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**CONFERENCE ARTICLE**

**THE SOCIAL INFLUENCE OF FAMILY VALUES ON LONGEVITY IN UZBEK SOCIETY**

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**ABSTRACT**

This thesis examines the social influence of family values on longevity in Uzbek society. The study analyzes the role of intergenerational relations, respect for older people, family support, care traditions, and the mahalla environment in improving the quality of life of elderly people. Longevity is considered not only as a biological phenomenon but also as a social result connected with lifestyle, emotional stability, social inclusion, and everyday support. The findings show that strong family relations may contribute to psychological well-being, social activity, and health protection among older people. At the same time, demographic change, migration, urbanization, and transformation of family structures create new challenges for maintaining traditional mechanisms of care.

**KEYWORDS**

longevity, family values, Uzbek society, elderly people, social support, mahalla, intergenerational relations, quality of life.

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**INTRODUCTION**

Longevity is one of the important indicators of social development, public health, and quality of life. In Uzbekistan, the issue of healthy ageing is becoming increasingly relevant because demographic processes are gradually changing the age structure of society. According to WHO data, life expectancy at birth in Uzbekistan increased from 61.7 years in 2000 to 72.2 years in 2021, which shows a significant improvement in population health indicators. At the same time, international organizations emphasize that people are living longer due to improvements in nutrition, sanitation, medical science, health care, education, and economic well-being.

In Uzbek society, longevity is closely connected with family culture. Respect for parents, care for elderly relatives, intergenerational solidarity, and moral responsibility toward older family members are important social values. These values create a specific social environment in which older people can feel needed, protected, and emotionally supported. Therefore, the study of longevity in Uzbekistan requires attention not only to medical and economic factors but also to the social influence of family values.

The study is based on a sociological analysis of scientific literature, international reports, and available empirical data on ageing, family relations, and elderly well-being in Uzbekistan. The methodological basis includes the social support approach, the life-course approach, and the theory of intergenerational solidarity. These approaches make it possible to consider longevity as a result of interaction between individual behavior, family environment, social institutions, and cultural norms.

The research also uses comparative and interpretive analysis. Comparative analysis helps to identify the specific features of Uzbek society in relation to elderly care, while interpretive analysis allows the meaning of family values to be examined within the context of social relations, everyday life, and national traditions.

The analysis shows that family values perform several important social functions that may indirectly support longevity. First, the

family provides emotional support. Older people who live in an atmosphere of respect, communication, and care are less likely to experience social isolation. Emotional closeness with children and grandchildren strengthens their sense of belonging and social usefulness. In this sense, family values influence not only physical care but also psychological well-being.

Second, the family acts as a source of practical support. In many Uzbek families, elderly people receive assistance in household activities, medical visits, nutrition, and daily routines. This kind of support is especially important when older people have limited mobility or chronic health problems. A study conducted among elderly people in greater Tashkent found that strong family relationships and adherence to a traditional lifestyle are important for protecting elderly health in Uzbekistan. This finding confirms the sociological importance of family relations in maintaining the quality of life of older generations.

Third, family values support social activity. In Uzbek culture, elderly people often participate in family decision-making, upbringing of grandchildren, preservation of traditions, and community events. Such participation helps older people remain active members of society. Social activity is important because it reduces loneliness, supports cognitive engagement, and strengthens motivation for life.

The mahalla institution also plays an important role in connecting family values with longevity. In Uzbekistan, mahalla is not only a local self-government structure but also a community environment where social assistance, moral support, and neighborly relations are developed. The Family and Gender Research Institute identifies strengthening mahalla and family institutions, supporting older people, increasing social activity, and promoting family values among its research and practical directions. This shows that family values are linked with broader social institutions.

However, the influence of family values on longevity should not be idealized. Modern social changes create new difficulties. Labor migration may separate elderly parents from adult children. Urbanization can weaken traditional forms of everyday

communication. Smaller family size and economic pressure may reduce the ability of families to provide constant care. As a result, some elderly people may experience loneliness, dependence, or insufficient support despite the preservation of respect for older people as a cultural norm.

Therefore, family values should be supported by institutional mechanisms. The family remains a central source of emotional and practical assistance, but social protection, accessible health care, community services, and psychological support are also necessary. Longevity in modern Uzbek society depends on the balance between traditional family care and organized social support.

The social influence of family values on longevity in Uzbek society is expressed through emotional closeness, intergenerational responsibility, practical care, respect for older people, and social inclusion. These values help elderly people maintain psychological stability, social activity, and a sense of belonging. At the same time, demographic and socio-economic changes require the modernization of elderly support systems.

The study concludes that family values are an important social factor of longevity, but they should be considered together with health care, income security, mahalla activity, and state social policy. Future research should include empirical sociological surveys among elderly people in different regions of Uzbekistan in order to study how family support, living arrangements, gender, income, and mahalla participation influence life satisfaction and healthy ageing.

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