used. As a result of the demographic policy in our republic, population growth has decreased from 3% to 1.5% in the last 20 years. Explanation and propaganda work is being carried out among the population. Mass information tools are widely used in conducting demographic policy. The concepts of “Normal family”, “healthy child” are explained to the residents of our republic along with the promotion and protection of having children. Families are being established on the basis of the laws established in the “family code” of the Republic of Uzbekistan and the socio-economic protection of our country is being ensured. Therefore, it is very difficult to raise the birth rate in the developed countries of Europe and bring it to an optimal, normal state. To developing countries and. On the contrary, in the 1960s and 1990s, as a result of the high birth rate and the sharp decrease in the number of deaths, the natural growth of the population was at a very high level. As a result, the population of a number of developing countries located in Asia, Africa and South America suddenly increased. Demographic experts called this point “Demographic explosion”. Economic opportunities are limited in these countries. Such a rapid increase in the population of Khalda forced to limit the birth rate. As a result, the state will conduct a demographic policy on “family planning”, i.e. “birth control”, for example, in China, a one-child-per-family policy will be carried out.

The sum of the processes of birth, death and natural growth that ensure the increase and renewal of people in society is called the reproduction of the population. In fact, birth, death, and natural growth are mainly biological processes, but they are formed under the influence of a number of social, economic, natural-biological and demographic factors. Each of these factors, in turn, covers various aspects of social life. Socio-economic factors: characteristics of production relations, development of productive forces, lifestyle of the population, level of education and culture, role of women in social life, employment, religion, customs and values. Natural-biological factors: natural conditions, natural disasters, the level of adaptation of the male and female organism to the external environment, climate and its impact on sexual maturity, childbearing period, various epidemics and diseases. Demographic factors: age-sex composition of the population, marriage and divorce processes. If the population has a high proportion of young people and sexual proportionality, there is a demographic opportunity for marriage, that is, for the emergence of families. This score, in turn, has a positive effect on seizures. On the contrary, if the weight of the elderly in the population is high, the birth rate will decrease and the number of deaths will increase.

During the change of generations (reconstruction of the population), its number, age and sexual composition change. The change of generations, the determination of the volume of natural population growth, the average life expectancy of each generation, the sum of birth and death processes population it is called natural movement or reproduction. Reproduction of the population is the main process that ensures the continuity of society, and it is the regular renewal of the human generation. The main factor in the reproduction of the population is its natural movement, birth and death. Population reproduction rates depend on the level of birth and death, which is an important component for the analysis of population dynamics of each region.

Generations change in society, the population is rebuilt. As a result, the population will grow. Repopulation of the population occurs and develops under the influence of the natural, socio-economic environment of each region. Therefore, the indicators of population regeneration differed from each other at different times in different countries. In determining the specific characteristics of these differences, special indicators representing population regeneration were used. We mentioned that births and deaths, which are considered biological phenomena, are indicators of the reproduction of the main population. This indicator is quantitatively calculated for 1000 people and is expressed in per thousand. Many factors affect population regeneration. These are:

1. Natural-biological;
2. Socio-economic;
3. Socio-cultural;
4. Psychological;
5. Demographic.

The natural-biological factor is one of the important factors in population regeneration. The inhabitants of the earth live, are born and die in various natural conditions. As it is a biological phenomenon such as the birth and death of a person, it is inextricably linked with natural conditions. A person who ensures the continuity of society is formed and develops under the influence of socio-economic, socio-cultural and psychological factors.

The socio-economic factor plays an important role in the natural movement of the population. Living conditions of the population, state of health care, role of women in society, level of cultural and educational status of the population, etc. natural movement of the population level determines. The impact of these factors on birth and death can be contradictory. The improvement of the living conditions and material condition of the population, the development of areas such as medical services, reduces the death rate, and extends the average life expectancy of the population. As a result, the weight of the elderly in the population increases and the death rate begins to increase by itself.

Socio-cultural and psychological factors, together with many socio-economic factors, affect the reconstruction of the population. In most developed countries with a high standard of living and a high cultural level of the population, we see a low birth rate in population reconstruction. The average life expectancy is the highest.

There are two types of population regeneration: Type I is a reduced type of population regeneration. In the process of this type of generational change, the population does not increase, because the number of deaths is higher than those born. Type II is an expanded type of population regeneration, on the contrary, the number of births is higher than the number of deaths, and as a result, the number of representatives of the next generation is more than the number of representatives of the previous generation. In this case, the population will increase regularly. The change of generations in society, changes in the population are directly related to the processes of birth and death. The difference between birth and death determines the natural growth of the population.

The difference between births on our planet and regions is primarily related to the material and cultural standard of living of the population of a certain country, the employment of women in social production, and the national customs and religion of the people of this country, which have been formed and preserved for centuries. In addition to these, births are affected by demographic factors such as the distribution of the population by gender and age, marriage and divorce, psychological factors, the development of medicine, and the demographic policy conducted by

each country. According to statistics, in the next 20-25 years, birth rates will decrease in almost all parts of the world. Death process

XX in the second half of the century - at the beginning of the 21st century, it decreased by 2-2.5 times. Endogenous factors for death in the current period (intrinsic environmental factors caused by the aging of the organism and its disease). This point, of course, is related to the socio-economic development of the society, the improvement of lifestyle, and the increase in the provision of medical services to the population. The highest rate of total population death rate in developing countries (Serra Leone - 29 ‰, Botswana - 26‰, Mozambique - 23 ‰). These indicators clearly express the direct impact of the age structure of the population on the total death rate of the population. It is appropriate to determine the exact data on population death by means of the general coefficients calculated separately for different age groups of the population and the expected average life expectancy of the population. The expected average life expectancy is calculated for newborns. In this case, the state of death in the period studied in these age groups is taken into account when the children born grow up or move from one age group to another age group. The obtained result serves as a calculation of the average life expectancy of the population. For example, in Russia in 1993, infant mortality for boys was 20.0‰. So, 20 out of 1000 children born do not live up to 1 year. Two-year-old boys had a death rate of 6 people this year. It can be seen that 980 of the 1000 born children died by 1 year, and 974 by 2 years. In this way, the probability of living until the end of the generation is calculated. As mentioned above, the population lived an average of 30-35 years in the previous century. Now this indicator has doubled. In 2005, the lowest indicators of life expectancy are observed in the countries of Central and South Africa (men 42-44, women 45-46 years). According to scientists, after the population of our planet has almost doubled in the next half century, the birth and death rates will be equal in all countries. Demographic growth theory rejects alarming predictions that humanity may run out of resources. According to the data of the international food organization, if the available resources are used knowingly, 20—25 will easily feed billion people. That is, according to scientists' calculations, they are on our planet living it is enough to feed more people than the largest number of people. The population of the globe is now very young, especially in developing countries, and feeding a population with such an age structure that is not able to work requires significant economic costs. For example, children under the age of 15 make up approximately 40% of the total population in developing countries, and 21% in developed countries. Therefore, those working in developing countries should provide twice as many children as in developed countries. Currently, approximately 65% of the population of Sweden and Great Britain are employed, while 18% of working people in Sweden and 19% in Great Britain must support unemployed youth. The main problems in these countries are the low level of natural growth and the elderly over the age of 65, who make 16-18% of the population foreign. By 2050, the population of countries such as Italy, Japan, and Russia will decrease, and the population of Great Britain will remain at the current level. Mali, Saudi Arabia and Nigeria will increase in population by 3 times during this period, and in Egypt and Kenya by 2 times. UN experts believe that the population of developed countries will decrease from 1.8 billion people to 1.16 billion people by 2050, and the population of developing countries will increase from 4.57 billion people to 8.2 billion people. Among all modern demographic processes, the process of population aging is a process that is more measured, more predictable, and, in fact, more dangerous in terms of its consequences. There are two reasons for population aging. On the one hand, this is a decrease in birth rate, as a result of which the share of children and young people decreases. On the other hand, - is an increase in the length of life. Population aging can have a number of economic and social consequences. First, the increase in the share of elderly people, in turn, leads to a decrease in the economic activity of the population. It is believed that the older a person is, the lower his productivity. Secondly, the aging of the population means a decrease in the share of young people in the economy, which, according to some researchers, is the process of changing the professional

qualifications and network structure of the employed population and, consequently, economy slows down efficiency. A slowdown in economic efficiency may also be associated with a decrease in population mobility. Thirdly, pension funds bear the extremely heavy burden of paying pensions, because with the increase in the share of pensioners, the number of able-bodied people who pay funds to pension funds will decrease. Fourthly, there will be more work on public social services that should provide assistance to the disadvantaged elderly, and more problems such as payment for the care of the elderly. Fifth, spending additional funds to provide medical services to people who have returned to their age requires expanding the network of gerontological institutions and qualitative revision of the entire health care system. Sixth, it is necessary to provide employment to «young seniors who still want to work. This is not an easy task, because it is known that even those who have not reached the retirement age lack jobs. It is also very important to maintain an active life position in those who have returned of age, to involve them in social life, and to fight against loneliness. Seventh, the aging of the population affects the structure of the material production and service sector. After all, it is necessary to change the assortment of goods and services in accordance with the needs of those who have returned their age. It will be necessary to change some technological operations, adapt machines and equipment to the age characteristics of employees. «The increase of the elderly» is gradually covering the whole world and creating many problems. Humanity needs to understand the importance of the tasks arising from this trend. Many countries are already doing a lot to ensure that people who have returned to their age can live a decent life.

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